

# November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					5:15am Activation 5:30am-7:30am UofC NCSA Fall Invitational	NCSA Fall Invitational
3	4	5	6	7	8	9
10:30am-12:30pm UofC NO WEIGHTS NCSA Fall Invitational	No Swim (Off)	3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	3:45pm Activation 4:00-6:00 CH	5:15am Activation 5:30am-7:30am UofC Weights 4-5pm UofC (Group 1) Weights 5-6pm UofC (Group 2)	No Swim (Off) Cascade Speed Meet
10	11	12	13	14	15	16
10:30am-12:30pm UofC NO WEIGHTS Cascade Speed Meet	No Swim (Off)	3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30am-7:30am UofC Weights 4-5pm UofC (G1) Weights 5-6pm UofC (G2)	No Swim (Off)
17	18	19	20	21	22	23
9:30am-10:30am Weights (G1) 10:30am-12:30pm UofC 12:30-1:30pm Weights (G2)	No Swim (Off)	3:45pm Activation 4:00-6:00pm CH	5:45am Activation 6:00am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	3:45pm Activation 4:00-6:00pm CH	UCSC November Invite	UCSC November Invite
24	25	26	27	28	29	30
UCSC November Invite	No Swim (Off)	3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30am-7:30am UofC Weights 4-5pm (G1) Weights 5-6pm (G2)	No Swim (Off)

UC = University of Calgary, CH= Churchill, SD=Shouldice, FH=Foothills)