

JULY
2022

Gold Group

CALENDAR MONTH	JULY
CALENDAR YEAR	2022
1ST DAY OF WEEK	SUNDAY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
daily	26	27	28	29	30	1	2
daily						Canada Day	
daily	3	4	5	6	7	8	9
daily			Foothills 5:00-6:00	Foothills 5:00-6:00	Foothills 5:00-6:00		Tritons Meet
daily	10	11	12	13	14	15	16
daily			Foothills 5:00-6:00	Foothills 5:00-6:00	Foothills 5:00-6:00		Cochrane Meet
daily	17	18	19	20	21	22	23
daily			Foothills 5:00-6:00	Foothills 5:00-6:00	Foothills 5:00-6:00	Swordfish Meet	Swordfish Meet
daily	24	25	26	27	28	29	30
daily			Foothills 5:00-6:00	Foothills 5:00-6:00	Foothills 5:00-6:00		

JULY
2022

Bronze Group

CALENDAR MONTH	JULY
CALENDAR YEAR	2022
1ST DAY OF WEEK	SUNDAY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
daily	26	27	28	29	30	1	2
daily						Canada Day	
daily	3	4	5	6	7	8	9
daily			Foothills 5:00-6:00	Foothills 5:00-6:00	Foothills 5:00-6:00	MNP 7:00-8:00	Tritons Meet
daily	10	11	12	13	14	15	16
daily			Foothills 5:00-6:00	Foothills 5:00-6:00	Foothills 5:00-6:00	MNP 7:00-8:00	Cochrane Meet
daily	17	18	19	20	21	22	23
daily			Foothills 5:00-6:00	Foothills 5:00-6:00	Foothills 5:00-6:00	Swordfish Meet	Swordfish Meet
daily	24	25	26	27	28	29	30
daily			Foothills 5:00-6:00	Foothills 5:00-6:00	Foothills 5:00-6:00	MNP 7:00-8:00	
daily							

JULY
2022

Red Group

CALENDAR MONTH	JULY
CALENDAR YEAR	2022
1ST DAY OF WEEK	SUNDAY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
d a i l y n	26	27	28	29	30	1 Canada Day	2
d a i l y n	3	4 Foothills 4:00-5:00	5 Foothills 6:00-7:00	6 Foothills 6:00-7:00	7 Foothills 6:00-7:00	8 MNP 7:00-8:00	9 Tritons Meet
d a i l y n	10	11 Foothills 4:00-5:00	12 Foothills 6:00-7:00	13 Foothills 6:00-7:00	14 Foothills 6:00-7:00	15 MNP 7:00-8:00	16 Cochrane Meet
d a i l y n	17	18 Foothills 4:00-5:00	19 Foothills 6:00-7:00	20 Foothills 6:00-7:00	21 Foothills 6:00-7:00	22 Swordfish Meet	23 Swordfish Meet
d a i l y n	24	25 Foothills 4:00-5:00	26 Foothills 6:00-7:00	27 Foothills 6:00-7:00	28 Foothills 6:00-7:00	29 MNP 7:00-8:00	30
d a i l y n							

JULY
2022

Green Group

CALENDAR MONTH	JULY
CALENDAR YEAR	2022
1ST DAY OF WEEK	SUNDAY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
daily	26	27	28	29	30	1	2
daily						Canada Day	
daily	3	4	5	6	7	8	9
daily		Foothills 4:00-5:00	Foothills 7:00-8:30	Foothills 7:00-8:00	Foothills 7:30-8:30	MNP 8:00-9:00	Tritons Meet
daily	10	11	12	13	14	15	16
daily		Foothills 4:00-5:00	Foothills 7:00-8:30	Foothills 7:00-8:00	Foothills 7:30-8:30	MNP 8:00-9:00	Cochrane Meet
daily	17	18	19	20	21	22	23
daily		Foothills 4:00-5:00	Foothills 7:00-8:30	Foothills 7:00-8:00	Foothills 7:30-8:30	Swordfish Meet	Swordfish Meet
daily	24	25	26	27	28	29	30
daily		Foothills 4:00-5:00	Foothills 7:00-8:30	Foothills 7:00-8:00	Foothills 7:30-8:30	MNP 8:00-9:00	
daily							

JULY 2022

Black Group

CALENDAR MONTH	JULY
CALENDAR YEAR	2022
1ST DAY OF WEEK	SUNDAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
					Canada Day	
3	4	5	6	7	8	9
	Foothills 5:00-6:00	Foothills 7:00-8:30	Foothills Drland 7:15-8:00 Swim 8:00-9:00	Foothills 6:00-7:30	MNP 8:00-9:00	Tritons Meet
10	11	12	13	14	15	16
	Foothills 5:00-6:00	Foothills 7:00-8:30	Foothills Drland 7:15-8:00 Swim 8:00-9:00	Foothills 6:00-7:30	MNP 8:00-9:00	Cochrane Meet
17	18	19	20	21	22	23
	Foothills 5:00-6:00	Foothills 7:00-8:30	Foothills Drland 7:15-8:00 Swim 8:00-9:00	Foothills 6:00-7:30	Swordfish Meet	Swordfish Meet
24	25	26	27	28	29	30
	Foothills 5:00-6:00	Foothills 7:00-8:30	Foothills Drland 7:15-8:00 Swim 8:00-9:00	Foothills 6:00-7:30	MNP 8:00-9:00	

