

## Training Schedule

Tuesday February 13 & Wednesday February 14

Dryland 12-1pm ; 3-4pm

Water 1-3pm ; 4-7:30pm

## Schedule - 2024 Alberta Winter Provincials

10-01-2024

### Thursday

<u>Start</u>	<u>Finish</u>	<u>1 Metre - Comp Pool side</u>	<u>1 Metre - Dryland side</u>	<u>3 Metre (1 meter side)</u>	<u>3 Metre (Tower side)</u>	<u>Tower</u>
7:30 AM	8:35 AM	open practice	open practice	open practice	open practice	open practice
8:35 AM	8:55 AM	CLOSED practice	open practice	open practice	open practice	CLOSED practice
9:00 AM	10:00 AM			Girls D1	10 0:30	Girls C1
	0:10					10 1:00
10:10 AM	11:10 AM			Girls D2	10 0:45	Girls C2
	0:40	CLOSED practice	open practice	open practice	open practice	CLOSED practice
12:00 PM	2:00 PM	Girls B	20 1:45		Boys B	20 2:00
	0:30	CLOSED practice	open practice	open practice	open practice	CLOSED practice
2:30 PM	3:30 PM		Boys D1	10 0:30		Boys C1
	0:10					10 1:00
3:40 PM	4:40 PM		Boys D2	10 0:35		Boys C2
	0:40	CLOSED practice	open practice	open practice	CLOSED practice	open practice
5:20 PM	7:20 PM		Girls A	20	Boys A	20 2:00

### Friday

<u>Start</u>	<u>Finish</u>	<u>1 Metre - Comp Pool side</u>	<u>1 Metre - Dryland side</u>	<u>3 Metre (1 meter side)</u>	<u>3 Metre (Tower side)</u>	<u>Tower</u>
7:30 AM	8:35 AM	open practice	open practice	open practice	open practice	open practice
8:35 AM	8:55 AM	CLOSED practice	open practice	open practice	CLOSED practice	open practice
9:00 AM	10:10 AM	Girls C1	15 1:10		Boys C1	15 1:20
	0:10	CLOSED practice			CLOSED practice	
10:20 AM	11:30 AM	Girls C2	15 1:10		Boys C2	15 1:20
	0:40	open practice	CLOSED practice	open practice	open practice	CLOSED practice
12:10 PM			Girls D1	10 0:30		Girls B
	0:10					20 1:45
	1:55 PM		Girls D2	10 0:30		
	0:40	CLOSED practice	open practice	open practice	CLOSED practice	open practice
2:35 PM	4:45 PM	Boys A	20 2:00		Girls A	20 2:10
	0:30	CLOSED practice	open practice	open practice	CLOSED practice	open practice
5:15 PM	5:45 PM	Boys/Girls C & D P1 & E	15 1:00		Boys D1	10 0:30
	0:10					
5:55 PM	6:25 PM				Boys D2	10 0:30
	0:30	open practice	CLOSED practice	open practice	open practice	CLOSED practice
6:55 PM	7:40 PM		Mens/Womens	5 0:20		Mix P1 A & B
						5

**Saturday**

<u>Start</u>	<u>Finish</u>	<u>1 Meter - Comp Pool Side</u>	<u>1 Meter - Dryland side</u>	<u>3 Metre (1 meter side)</u>	<u>3 Metre (Tower side)</u>	<u>Tower</u>
7:30 AM	8:35 AM	open practice	open practice	open practice	open practice	open practice
8:35 AM	8:55 AM	open practice	open practice	CLOSED practice	open practice	CLOSED practice
9:00 AM	9:40 AM					Girls D1 10 0:40
	0:10					
9:50 AM	10:45 AM					Girls D2 10 0:55
	0:40	CLOSED practice	open practice	open practice	CLOSED practice	open practice
11:25 AM	12:10 PM	Boys C1 10	0:45		Girls C1 10	0:45
	0:10	CLOSED practice	open practice	open practice	CLOSED practice	open practice
12:20 PM	1:05 PM	Boys C2 10	0:45		Girls C2 10	0:45
	0:40	open practice	CLOSED practice	open practice	open practice	CLOSED practice
1:45 PM	4:00 PM			Boys/Girls C & D P1 & E 15	1:00	Boys A 20 2:15
	0:30	CLOSED practice	open practice	open practice	CLOSED practice	open practice
4:30 PM	6:30 PM		Mix P1 A & B 5			Boys B 20 2:00
	0:30					
7:00 PM	7:20 PM				Mens/Womens 5	0:20

**Sunday**

<u>Start</u>	<u>Finish</u>	<u>1 Meter - Comp Pool Side</u>	<u>1 Meter - Dryland side</u>	<u>3 Metre (1 meter side)</u>	<u>3 Metre (Tower side)</u>	<u>Tower</u>
7:30 AM	8:35 AM	open practice	open practice	open practice	open practice	open practice
8:35 AM	8:55 AM	open practice	CLOSED practice	open practice	open practice	CLOSED practice
9:00 AM	9:35 AM					Boys D1 10 0:35
	0:10					CLOSED practice
9:45 AM	10:30 AM					Boys D2 10 0:45
	0:40	CLOSED practice	open practice	open practice	CLOSED practice	open practice
11:10 AM	1:10 PM	Boys B 20	1:45		Girls B 20	2:00
	0:40	open practice	open practice	CLOSED practice	open practice	CLOSED practice
1:50 PM	3:50 PM					Girls A 20 2:00
	0:30	open practice	open practice	CLOSED practice	open practice	CLOSED practice
4:20 PM	5:05 PM			Mix P1 A & B 5	0:30	Boys/Girls C & D P1 & E 15 1:00
	0:30					CLOSED practice
5:35 PM	6:00 PM					Mens/Womens 5 0:25