

Provincial Lite - November 2025

Updated Oct 19 SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY OFF (Dino Invite) 10:30am - 12:30pm UofC 3:45pm Activation 7:45pm Activation 12:30 - 1:30pm Weights 4:00 - 6:00pm CH 8:00 - 9:00pm Rocky Ridge YMCA 4:00 - 5:00pm Weights OFF (Racing) UCSC Fall Back / Cascade Speed Meet UCSC Fall Back 10 11 12 13 14 10:30am - 12:30pm UofC 2:45pm Activation 7:45pm Activation 3:00 - 5:00pm UofC OFF 8:00 - 9:00pm Rocky Ridge YMCA 4:00 - 5:00pm Weights 12:30 - 1:30pm Weights **Cascade Speed Meet** Rememberance Day 16 17 18 19 20 21 3:45pm Activation 10:30am - 12:30pm UofC 2:45pm Activation 7:45pm Activation 4:00 - 5:00pm Weights 12:30 - 1:30pm Weights 4:00 - 6:00pm CH 8:00 - 9:00pm Rocky Ridge YMCA 3:00 - 5:00pm UofC 23 24 25 26 27 28 29 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights 3:45pm Activation 7:45pm Activation 4:00 - 6:00pm CH 8:00 - 9:00pm Rocky Ridge YMCA OFF (Racing) OFF (Racing) 30 OFF (Racing) **UCSC November Invitational UCSC November Invitational UCSC November Invitational** CH= Churchill, SD=Shouldice, FH=Foothills, UofC=University of Calgary