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AUGUST 2022

Gold Group

CALENDAR MONTH	AUGUST
CALENDAR YEAR	2022
1ST DAY OF WEEK	SUNDAY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1	2	3	4	5	6
d a i l y n			Foothills 5:00-6:00	Foothills 5:00-6:00	Foothills 5:00-6:00	MNP 7:00-9:00	Regionals
	7	8	9	10	11	12	13
d a i l y n	Regionals	Provincial Training Qualifiers only FH 4:00-5:00pm	Provincial Training Qualifiers only FH 5:00-6:00pm	Provincial Training Qualifiers only FH 5:00-6:00pm	Provincial Training Qualifiers only FH 5:00-6:00pm	Provincials	Provincials
	14	15	16	17	18	19	20
d a i l y n	Provincials						
	21	22	23	24	25	26	27
d a i l y n							
	28	29	30	31	1	2	3
d a i l y n							
d a i l y n							

AUGUST 2022

Bronze Group

CALENDAR MONTH	AUGUST
CALENDAR YEAR	2022
1ST DAY OF WEEK	SUNDAY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1	2	3	4	5	6
d a i l y n		Foothills 5:00-6:00	Foothills 5:00-6:00	Foothills 5:00-6:00	Foothills 5:00-6:00	Renfrew 6:00-6:45	Regionals
	7	8	9	10	11	12	13
d a i l y n	Regionals	Provincial Training Qualifiers only FH 4:00-5:00pm	Provincial Training Qualifiers only FH 5:00-6:00pm	Provincial Training Qualifiers only FH 5:00-6:00pm	Provincial Training Qualifiers only FH 5:00-6:00pm	Provincials	Provincials
	14	15	16	17	18	19	20
d a i l y n	Provincials						
	21	22	23	24	25	26	27
d a i l y n							
	28	29	30	31	1	2	3
d a i l y n							
d a i l y n							

AUGUST 2022

Red Group

CALENDAR MONTH	AUGUST
CALENDAR YEAR	2022
1ST DAY OF WEEK	SUNDAY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1	2	3	4	5	6
d a i l y n			Foothills 6:00-7:00	Foothills 6:00-7:00	Foothills 6:00-7:00	MNP 7:00-8:00	Regionals
	7	8	9	10	11	12	13
d a i l y n	Regionals	Provincial Training Qulifiers only FH 4:00-5:00pm	Provincial Training Qulifiers only FH 5:00-6:00pm	Provincial Training Qulifiers only FH 5:00-6:00pm	Provincial Training Qulifiers only FH 5:00-6:00pm	Provincials	Provincials
	14	15	16	17	18	19	20
d a i l y n	Provincials						
	21	22	23	24	25	26	27
d a i l y n							
	28	29	30	31	1	2	3
d a i l y n							
d a i l y n							

AUGUST 2022

Green Group

CALENDAR MONTH	AUGUST
CALENDAR YEAR	2022
1ST DAY OF WEEK	SUNDAY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1	2	3	4	5	6
d a i l y n			Foothills 7:00-8:30	Foothills 7:00-8:00	Foothills 7:30-8:30	MNP 8:00-9:00	Regionals
	7	8	9	10	11	12	13
d a i l y n	Regionals	Provincial Training Qualifiers only FH 5:00-6:00pm	Provincial Training Qualifiers only FH 6:00-7:00pm	Provincial Training Qualifiers only FH 6:00-7:00pm	Provincial Training Qualifiers only FH 6:00-7:00pm	Provincials	Provincials
	14	15	16	17	18	19	20
d a i l y n	Provincials						
	21	22	23	24	25	26	27
d a i l y n							
	28	29	30	31	1	2	3
d a i l y n							
d a i l y n							

AUGUST 2022

Black Group

CALENDAR MONTH	AUGUST
CALENDAR YEAR	2022
1ST DAY OF WEEK	SUNDAY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1	2	3	4	5	6
d a i l y n			Foothills 7:00-8:30	Foothills Drland 7:15-8:00 Swim 8:00-9:00	Foothills 6:00-7:30	MNP 8:00-9:00	Regionals
	7	8	9	10	11	12	13
d a i l y n	Regionals	Provincial Training Qulifiers only FH 4:00-5:00pm	Provincial Training Qulifiers only FH 5:00-6:00pm	Provincial Training Qulifiers only FH 5:00-6:00pm	Provincial Training Qulifiers only FH 5:00-6:00pm	Provincials	Provincials
	14	15	16	17	18	19	20
d a i l y n	Provincials						
	21	22	23	24	25	26	27
d a i l y n							
	28	29	30	31	1	2	3
d a i l y n							
d a i l y n							