| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|---|-----------------|-----------------|
| June 3rd | June 4th | June 5th | June 6th | June 7th | June 8th | June 9th |
| SGS 6:45-7:45am whole pool INT2/MV1 LB 6:30-7:30am 2 lanes JR | HC 6:30-7:30am 3 lanes SR2 LB 6:30-7:30am 2 lanes INT1 KE 6:30-7:30am whole pool | SGS 6:45-7:45am whole pool SR2/INT1 LB 6:30-7:30am 2 lanes MV1 | HC 6:30-7:30am 3 lanes SR1 LB 6:30-7:30am 2 lanes INT2 KE 6:30-7:30am whole pool | SGS 6:45-7:45am whole pool SR1/SR2 | | |
| SGS 4:00-5:00pm whole pool | SR1 SGS 4:00-5:00pm whole pool | SGS 4:00-5:00pm whole pool | SR2/JR SGS 4:00-5:00pm whole pool | JCC 4:30-5:30pm 4 lanes | BURNABY MEET | BURNABY MEET |
| JCC 4:00-5:00pm 2 lanes MV1 | INT2/MV1 SGS 5:00-6:00pm whole pool SR1/JR | SR1/INT1 HC 4:00-5:00pm 3 lanes JR | SR2/JR | MV1 JCC 5:30-6:30pm 4 lanes MV2 | | |
| JCC 5:00-6:00pm 2 lanes MV3 | LB 5:00-6:00pm 2 lanes MV3 | JCC 4:00-5:00pm 2 lanes INT2 | LB 5:00-6:00pm 2 lanes MV3 | SGS 6:00-7:00pm whole pool INT1/INT2 | | |
| | LB 6:00-7:00pm 4 lanes MV2 | JCC 5:00-6:00pm 2 lanes MV3 | LB 6:00-7:00pm 4 lanes MV2 | SGS 7:00-8:00pm whole pool SR1/SR2 | | |
| UBC 7:00-8:00pm 2 x 50m (Lanes 4&5) SR1 | UBC 7:00-8:00pm 4 lanes INT1 | UBC 7:00-8:00pm 2 x 50m (Lanes 0 & 1) SR2 | UBC 7:00-8:00pm 4 lanes INT1 | | | |

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------|-------------|-----------------------|-------------|-------------|-----------|-----------|
| June 10th | June 11th | June 12th | June 13th | June 14th | June 15th | June 16th |
| SGS | HC | SGS | HC | SGS | | |
| 6:45-7:45am | 6:30-7:30am | 6:45-7:45am | 6:30-7:30am | 6:45-7:45am | | |
| whole pool | 3 lanes | whole pool | 3 lanes | whole pool | | |
| INT2/MV1 | SR2 | SR2/INT1 | SR1 | SR1/SR2 | | |
| LB | LB | LB | LB | | | |
| 6:30-7:30am | 6:30-7:30am | 6:30-7:30am | 6:30-7:30am | | | |
| 2 lanes | 2 lanes | 2 lanes | 2 lanes | | | |
| JR | INT1 | MV1 | INT2 | | | |
| | KE | | KE | | | |
| | 6:30-7:30am | | 6:30-7:30am | | POCO | POCO |
| | whole pool | | whole pool | | MEET | MEET |
| | SR1 | | SR2/JR | | | |
| SGS | SGS | SGS | SGS | JCC | | |
| 4:00-5:00pm | 4:00-5:00pm | 4:00-5:00pm | 4:00-5:00pm | 4:30-5:30pm | | |
| whole pool | whole pool | whole pool | whole pool | 4 lanes | | |
| INT2/MV2 | INT2/MV1 | SR1/INT1 | SR2/JR | MV1 | | |
| JCC | SGS | HC | | JCC | | |
| 4:00-5:00pm | 5:00-6:00pm | 4:00-5:00pm | | 5:30-6:30pm | | |
| 2 lanes | whole pool | 3 lanes | | 4 lanes | | |
| MV1 | SR1/JR | JR | | MV2 | | |
| JCC | LB | JCC | LB | | | |
| 5:00-6:00pm | 5:00-6:00pm | 4:00-5:00pm | 5:00-6:00pm | | | |
| 2 lanes | 2 lanes | 2 lanes | 2 lanes | | | |
| MV3 | MV3 | INT2 | MV3 | | | |
| | LB | JCC | LB | | | |
| | 6:00-7:00pm | 5:00-6:00pm | 6:00-7:00pm | | | |
| | 4 lanes | 2 lanes | 4 lanes | | | |
| | MV2 | MV3 | MV2 | | | |
| UBC | UBC | UBC | UBC | | | |
| 7:00-8:00pm | 7:00-8:00pm | 7:00-8:00pm | 7:00-8:00pm | | | |
| 2 x 50m (Lanes 4&5) | 4 lanes | 2 x 50m (Lanes 0 & 1) | 4 lanes | | | |
| SR1 | INT1 | SR2 | INT1 | | | |

