Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 2nd	July 3rd	July 4th	July 5th	July 6th	July 7th	July 8th
LB	LB	LB	LB	LB		
7:30-9:00am	7:30-9:00am	7:30-9:00am	7:30-9:00am	7:30-9:00am		
2 lanes						
MV1	INT1	INT2	INT2	MV1		
SGS	SGS	SGS	SGS	SGS		
7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am		
whole pool						
SR2/INT1	SR1/SR2	SR1/JR	SR2/INT1	SR1/INT1		
SGS	SGS	SGS	SGS	JCC		
4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:00-5:00pm	Hootenanny	Hootenanny
whole pool	whole pool	whole pool	whole pool	2 lanes	Meet	Meet
INT2/JR	SR2	INT1/MV1	SR1/SR2	MV2		
SGS	SGS		SGS	JCC		
5:30-6:30pm	5:30-6:30pm		5:30-6:30pm	5:00-6:00pm		
whole pool	whole pool		whole pool	2 lanes		
INT1/MV1	JR/MV1		SR1/SR2	INT2		
SGS			SGS	SGS		
6:30-7:30pm			6:30-7:30pm	4:30-5:30pm		
whole pool			whole pool	whole pool		
SR1/SR2			MV1/MV2	SR1/JR		
LB	LB	LB	LB	SGS		
5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:30-6:30pm		
2 lanes	2 lanes	2 lanes	2 lanes	whole pool		
SP	SP	SP	JR	SR2/INT1		
LB	LB		LB			
6:00-7:00pm	6:00-7:00pm		6:00-7:00pm			
2 lanes	2 lanes	Vikings BBQ	2 lanes			
MV2	MV2	6-8:30pm	SP			
	UBC		UBC			
	7:00-8:00pm		7:00-8:00pm			
	3 lanes		3 lanes			
	INT2		INT2			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 9th	July 10th	July 11th	July 12th	July 13th	July 14th	July 15th
	LB	LB	LB	LB		
	7:30-9:00am	7:30-9:00am	7:30-9:00am	7:30-9:00am		
	2 lanes	2 lanes	2 lanes	2 lanes		
	INT1	INT2	INT1	MV1		
	SGS	SGS	SGS	SGS		
	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am		
	whole pool	whole pool	whole pool	whole pool		
	SR1/SR2	SR1/JR	SR2	SR1/INT1		
SGS	SGS	SGS	SGS	JCC	Vikings	Vikings
4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:00-5:00pm		
whole pool	whole pool	whole pool	whole pool	2 lanes	Meet	Meet
INT2/JR	SR2	INT1/MV1	SR1/SR2	MV2		
SGS	SGS	SGS	SGS	JCC		
5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:00-6:00pm		
whole pool	whole pool	whole pool	whole pool	2 lanes		
INT1/MV1	JR/MV1	INT2/JR	SR1/SR2	INT2		
SGS		SGS	SGS	SGS		
6:30-7:30pm		6:30-7:30pm	6:30-7:30pm	4:30-5:30pm		
whole pool		whole pool	whole pool	whole pool		
SR2		SR1	MV1/MV2	SR1/JR		
LB	LB	LB	LB	SGS		
5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:30-6:30pm		
2 lanes	2 lanes	2 lanes	2 lanes	whole pool		
SP	SP	SP	JR	SR2/INT1		
LB	LB	LB	LB			
6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm			
2 lanes	2 lanes	2 lanes	2 lanes			
MV2	MV2	MV2	SP			
UBC	UBC	UBC	UBC			
6:00-7:00pm	7:00-8:00pm	6:00-7:00pm	7:00-8:00pm			
2 x 50m	3 lanes	2 x 50m	3 lanes			
SR1	INT2	SR2	INT2			

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 16th	July 17th	July 18th	July 19th	July 20th	July 21st	July 22nd
	LB	LB	LB	LB		
	7:30-9:00am	7:30-9:00am	7:30-9:00am	7:30-9:00am		
