Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 5th	July 6th	July 7th	July 8th	July 9th	July 10th	July 11th
	SGS	SGS	SGS	SGS		UBC
	7:30-8:30am	7:30-8:30am	7:30-8:30am	7:30-8:30am		8:45-9:45am
	whole pool	whole pool	whole pool	whole pool		Competition North Pool
	P3	P2	P1	P4		P3
						UBC
						9:45-10:45am
						Competition North Pool
						P4
SGS	SGS	SGS	SGS	SGS	SGS	LB
4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	12:30-1:30 pm	9:30-10:30am
whole pool	whole pool	whole pool	whole pool	whole pool	whole pool	whole pool
P5	P6	P2	P1	P3	P5	P6
SGS	SGS	SGS	SGS	SGS	SGS	LB
5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	1:45-2:45pm	10:30-11:30am
whole pool	whole pool	whole pool	whole pool	whole pool	whole pool	whole pool
P3	P2	P5	P2	P2	P4	P5
SGS	SGS	SGS	SGS	SGS	SGS	
6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	3:00-4:00pm	
whole pool	whole pool	whole pool	whole pool	whole pool	whole pool	
P4	P1	P1	P6	P5	P3	
Renfrew		Renfrew			SGS	
6:15-7:15pm		6:15-7:15pm			4:15-5:15pm	
whole pool		whole pool			whole pool	
P2 Renfrew		P4 Renfrew			P2 SGS	
7:15pm-8:15pm		7:15pm-8:15pm			5:30-6:30pm	
whole pool		whole pool			whole pool	
P1		P3			P6	
				UBC	UBC	
				8:15-9:15pm	4:45-5:45pm	
				6 x 50m	Competition North Pool	
				P1	P1	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 12th	July 13th	July 14th	July 15th	July 16th	July 17th	July 18th
	SGS	SGS	SGS	SGS		UBC
	7:30-8:30am	7:30-8:30am	7:30-8:30am	7:30-8:30am		8:45-9:45am
	whole pool	whole pool	whole pool	whole pool		Competition North Pool
	P3	P2	P1	P4		P3
						UBC
						9:45-10:45am
						Competition North Pool
						P4
SGS	SGS	SGS	SGS	SGS	SGS	LB
4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	12:30-1:30 pm	9:30-10:30am
whole pool	whole pool	whole pool	whole pool	whole pool	whole pool	whole pool
P5	P6	P2	P1	P3	P5	P6
SGS	SGS	SGS	SGS	SGS	SGS	LB
5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	1:45-2:45pm	10:30-11:30am
whole pool	whole pool	whole pool	whole pool	whole pool	whole pool	whole pool
P3	P2	P5	P2	P2	P4	P5
SGS	SGS	SGS	SGS	SGS	SGS	
6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	3:00-4:00pm	
whole pool	whole pool	whole pool	whole pool	whole pool	whole pool	
P4	P1	P1	P6	P5	P3	
Renfrew		Renfrew			SGS	
6:15-7:15pm		6:15-7:15pm			4:15-5:15pm	
whole pool		whole pool			whole pool	
P2		P4			P2	
Renfrew		Renfrew			SGS	
7:15pm-8:15pm		7:15pm-8:15pm			5:30-6:30pm	
whole pool		whole pool			whole pool	
P1		P3			P6	
				UBC	UBC	
				8:15-9:15pm	4:45-5:45pm	
				6 x 50m	Competition North Pool	
				P1	P1	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 19th	July 20th	July 21st	July 22nd	July 23rd	July 24th	July 25th
	SGS	SGS	SGS	SGS		UBC
	7:30-8:30am	7:30-8:30am	7:30-8:30am	7:30-8:30am		8:45-9:45am
	whole pool	whole pool	whole pool	whole pool		Competition North Pool
	P3	P2	P1	P4		P3
						UBC
						9:45-10:45am
						Competition North Pool
						P4
SGS	SGS	SGS	SGS	SGS	SGS	LB
4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	12:30-1:30 pm	9:30-10:30am
whole pool	whole pool	whole pool	whole pool	whole pool	whole pool	whole pool
P5	P6	P2	P1	P3	P5	P6
SGS	SGS	SGS	SGS	SGS	SGS	LB
5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	1:45-2:45pm	10:30-11:30am
whole pool	whole pool	whole pool	whole pool	whole pool	whole pool	whole pool
P3	P2	P5	P2	P2	P4	P5
SGS	SGS	SGS	SGS	SGS	SGS	
6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	3:00-4:00pm	
whole pool	whole pool	whole pool	whole pool	whole pool	whole pool	
P4	P1	P1	P6	P5	P3	
Renfrew		Renfrew			SGS	
6:15-7:15pm		6:15-7:15pm			4:15-5:15pm	
whole pool		whole pool			whole pool	
P2		P4			P2	
Renfrew		Renfrew			SGS	
7:15pm-8:15pm		7:15pm-8:15pm			5:30-6:30pm	
whole pool		whole pool			whole pool	
P1		P3			P6	
				UBC	UBC	
				7:00-8:00pm	4:45-5:45pm	
				Competition North Pool	Competition North Pool	
				P1	P1	

	1					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 26th	July 27th	July 28th	July 29th	July 30th	July 31st	Aug 1st
	SGS	SGS	SGS	SGS		UBC
	7:30-8:30am	7:30-8:30am	7:30-8:30am	7:30-8:30am		8:45-9:45am
	whole pool	whole pool	whole pool	whole pool		Competition North Pool
	P3	P2	P1	P4		P3
						UBC
						9:45-10:45am
						Competition North Pool
						P4
SGS	SGS	SGS	SGS	SGS	SGS	LB
4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	12:30-1:30 pm	9:30-10:30am
whole pool	whole pool	whole pool	whole pool	whole pool	whole pool	whole pool
P5	P6	P2	P1	P3	P5	P6
SGS	SGS	SGS	SGS	SGS	SGS	LB
5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	1:45-2:45pm	10:30-11:30am
whole pool	whole pool	whole pool	whole pool	whole pool	whole pool	whole pool
P3	P2	P5	P2	P2	P4	P5
SGS	SGS	SGS	SGS	SGS	SGS	
6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	3:00-4:00pm	
whole pool	whole pool	whole pool	whole pool	whole pool	whole pool	
P4	P1	P1	P6	P5	P3	
Renfrew		Renfrew			SGS	
6:15-7:15pm		6:15-7:15pm			4:15-5:15pm	
whole pool		whole pool			whole pool	
P2		P4			P2	
Renfrew		Renfrew			SGS	
7:15pm-8:15pm		7:15pm-8:15pm			5:30-6:30pm	
whole pool		whole pool			whole pool	
P1		P3			P6	
				UBC	UBC	
				7:00-8:00pm	4:45-5:45pm	
				Competition North Pool	Competition North Pool	
				P1	P1	