National Group - November 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 2
						5:30-7:15am (Swim)
						(=1)
					2:30-3:30pm (Weights) 3:30pm (Pre-Pool)	
					4:00-6:00pm (Swim)	
					6:00-7:00pm (Weights)	
3	4	5	6	7		8 9
	5:30-7:30am (Swim)			5:30-7:30am (Swim)		7:15-9:15am (Swim)
	S.SS 7.SSum (Swill)			, ,		The chicam (Own)
	3:30pm (Pre-Pool)	3:30pm (Pre-Pool)	3:30pm (Pre-Pool)	3:30pm (Pre-Pool)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool)	
	4:00-6:00pm (Swim)	4:00-6:00pm (Swim)	4:00-6:00pm (Swim)	4:00-6:00pm (Swim)	4:00-6:00pm (Swim)	
	6:00-7:00pm (Weights)	6:00-7:00pm (Weights)			6:00-7:00pm (Weights)	Canada Suard Mark
10	11	12	13	14	1	Cascade Speed Meet 5 16
	AM OFF			[-20 7:20 (Codes)		5:30-7:15am (Swim)
	AMI OFF			5:30-7:30am (Swim)		5:30-7:15am (Swim)
	1:00-2:00pm (Weights)	2:20=== (P== P==!)	2:20 (P PI)	3:30pm (Pre-Pool)	2:30-3:30pm (Weights)	
	1:30pm (Pre-Pool) 2:00-4:00pm (Swim)		3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	4:00-6:00pm (Swim)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	
	. , ,	6:00-7:00pm (Weights)	. ,		6:00-7:00pm (Weights)	
Cascade Speed Meet	Remembrance Day 18	19	20	21	2	2 23
					_	
	5:30-7:30am (Swim)			AM OFF		
	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)		3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)		
	6:00-7:00pm (Weights)	6:00-7:00pm (Weights)	4.00-0.00pm (3wm)	4.00-0.00pm (3wm)		
24	25	26	27	28	November Invitational	November Invitational 9 30
		26	"	28		
	AM OFF			5:30-7:30am (Swim)		5:30-7:15am (Swim)
					2:30-3:30pm (Weights)	
	PM OFF		3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	3:30pm (Pre-Pool)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	
	FINI OFF	6:00-7:00pm (Swim)	4.00-0.00pm (Swim)	4:00-6:00pm (Swim)	6:00-7:00pm (Swim)	
November Invitational						
* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills, SS=Silver Springs)						