**2018 Summer Training Schedule**

\*\*\*This schedule is only for those competing at Summer Championship Meets\*\*\*

\*\*\*All other qualifiers = swimmers attending Provincials / AA / Ireland

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 17 | 18  5:45-7:30am SCC N1  5:30-7:30am UT  All other qualifiers  4:15-6:15pm UT N1  5:00-7:00pm UT All other qualifiers | 19  4:15-6:15pm N1  5:00-7:00pm  All other qualifiers | 20  5:30-7:30am UT All  4:00-5:00pm GR N1  5:30-7:00pm UT N1  4:30-6:30pm UT  All other qualifiers | 21  4:30-6:00pm UT All | 22  5:30-7:00am UT All  5:00-7:00pm UT All | 23  6:00-8:00am UT  All other qualifiers  8:00-10:00am UT N1 |
| 24 | 25  5:00-7:00pm UT All | 26  4:15-6:15pm N1  5:00-6:30pm  All other qualifiers | 27  4:30-6:00pm UT All | 28  **Ontario**  **Provincial Championships** | 29  **Ontario**  **Provincial Championships** | 30  **Ontario**  **Provincial Championships** |
| 1  **Ontario Provincial Championships** | 2  **OFF** | 3  5:30-7:30am UT All | 4  5:30-7:30am UT All  4:00-5:00pm GR N1  5:30-7:00pm UT N1  4:30-6:30pm UT  All other qualifiers | 5  4:30-6:00pm UT All | 6  7:30-9:30am Summerville All  5:30-7:00pm UT All | 7  6:00-8:00am UT  All other qualifiers  8:00-10:00am UT N1 |
| 8 | 9  5:30-7:30am UT  All other qualifiers  5:15-7:00pm UT N1 | 10  5:15-7:00pm UT All | 11  5:30-7:30am UT All  4:00-5:00pm GR N1  5:30-7:00pm UT N1  4:30-6:30pm UT  All other qualifiers | 12  4:30-6:00pm UT All | 13  5:30-7:00am UT N1  7:30-9:30am Summerville  All other qualifiers | 14  6:00-8:00am UT  All other qualifiers  8:00-10:00am UT N1 |
| 15 | 16  5:30-7:30am UT  All  5:15-7:00pm UT  All | 17  **Summer Nationals Edmonton**  7:30-9:30am Summerville  Ireland  4:30-6:30pm UT  Ireland | 18  **Summer Nationals Edmonton**  AM OFF  4:30-6:30pm UT  Ireland | 19  **Summer Nationals Edmonton**  7:30-9:30am Summerville  Ireland | 20  **Summer Nationals Edmonton**  5:00-7:00pm UT  Ireland | 21  **Summer Nationals Edmonton**  8:00-10:00am UT  Ireland  **Depart for Ireland** |
| 22  4:00-5:30pm @Ireland National Aquatic Centre | 23  8:00-9:30am + 3:00-4:00pm @ Ireland National Aquatic Centre | 24  8:00-9:30am +  2:30-3:30pm @ Ireland National Aquatic Centre | 25  **Irish Age Group Championships** | 26  **Irish Age Group Championships** | 27  **Irish Age Group Championships** | 28  **Irish Age Group Championships** |

\*Junior Pan Pac – June 23 onward TBA