

Provincial Lite - June 2025

Updated Jun 24

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1		2		3		4		5		6		7	
9:30 - 10:30am Weights (Group 1)				3:45pm Activation 4:00 - 6:00pm CH		3:45pm Activation 4:00 - 6:00pm CH				4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2) *Non-TREX Swimmers*		7:00am Activation 7:15 - 9:15am UofC *Non-TREX Swimmers*	
10:15am Activation													
10:30am - 12:30pm UofC													
12:30 - 1:30pm Weights (Group 2)													
CSI 2025										UCSC TREX		UCSC TREX	
8		9		10		11		12		13		14	
OFF				3:45pm Activation 4:00 - 6:00pm CH		3:45pm Activation 4:00 - 6:00pm CH				4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)		2:15pm Activation 2:30 - 4:30pm UofC	
UCSC TREX													
15		16		17		18		19		20		21	
9:30 - 10:30am Weights (Group 1)				3:45pm Activation 4:00 - 6:00pm CH		3:45pm Activation 4:00 - 6:00pm CH				4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)		2:15pm Activation 2:30 - 4:30pm UofC	
10:15am Activation													
10:30am - 12:30pm UofC													
12:30 - 1:30pm Weights (Group 2)													
										Steve Brown Memorial Invite		Steve Brown Memorial Invite	
22		23		24		25		26		27		28	
9:30 - 10:30am Weights (Group 1)				3:45pm Activation 4:00 - 6:00pm CH		OFF				6:15am Activation 6:30 - 8:00am Silver Springs 5:00 - 6:00pm Weights *Only EKI & Champs swimmers from here going forward		2:15pm Activation 2:30 - 4:30pm UofC	
10:15am Activation													
10:30am - 12:30pm UofC													
12:30 - 1:30pm Weights (Group 2)													
Steve Brown Memorial Invite				*Last practice for those not attending EKI or Provincial Championships		UCSC Team Champs 2				Alberta Summer LC Trials		Alberta Summer LC Trials	
29		30											
5:45am Activation 6:00 - 7:30am UofC													
10:15am Activation													
10:30am - 12:30pm UofC													
12:30 - 1:30pm Weights													
Alberta Summer LC Trials													