

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 | 5:15am Activation 5:30am-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)