

Westhill Pool Schedule: May 1st - June 15th

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	IMPORTANT DATES & SWIM MEETS
AM	Masters	Black/Red	Black	Red/White	Black	May 9 & 16 Clinics	May 15th: Red and Black Meet (Team Time Trial 4:00-9:00pm)
	Activation: 6:15-6:30am	Activation: 6:15-6:30am	Activation: 6:15-6:30am	Activation: 6:15-6:30am	Activation: 6:15-6:30am	Orca	
	Swim: 6:30-7:30am	Swim: 6:30-7:30am	Swim: 6:30-7:30am	Swim: 6:30-7:30am	Swim: 6:30-7:30am	Activation: 9:15-9:30am Swim: 9:30-10:30am	
							May 18th: No Swimming Victoria Day
							May 30th - Poco Dual Meet
						Red/White	
PM	MINIs/AquaSplashers	MINIs	MINIs/AquaSplashers		MINIs/AquaSplashers	On-Land Work: 10:00-10:30am	June 6 - 7 – Burnaby Mountain Mantas Meet (Centennial)
	Activation: 4:15-4:30pm	Activation: 4:15-4:30pm	Activation: 4:15-4:30pm		Activation: 4:15-4:30pm	Swim: 10:30-11:30am	June 13 - 14 – Burnaby Barracudas Meet (Central Park,
	Swim: 4:30-5:00pm	Swim: 4:30-5:00pm	Swim: 4:30-5:00pm		Swim: 4:30-5:00pm		
	MINIs/AquaSplashers	MINIs	MINIs/AquaSplashers		MINIs/AquaSplashers	Black	June 19 - 21 – Port Coquitlam Marlins Meet (Centennial)
	Activation: 4:45-5:00pm	Activation: 4:45-5:00pm	Activation: 4:45-5:00pm		Activation: 4:45-5:00pm	On-Land Work: 11:00-11:30am	Friday: Development groups only
	Swim: 5:00-5:30pm	Swim: 5:00-5:30pm	Swim: 5:00-5:30pm		Swim: 5:00-5:30pm	Swim: 11:30-12:30pm	June 26 - 28 – Home Meet – Golden Spike
							Friday: Development groups only
	Orca	Orca	Orca	Orca	Orca		July 4 - 6 – Away Meet – Penticton
	Activation: 4:15-4:30pm	Activation: 4:15-4:30pm	Activation: 4:15-4:30pm	Activation: 4:15-4:30pm	Activation: 4:15-4:30pm		July 11-12 (TBD) Vancouver Vikings or WRASA
	Swim: 4:30-5:30 pm	Swim: 4:30-5:30 pm	Swim: 4:30-5:30 pm	Swim: 4:30-5:30 pm	Swim: 4:30-5:30 pm		July 13 - 17 – Challenge Week
	White	White	White	White	White		July 17 - 19 – Coquitlam Sharks Meet
	Dryland: 5:00-5:30pm	Dryland: 5:00-5:30pm	Dryland: 5:00-5:30pm	Dryland: 5:00-5:30pm	Dryland: 5:00-5:30pm		Friday: Development groups only
	Swim: 5:30-6:30 pm	Swim: 5:30-6:30 pm	Swim: 5:30-6:30 pm	Swim: 5:30-6:30 pm	Swim: 5:30-6:30 pm		July 31 - August 2 – Simon Fraser Regionals
	Black	Black	Red	Black	Red		August (TBD) – End-of-Season Pool Party
	Dryland: 6:00-6:30pm	Dryland: 6:00-6:30pm	Dryland: 6:00-6:30pm	Dryland: 6:00-6:30pm	Dryland: 6:00-6:30pm		August 5 - 14 – Final weeks of practices
	Swim: 6:30-7:30 pm	Swim: 6:30-7:30 pm	Swim: 6:30-7:30 pm	Swim: 6:30-7:30 pm	Swim: 6:30-7:30 pm		Non-qualifiers: final week of practices
	Red	Red	Black	Red	Black		Qualifiers: two weeks of practices
	Activation: 7:15-7:30pm	Activation: 7:15-7:30pm	Activation: 7:15-7:30pm	Activation: 7:15-7:30pm	Activation: 7:15-7:30pm		August 14 - 16 – Provincial Championships, Kamloops, BC
Swim: 7:30-8:30 pm	Swim: 7:30-8:30 pm	Swim: 7:30-8:30 pm	Swim: 7:30-8:30 pm	Swim: 7:30-8:30 pm		September (TBD) – AGM and Awards	
Masters		Masters	Masters				
Activation: 8:15-9:30pm		Activation: 8:15-9:30pm	Activation: 8:15-9:30pm				
Swim: 8:30-9:30 pm		Swim: 8:30-9:30 pm	Swim: 8:30-9:30 pm				