


# Provincial Lite - December 2024

Updated Oct 16

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 - 10:30am Weights 10:15am Activation 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights	2	3 3:45pm Activation 4:00 - 6:00pm CH	4 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	5	6 4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)	7 2:15pm Activation 2:30 - 4:30pm UofC
8 9:30 - 10:30am Weights 10:15am Activation 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights	9	10 4:45pm Activation 5:00 - 6:00pm CH	11 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	12 <i>Kamloops Travel Day</i>	13 3:45pm Activation 4:00 - 5:00pm UofC <i>*Non-Kamloops Swimmers*</i>	14 OFF - Racing
15 OFF - Racing	16 <i>Kamloops Travel Day</i>	17 4:45pm Activation 5:00 - 6:00pm CH	18 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	19	20 MJB Law Classic (KAM)	21 MJB Law Classic / Holiday Classic
22 WINTER BREAK	23 WINTER BREAK	24 WINTER BREAK	25 WINTER BREAK	26 WINTER BREAK	27 WINTER BREAK	28 WINTER BREAK
29 WINTER BREAK	30 WINTER BREAK	31 WINTER BREAK	Christmas Eve	Christmas Day 		
			New Year's Eve			