

JND - November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27-Oct	28-Oct	29-Oct	30-Oct	31-Oct	1	2
	3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry	5:30-7:30am (5:15 on deck)	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	5:30-7:30am (5:15 on deck) 5-7pm (5-6 Dry/ 6-7 Swim)	3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim	5:30-7:15am (5:15 on deck) 7:15-8:15 Weights
3	4	5	6	7	8	9
	3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry	5:30-7:30am (5:15 on deck)	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	2nd Yr JND Only: 5:30-7:30am (5:15 on deck)	3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim	Cascade Speed Meet @ MNP
10	11	12	13	14	15	16
Cascade Speed Meet @ MNP	2-4PM Swim	OFF	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	5:30-7:30am (5:15 on deck) 5-7pm (5-6 Dry/ 6-7 Swim)	3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim	5:30-7:15am (5:15 on deck) 7:15-8:15 Weights
17	18	19	20	21	22	23
	3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry	5:30-7:30am (5:15 on deck)	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	OFF	UCSC Novemeber Invitational	
24	25	26	27	28	29	30
UCSC November Invitational	4-6pm Swim/Dry	OFF	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	5:30-7:30am (5:15 on deck) 5-7pm (5-6 Dry/ 6-7 Swim)	3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim	5:30-7:15am (5:15 on deck) 7:15-8:15 Weights

* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills)