**2018 Summer Training Schedule**

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

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

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 17 | 185:45-7:30am SCC N15:30-7:30am UTAll other qualifiers 4:15-6:15pm UT N1 5:00-7:00pm UT All other qualifiers  | 194:15-6:15pm N15:00-7:00pmAll other qualifiers | 205:30-7:30am UT All4:00-5:00pm GR N1 5:30-7:00pm UT N1 4:30-6:30pm UTAll other qualifiers  | 214:30-6:00pm UT All  | 225:30-7:00am UT All5:00-7:00pm UT All | 236:00-8:00am UTAll other qualifiers8:00-10:00am UT N1 |
| 24 | 255:00-7:00pm UT All | 264:15-6:15pm N15:00-6:30pmAll other qualifiers | 274:30-6:00pm UT All | 28**Ontario****Provincial Championships** | 29**Ontario****Provincial Championships** | 30**Ontario****Provincial Championships** |
| 1**Ontario Provincial Championships** | 2**OFF**  | 35:30-7:30am UT All | 45:30-7:30am UT All4:00-5:00pm GR N1 5:30-7:00pm UT N1 4:30-6:30pm UTAll other qualifiers  | 54:30-6:00pm UT All | 67:30-9:30am Summerville All5:30-7:00pm UT All | 76:00-8:00am UTAll other qualifiers 8:00-10:00am UT N1  |
| 8 | 95:30-7:30am UTAll other qualifiers 5:15-7:00pm UT N1  | 105:15-7:00pm UT All | 115:30-7:30am UT All4:00-5:00pm GR N1 5:30-7:00pm UT N1 4:30-6:30pm UTAll other qualifiers  | 124:30-6:00pm UT All | 135:30-7:00am UT N17:30-9:30am Summerville All other qualifiers  | 146:00-8:00am UTAll other qualifiers 8:00-10:00am UT N1 |
| 15 | 165:30-7:30am UTAll 5:15-7:00pm UTAll | 17**Summer Nationals Edmonton**7:30-9:30am SummervilleIreland4:30-6:30pm UTIreland | 18**Summer Nationals Edmonton**AM OFF4:30-6:30pm UTIreland | 19**Summer Nationals Edmonton**7:30-9:30am SummervilleIreland | 20**Summer Nationals Edmonton**5:00-7:00pm UTIreland | 21**Summer Nationals Edmonton**8:00-10:00am UTIreland**Depart for Ireland** |
| 224:00-5:30pm @Ireland National Aquatic Centre | 238:00-9:30am + 3:00-4:00pm @ Ireland National Aquatic Centre | 248:00-9:30am +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