



May 2010

SR 1 – Work out Times

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