



July 2010

Senior Work – out Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 June	28 Am Off Dry 4:00 – 4:15 Pool 4:15 - 6:30	29 Dry 3:40 – 4:00 Pool 4:00 – 6:00	30 Dry 0600 – 0615 Pool 0615 - 0730 PM OFF	1 July Canada Day OFF	2 AM OFF Pool 4:00 – 6:00	3 Dry 06:15 – 06:30 Pool 06:30 – 08:30 (No Wts)
4 2500 OYO	5 Am Off 8:30 - 11:30 am Instructor Clinic Dry 4:15 – 4:30 Pool 4:30 - 6:00	6 Dry 6:15-6:30 Pool 6:30-8:00 8:30 - 11:30 am Instructor Clinic Dry 4:15 – 4:30 Pool 4:30 - 6:00	7 AM OFF Pool Setup 2:00-3:00 Pool 3:00 - 4:30	8 AAA Prov Kamloops	9 AAA Prov Kamloops	10 AAA Prov Kamloops
11 AAA Prov Kamloops	12 Open Water Kamloops or 3000 OYO	13 Am Off Dry 4:15 – 4:30 Pool 4:30 - 6:00	14 Dry 6:15-6:30 Pool 6:30-8:00 PM off	15 Dry 6:15-6:30 Pool 6:30-8:00 Dry 4:15 – 4:30 Pool 4:30 - 6:00	16 Dry 6:15-6:30 Pool 6:30-8:00 PM Off	17 Dry 6:45-7:00 Pool 7:00-8:30am
18 2500 OYO	19 Dry 6:15-6:30 Pool 6:30-8:00 Dry 4:15 – 4:30 Pool 4:30 - 6:00	20 Depart For Age Group Nats Dry 3:30-3:45 pm Pool 3:45-5:15pm	21 Dry 8:00-8:15am Pool 8:15-9:30am Dry 3:30-3:45 pm Pool 3:45-5:15pm	22 Age Group Cham Winnipeg BC Summer Games Langley	23 Age Group Champs Winnipeg BC Summer Games Langley	24 Age Group Champs Winnipeg BC Summer Games Langley
25 Age Group Champ Winnipeg BC Summer Games Langley	26 Age Group Nats Winnipeg Open Water	27 Depart for Victoria	28 Summer Nationals Victoria	29 Summer Nationals Victoria	30 Summer Nationals Victoria	31 Summer Nationals Victoria Open Water Aug 1st Sunday