



May 2010

JR 2 – Work out Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 May	3 On Deck 3:30 Pool 3:45-4:45	4	5 On Deck 3:30 Pool 3:45-4:45	6	7 Kelowna Inv (LCM)	8 Kelowna Inv (LCM)
9 Kelowna Inv (LCM)	10 OFF	11	12 On Deck 3:30 Pool 3:45-4:45	13	14 On Deck 3:30-3:45PM Pool 3:45-4:45PM	15 Pool 6:00-7:45AM
16	17 On Deck 3:30 Pool 3:45-4:45	18	19 On Deck 3:30 Pool 3:45-4:45	20	21 On Deck 3:30 Pool 3:45-4:45	22 On Deck 6:45AM Pool 7:00 – 8:30AM
23	24 Victoria Day Holiday	25	26 On Deck 3:30 Pool 3:45-4:45	27	28 Pool 3:45-5:15PM PIZZA 5:15-6:00PM	29 WARM UP & POOL SET UP Pool 6:30-8:30 DISTANCE TIME TRIAL 9:00 – 11:00 RACING
30	31 On Deck 3:30 Pool 3:45-4:45	1 (June)	2 On Deck 3:30 Pool 3:45-4:45	3	4 June Classic	5 June Classic