



Provincial Lite - November 2024

Updated Oct 29



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 2:15pm Activation 2:30 - 4:30pm UofC <i>*Non-NCSA Invite Swimmers*</i> 5:00 - 6:00pm Weights <i>*Non-NCSA Invite Swimmers*</i> NCSA Fall Invitational	2 2:15pm Activation 2:30 - 4:30pm UofC <i>*Non-NCSA Invite Swimmers*</i> NCSA Fall Invitational
3 10:15am Activation 10:30am - 12:30pm UofC <i>*Those not at meet*</i> 12:30 - 1:30pm Weights NCSA Fall Invitational	4 3:45pm Activation 4:00 - 6:00pm CH	5 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	6 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	7 4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2) <i>*Non-Speed Meet Swimmers*</i>	8 2:15pm Activation 2:30 - 4:30pm UofC <i>*Non-Speed Meet Swimmers*</i> Cascade Speed Meet	9 2:15pm Activation 2:30 - 4:30pm UofC <i>*Non-Speed Meet Swimmers*</i> Cascade Speed Meet
10 10:15am Activation 10:30am - 12:30pm UofC <i>*Non-Speed Meet Swimmers*</i> Cascade Speed Meet	11 Rememberance Day	12 3:45pm Activation 4:00 - 6:00pm CH	13 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	14 4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)	15 2:15pm Activation 2:30 - 4:30pm UofC	16 2:15pm Activation 2:30 - 4:30pm UofC
17 9:30 - 10:30am Weights (Group 1) 10:15am Activation 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights (Group 2)	18 3:45pm Activation 4:00 - 6:00pm CH	19 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	20 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	21 OFF UCSC November Invitational	22 OFF UCSC November Invitational	23 OFF UCSC November Invitational
24 OFF UCSC November Invitational	25 3:45pm Activation 4:00 - 6:00pm CH	26 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	27 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	28 4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)	29 2:15pm Activation 2:30 - 4:30pm UofC	30 2:15pm Activation 2:30 - 4:30pm UofC

CH= Churchill, SD=Shouldice, FH=Foothills, UofC=University of Calgary