

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
McM	5:15 - 7:00 AM Senior B	5:15 - 7:00 AM Senior A	5:15 - 7:00 AM Senior A	5:15 - 7:00 AM Age Group A	5:15 - 7:00 AM Senior B	6:00 - 8:30 Am Senior B	6:00 - 8:00 Am Age Group A
McM	4:00 - 5:45 PM Senior A	4:00 - 6:00 PM Age Group A	4:00 - 5:45 PM Senior A	4:00 - 6:00 PM Senior B	4:00 - 6:30 PM Senior A	8:30 - 10:30 Am Age Group A	8:00 - 10:30 AM Senior A
McM	5:45 - 7:30 PM Age Group B	6:00 - 7:30 PM Age Group B	5:45 - 7:30 PM Age Group B	6:00 - 7:30 PM Age Group B	6:30 - 8:30 PM Age Group A	10:30 - 11:30 AM JSC	10:30 - 1:00 PM Senior B
McM	7:30 - 8:30 PM JSC	7:30 - 8:30 PM JSC	7:30 - 8:30 PM JSC	7:30 - 8:30 PM JSC		11:30 - 12:30 PM JSC	
McM	8:30 - 9:30 PM Teen Aqua	8:30 - 9:30 PM Masters	8:30 - 9:30 PM Teen Aqua	8:30 - 9:30 PM Masters		12:30 - 2:00 PM Age Group B	4:00 - 5:00 PM Masters
						2:00 - 3:00 PM Teen Aqua	

	<u>Monday</u>	<u>Wednesday</u>	<u>Friday</u>	<u>Saturday</u>
Gore	4:30 - 6:30 PM Age Group A	4:30 - 6:30 PM Senior B	4:30 - 6:30 PM Novice A & B	6:00 - 9:00 AM Senior A

	<u>Tuesday</u>	<u>Tuesday</u>
ERC	4:30 - 5:30 PM Novice B	4:30 - 5:30 PM Novice A
ERC	5:30 - 6:30 PM Novice A	5:30 - 6:30 PM Novice B

Dryland at McMurchy

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Friday</u>
McM	6:00 - 7:00 PM Senior A	5:15 - 5:45 PM Age Group B Half Group	6:00 - 7:00 PM Senior A	5 - 6:30 PM Senior B
McM		6:15 - 6:45 PM Age Group A	5:15 - 5:45 PM Age Group B Half Group	6:45 - 7:30 PM Senior A

Weekend	Senior A	Senior B	Age Group A	Age Group B	Novice A & B
Sept 17-18					
Sept 24-25					
Oct 1-2					
Oct 8-9					
Oct 15-16					
Oct 22-23	COBRA Intra Club Sunday October 23				
Oct 29-30	Harvest Invitational or Autumn Invitational/ Etobicoke Oct 28 - 30				
Nov 5-6					
Nov 12-13					Milton Novice Meet Sat
Nov 19-20			Mac Rising Star at Markham Nov 19 - 20		
Nov 26-27	Alex Baumann Invitational Markham Nov 25 - 27				MSSAC Tristar Sun 27
Dec 3-4					
Dec 10-11	Neptune Invitational * Montreal Dec 8 - 11 / Pick Lisa Flood Classic dec 9 - 11		Pick Lisa Flood Classic		
Dec 17-18	ON Jr Int * Scar				York Santa Meet Sun 18
Dec 24-25					
Dec 31-Jan 1					
Jan 7-8					
Jan 14-15	A - B Meet At Etobicoke January 13 - 15, 2023				
Jan 21-22	MAC Winter Invitational *I / Markham January 19 - 22, 2023				COBRA Tristar Jan 22
Jan 28-29					
Feb 4-5	Central Region SC B Champs * at Etobicoke February 2 - 5, 2023				
Feb 11-12					
Feb 18-19	Ontario Winter Youth & Junior * at Etobicoke or Ontario Winter Festivals * at Markham				
Feb 25-26	Central region SC C Champs * at Etobicoke February 24 -26, 2023				
Mar 4-5	Ontario Swimming Champs * March 2 - 5 at TPASC				
Mar 11-12					
Mar 18-19					
Mar 25-26					
Apr 1-2	Stephen Clarke Invitational April 1 & 2 at Gore				
Apr 8-9					
Apr 15-16					Champions Cup Apr 16
Apr 22-23	Penthaltlon at Etobicoke				
Apr 29-30					
May 5-7					
May 13-14	Scarborough Pan AM Invitational May 12 - 14 or Top Cup at Etobicoke				Milton Novice Meet Sat
May 20-21					
May 27-28	Central Region LC B Champs * at Etobicoke May 25 - 28, 2023				
June 3-4					
June 10-11					
June 17-18	Ontario Summer Youth & Junior * or Ontario Summer Festivals *				
June 24-25	Central region SC C Champs * at Markham June 23 -25, 2023				
July 1-2					
July 8-9	Ontario Swimming Champs * July 6 - 9				
July 15-16					
July 22-23					
July 29-30					
Aug 5-6					

* If Qualified