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|  **October 2016: Senior Provincial** |
| Sunday  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 16:00-8:00 am swim UT8:30 -10:00 dryland Knox |
| 2 | 34:30-6:30 pmJarvis | 45:30-7:30 am UT5:00-7:00 pmRiverdale | 55-7:00 pmCentral Tech | 65:30-7:30 am UT  | 74:30-6:00 pmJarvis | 86:00-8:00 am swim UT8:30 -10:00 dryland Knox |
| 9 | 104:30-6:30 pmJarvis | 115:30-7:30 am UT5:00-7:00 pmRiverdale | 125-7:00 pmCentral Tech | 135:30-7:30 am UT  | 144:30-6:00 pmJarvis | 156:00-8:00 am swim UT8:30 -10:00 dryland Knox**BLUE & WHITE****2:30-5pm** |
| 16 | 174:30-6:30 pmJarvis | 185:30-7:30 am UT5:00-7:00 pmRiverdale | 195-7:00 pmCentral Tech | 205:30-7:30 am UT  | 21**DOWNTOWN SPRINT** | 22**DOWNTOWN SPRINT** |
| 23 | 244:30-6:30 pmJarvis | 255:30-7:30 am UT5:00-7:00 pmRiverdale | 26**TCS GALA/ BANQUET** | 275:30-7:30 am UT  | 284:30-6:00 pmJarvis | 296:00-8:00 am swim UT8:30 -10:00 dryland Knox |
| 30 | 314:30-6:30 pmJarvis |  |  |  |  |  |