



August 5th - 19th Schedule

		Monday-5	Tuesday-6	Wednesday-7	Thursday-8	Friday-9	Saturday-10
	AM - Dryland		OFF	WH - 7:00 - 7:15	OFF	WH - 7:00 - 7:15	WH - 8:15 - 8:30
Provincial	Swim		OFF	WH - 7:15 - 8:30	OFF	WH - 7:15 - 8:30	WH - 8:30 - 10
Qualifiers	PM - Dryland		WH - 4:30 - 5:00	WH - 4:30 - 5:00	WH - 4:30 - 5:00	WH - 4:30 - 5:00	PMA POOL PARTY
	Swim	OFF	WH - 5:00 - 6:00	WH - 5:00 - 6:00	WH - 5:00 - 6:00	WH - 5:00 - 6:00	WH 10 - 1 PM
	Stretch		WH - 6:00 - 6:15	Relay Practice	WH - 6:00 - 6:15	Relay Practice	
Diving	Practice	OFF	WH 4:30 - 6 pm	WH 4:30 - 6 pm		WH 7:15-8:30am	

		Monday-12	Tuesday-13	Wednesday-14	Thursday-15	Friday-16	Saturday-10
	AM - Dryland	WH - 7:00 - 7:15	WH - 7:00 - 7:15	OFF	WH - 7:45 - 8		
Provincial	Swim	WH - 7:15 - 8:30	WH - 7:15 - 8:30	OFF	WH - 8 - 8:45		
Qualifiers	PM - Dryland	WH - 4:30 - 5:00	WH - 4:30 - 5:00	WH - 4:30 - 5:00	Regional practice		
	Swim	WH - 5:00 - 6:00	WH - 5:00 - 6:00	WH - 5:00 - 6:00	in Kamloops	Kamloops	
	Stretch	Relay Practice	WH - 6:00 - 6:15	Relay Practice	5 - 8 pm		
			Provs Warmup	Provs Comp	Provs Comp		
Diving		WH 4:30 - 6 pm	8 - 10 pm W'up	12 - 4 pm	7 - 10:30 am		

		Monday-5	Tuesday-6	Wednesday-7	Thursday-8	Friday-9	Saturday-10
PMA	PM - Dryland		RP - 4:45 - 5:00	RP - 4:45 - 5:00	RP - 4:45 - 5:00		PMA POOL PARTY
Non-Qualifiers	Swim	OFF	RP - 5:00 - 6:00	RP - 5:00 - 6:00	RP - 5:00 - 6:00	OFF	WH 10 - 1 PM

		Monday-5	Tuesday-6	Wednesday-7	Thursday-8	Friday-9	Saturday-10
HS Fit & PMA	AM			WH - 7:15 - 8:30		WH - 7:15 - 8:30	PMA POOL PARTY
Masters	PM	OFF	OFF	WH - 8-9 PM	WH - 8-9 PM		WH 10 - 1 PM