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------|-------------------|-----------------------|----------------------|-------------|-----------|-----------|
| June 17th | June 18th | June 19th | June 20th | June 21st | June 22nd | June 23rd |
| SGS | HC | SGS | HC | SGS | | |
| 6:45-7:45am | 6:30-7:30am | 6:45-7:45am | 6:30-7:30am | 6:45-7:45am | | |
| whole pool | 3 lanes | whole pool | 3 lanes | whole pool | | |
| INT2/MV1 | SR2 | SR2/INT1 | SR1 | SR1/SR2 | | |
| LB | LB | LB | LB | | | |
| 6:30-7:30am | 6:30-7:30am | 6:30-7:30am | 6:30-7:30am | | | |
| 2 lanes | 2 lanes | 2 lanes | 2 lanes | | | |
| JR | INT1 | MV1 | INT2 | | | |
| | KE | | KE | | NSWC | NSWC |
| | 6:30-7:30am | | 6:30-7:30am | | | |
| | whole pool SR1 | | whole pool SR2/JR | | Meet | Meet |
| SGS | SGS | SGS | SGS | JCC | | |
| 4:00-5:00pm | 4:00-5:00pm | 4:00-5:00pm | 4:00-5:00pm | 4:30-5:30pm | | |
| whole pool | whole pool | whole pool | whole pool | 4 lanes | | |
| INT2/MV2 | INT2/MV1 | SR1/INT1 | SR2/JR | MV1 | | |
| JCC | SGS | HC | | JCC | | |
| 4:00-5:00pm | 5:00-6:00pm | 4:00-5:00pm | | 5:30-6:30pm | | |
| 2 lanes | whole pool | 3 lanes | | 4 lanes | | |
| MV1 | SR1/JR | JR | | MV2 | | |
| JCC | LB | JCC | LB | SGS | | |
| 5:00-6:00pm | 5:00-6:00pm | 4:00-5:00pm | 5:00-6:00pm | 6:00-7:00pm | | |
| 2 lanes | 2 lanes | 2 lanes | 2 lanes | whole pool | | |
| MV3 | MV3 | INT2 | MV3 | INT1/INT2 | | |
| | LB | JCC | LB | SGS | | |
| | 6:00-7:00pm | 5:00-6:00pm | 6:00-7:00pm | 7:00-8:00pm | | |
| | 4 lanes | 2 lanes | 4 lanes | whole pool | | |
| | MV2 | MV3 | MV2 | SR1/SR2 | | |
| UBC | UBC | UBC | UBC | | | |
| 7:00-8:00pm | 7:00-8:00pm | 7:00-8:00pm | 7:00-8:00pm | | | |
| 2 x 50m (Lanes 4&5) | 4 lanes | 2 x 50m (Lanes 0 & 1) | 4 lanes | | | |
| SR1 | INT1 | SR2 | INT1 | | | |

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------|-------------|-----------------------|-------------|-------------|--------------|--------------|
| June 24th | June 25th | June 26th | June 27th | June 28th | June 29th | June 30th |
| SGS | HC | SGS | HC | SGS | KE | KE |
| 6:45-7:45am | 6:30-7:30am | 6:45-7:45am | 6:30-7:30am | 6:45-7:45am | 8:00-9:00am | 8:00-9:00am |
| whole pool | 3 lanes | whole pool | 3 lanes | whole pool | whole pool | whole pool |
| INT2/MV1 | SR2 | SR2/INT1 | SR1 | SR1/SR2 | MV1/MV2 | SR1 |
| LB | LB | LB | LB | | KE | KE |
| 6:30-7:30am | 6:30-7:30am | 6:30-7:30am | 6:30-7:30am | | 9:00-10:00am | 9:00-10:00am |
| 2 lanes | 2 lanes | 2 lanes | 2 lanes | | whole pool | whole pool |
| JR | INT1 | MV1 | INT2 | | INT1/INT2 | MV1/MV2 |
| | KE | | KE | | | |
| | 6:30-7:30am | | 6:30-7:30am | | | |
| | whole pool | | whole pool | | | |
| | SR1 | | SR2/JR | | | |
| SGS | | SGS | SGS | JCC | | |
| 4:00-5:00pm | | 4:00-5:00pm | 4:00-5:00pm | 4:30-5:30pm | | |
| whole pool | | whole pool | whole pool | 4 lanes | | |
| INT2/MV2 | | SR1/INT1 | SR2/JR | MV1 | | |
| JCC | | HC | | JCC | LB | LB |
| 4:00-5:00pm | | 4:00-5:00pm | | 5:30-6:30pm | 5:00-6:00pm | 5:00-6:00pm |
| 2 lanes | Swimathon | 3 lanes | | 4 lanes | whole pool | whole pool |
| MV1 | | JR | | MV2 | SR1/JR | INT1/JR |
| JCC | | JCC | LB | SGS | LB | LB |
| 5:00-6:00pm | | 4:00-5:00pm | 5:00-6:00pm | 6:00-7:00pm | 6:00-7:00pm | 6:00-7:00pm |
| 2 lanes | | 2 lanes | 2 lanes | whole pool | whole pool | whole pool |
| MV3 | | INT2 | MV3 | INT1/INT2 | INT2/MV3 | SR2/INT2 |
| | | JCC | LB | SGS | | |
| | | 5:00-6:00pm | 6:00-7:00pm | 7:00-8:00pm | | |
| | | 2 lanes | 4 lanes | whole pool | | |
| | | MV3 | MV2 | SR1/SR2 | | |
| UBC | | UBC | UBC | | | |
| 7:00-8:00pm | | 7:00-8:00pm | 7:00-8:00pm | | | |
| 2 x 50m (Lanes 4&5) | | 2 x 50m (Lanes 0 & 1) | 4 lanes | | | |
| SR1 | | SR2 | INT1 | | | |