



Provincial Lite - November 2025

Updated Oct 22



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <i>OFF (Dino Invite)</i>
2 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights	3	4 3:45pm Activation 4:00 - 6:00pm CH	5 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	6	7 <i>OFF</i>	8 <i>OFF (Racing)</i>
					UCSC Fall Back	UCSC Fall Back / Cascade Speed Meet
9 <i>OFF</i>	10	11 <i>OFF</i>	12 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	13	14 4:00 - 5:00pm Weights	15 2:45pm Activation 3:00 - 5:00pm UofC
Cascade Speed Meet		Remembrance Day				
16 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights	17	18 3:45pm Activation 4:00 - 6:00pm CH	19 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	20	21 4:00 - 5:00pm Weights	22 2:45pm Activation 3:00 - 5:00pm UofC
23 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights	24	25 3:45pm Activation 4:00 - 6:00pm CH	26 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	27	28 <i>OFF (Racing)</i>	29 <i>OFF (Racing)</i>
30 <i>OFF (Racing)</i>					UCSC November Invitational	UCSC November Invitational

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