	2 lanes	2 lanes	2 lanes	2 lanes		
	INT1	INT2	INT1	MV1		
	SGS	SGS	SGS	SGS		
	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am		
	whole pool	whole pool	whole pool	whole pool		
	SR1/SR2	SR1/JR	SR2	SR1/INT1		
SGS	SGS	SGS	SGS	JCC	Coquitlam	Coquitlam
4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:00-5:00pm		· ·
whole pool	whole pool	whole pool	whole pool	2 lanes	Meet	Meet
INT2/JR	SR2	INT1/MV1	SR1/SR2	MV2		
SGS	SGS	SGS	SGS	JCC		
5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:00-6:00pm		
whole pool	whole pool	whole pool	whole pool	2 lanes		
INT1/MV1	JR/MV1	INT2/JR	SR1/SR2	INT2		
SGS		SGS	SGS	SGS		
6:30-7:30pm		6:30-7:30pm	6:30-7:30pm	4:30-5:30pm		
whole pool		whole pool	whole pool	whole pool		
SR2		SR1	MV1/MV2	SR1/JR		
LB	LB	LB	LB	SGS		
5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:30-6:30pm		
2 lanes	2 lanes	2 lanes	2 lanes	whole pool		
SP	SP	SP	JR	SR2/INT1		
LB	LB	LB	LB			
6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm			
2 lanes	2 lanes	2 lanes	2 lanes			
MV2	MV2	MV2	SP			
UBC	UBC	UBC	UBC			
6:00-7:00pm	7:00-8:00pm	6:00-7:00pm	7:00-8:00pm			
2 x 50m	3 lanes	2 x 50m	3 lanes			
SR1	INT2	SR2	INT2			

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 23rd	July 24th	July 25th	July 26th	July 27th	July 28th	July 29th
	LB	LB	LB	LB		
	7:30-9:00am	7:30-9:00am	7:30-9:00am	7:30-9:00am		
	2 lanes	2 lanes	2 lanes	2 lanes		
	INT1	INT2	INT1	MV1		
	SGS	SGS	SGS	SGS		
	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am		
	whole pool	whole pool	whole pool	whole pool		
	SR1/SR2	SR1/JR	SR2	SR1/INT1		
SGS	SGS	SGS	SGS	JCC	LB	LB
4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:00-5:00pm	1:00-2:00pm	1:00-2:00pm
whole pool	whole pool	whole pool	whole pool	2 lanes	whole pool	whole pool
INT2/JR	SR2	INT1/MV1	SR1/SR2	MV2	SR2/SP	SR2/SP
SGS	SGS	SGS	SGS	JCC	LB	LB
5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:00-6:00pm	2:00-3:00pm	2:00-3:00pm
whole pool	whole pool	whole pool	whole pool	2 lanes	whole pool	whole pool
INT1/MV1	JR/MV1	INT2/JR	SR1/SR2	INT2	INT2/JR	INT2/JR
SGS		SGS	SGS	SGS	LB	LB
6:30-7:30pm		6:30-7:30pm	6:30-7:30pm	4:30-5:30pm	3:00-4:00pm	3:00-4:00pm
whole pool		whole pool				
SR2		SR1	MV1/MV2	SR1/JR	SR1/INT1	SR1/INT1
LB	LB	LB	LB	SGS	LB	LB
5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:30-6:30pm	4:00-5:00pm	4:00-5:00pm
2 lanes	2 lanes	2 lanes	2 lanes	whole pool	whole pool	whole pool
SP	SP	SP	JR	SR2/INT1	MV1/MV2	MV1/MV2
LB	LB	LB	LB			
6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm			
2 lanes	2 lanes	2 lanes	2 lanes			
MV2	MV2	MV2	SP			
UBC	UBC	UBC	UBC			
6:00-7:00pm	7:00-8:00pm	6:00-7:00pm	7:00-8:00pm			
2 x 50m	3 lanes	2 x 50m	3 lanes			
SR1	INT2	SR2	INT2			