 SMMER TRAINING SCHEDULE 2017

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 2**PROVINCIALS** | 3AM OFF 5:30-6:30pm UT light swim (optional for N1 swimmers)  | 45:30-7:30am UT 5:00-7:00 pm UT  | 54:00-6:00 pm UT | 65:30-7:30 am UT4:00-6:00 pm UT\*  | 77:30-9:30 am Summerville 5:30-7:00 pm UT | 810:00am – 12:00pm UT  |
| 9 | 105:30-7:30 am UT5:30-7:00 pm UT | 115:00-7:00 pm UT | 125:30-7:30 am UT 4:00-6:00 pm UT | 13**QUEBEC CUP**4:00-6:00 pm UT  | 14**QUEBEC CUP**7:30-9:30 am Summerville 5:30-7:00 pm UT | 15**QUEBEC CUP**8:00-10:00am UT |
| 16**QUEBEC CUP** | 175:30-7:30 am UT5:30-7:00 pm UT | 185:00-7:00 pm UT | 195:30-7:30 am UT 4:00-6:00 pm UT | 204:00-6:00 pm UT | 215:30-7:30 am UT 5:30-7:00 pm UT | 228:00-10:00am UT |
| 23 | 245:30-7:00 pm UT | 255:00-6:30 pm UT | 26**CANADIAN JUNIOR CHAMPIONSHIPS**  | 27**CANADIAN JUNIOR CHAMPIONSHIPS** | 28**CANADIAN JUNIOR CHAMPIONSHIPS** | 29**CANADIAN JUNIOR CHAMPIONSHIPS** |
| 30**CANADIAN JUNIOR CHAMPIONSHIPS** | 31**CANADIAN JUNIOR CHAMPIONSHIPS** | 15:00-6:30 pm UT | 29:00-10:00 am UT  | 3Travel to Montreal Swim TBA  | 4**CANADIAN SWIMMING CHAMPIONSHIPS** | 5**CANADIAN SWIMMING CHAMPIONSHIPS** |
| 6**CANADIAN SWIMMING CHAMPIONSHIPS** |  |  |  |  |  |  |

\*CJC/CSC swimmers only