

Legends September-October 2011 Training Schedule

Pre-Competitive Little Legends Monday/Wednesday

Monday Sept 19	7:00-8:00pm	PE2020 Registration Night
Monday Sept 26	3:25-4:45pm	Aquarena
Wednesday Sept 28	3:25-4:45pm	Aquarena
Monday Oct 3	3:25-4:45pm	Aquarena
Wednesday Oct 5	3:25-4:45pm	Aquarena
Monday Oct 10	3:25-4:45pm	Aquarena
Wednesday Oct 12	3:25-4:45pm	Aquarena
Monday Oct 17	3:25-4:45pm	Aquarena
Wednesday Oct 19	3:25-4:45pm	Aquarena
Monday Oct 24	3:25-4:45pm	Aquarena
Wednesday Oct 26	3:25-4:45pm	Aquarena
Monday Oct 31	3:25-4:45pm	Aquarena
Wednesday Nov 2	3:25-4:45pm	Aquarena
Monday Nov 7	3:25-4:45pm	Aquarena
Wednesday Nov 9	3:25-4:45pm	Aquarena

Pre-Competitive Little Legends Tuesday/Thursday

Monday Sept 19	7:00-8:00pm	PE2020 Registration Night
Tuesday Sept 27	3:25-4:45pm	Aquarena
Thursday Sept 29	3:25-4:45pm	Aquarena
Tuesday Oct 4	3:25-4:45pm	Aquarena
Thursday Oct 6	3:25-4:45pm	Aquarena
Tuesday Oct 11	3:25-4:45pm	Aquarena
Thursday Oct 13	3:25-4:45pm	Aquarena
Tuesday Oct 18	3:25-4:45pm	Aquarena
Thursday Oct 20	3:25-4:45pm	Aquarena
Tuesday Oct 25	3:25-4:45pm	Aquarena
Thursday Oct 27	3:25-4:45pm	Aquarena
Tuesday Nov 1	3:25-4:45pm	Aquarena
Thursday Nov 3	3:25-4:45pm	Aquarena
Tuesday Nov 8	3:25-4:45pm	Aquarena
Thursday Nov 10	3:25-4:45pm	Aquarena

Age Group Introduction

Tuesday Sept 13	4:30-6:30pm	MUN Pool
Thursday Sept 15	3:15-5:15pm	Aquarena
Friday Sept 16	3:15-5:15pm	MUN Pool
Sunday Sept 18	Terry Fox Run at Qidi Vidi Lake	
Tuesday Sept 20	4:30-6:30pm	MUN Pool
Thursday Sept 22	3:15-5:15pm	Aquarena
Friday-Sunday Sept 23-25	Lavrock 4:00pm pick-up at the Aquarena	
Tuesday Sept 27	4:30-6:30pm	MUN Pool
Thursday Sept 29	3:15-5:15pm	Aquarena
Friday Sept 30	3:15-5:15pm	MUN Pool
Friday Sept 30	Legends Auction	
Tuesday Oct 4	4:30-6:30pm	MUN Pool
Thursday Oct 6	3:15-5:15pm	Aquarena
Friday Oct 7	3:15-5:15pm	MUN Pool
Saturday Oct 8	Full Team Practice at Aquarena 6:30-9:30am	
Tuesday Oct 11	4:30-6:30pm	MUN Pool
Thursday Oct 13	3:15-5:15pm	Aquarena
Friday-Sunday Oct 14-16	Provincial Development Meet in Deer Lake – all AGI swimmers	
Tuesday Oct 18	4:30-6:30pm	MUN Pool
Thursday Oct 20	3:15-5:15pm	Aquarena
Friday Oct 21	3:15-5:15pm	MUN Pool
Saturday Oct 22	6:30-9:30am	Aquarena
Tuesday Oct 25	4:30-6:30pm	MUN Pool
Thursday Oct 27	3:15-5:15pm	Aquarena
Friday Oct 28	3:15-5:15pm	MUN Pool
Saturday Oct 29	6:30-9:30am	Aquarena
Tuesday Nov 1	4:30-6:30pm	MUN Pool
Thursday Nov 3	3:15-5:15pm	Aquarena
Friday Nov 4	3:15-7:00pm MUN Pool – Team Mini-Meet	
Saturday Nov 5	morning off	
Tuesday Nov 8	4:30-6:30pm	MUN Pool
Thursday Nov 10	3:15-5:15pm	Aquarena
Friday-Sunday Nov 11-13	Fall Classic Meet at the Aquarena – all Legends swimmers	

Age Group Fundamentals

Monday Sept 12	3:15-5:30pm	Aquarena
Wednesday Sept 14	3:15-5:30pm	MUN Pool
Thursday Sept 15	4:45-6:30pm	MUN Pool
Sunday Sept 18	Terry Fox Run at Qidi Vidi Lake	
Monday Sept 19	3:15-5:30pm	Aquarena
Wednesday Sept 21	3:15-5:30pm	MUN Pool
Thursday Sept 22	3:15-5:15pm	Aquarena
Friday-Sunday Sept 23-25	Lavrock 4:00pm pick-up at the Aquarena	
Monday Sept 26	3:15-5:30pm	Aquarena
Wednesday Sept 28	3:15-5:30pm	MUN Pool
Thursday Sept 29	4:45-6:30pm	MUN Pool
Friday Sept 30	Legends Auction	
Monday Oct 4	3:15-5:30pm	Aquarena
Wednesday Oct 5	3:15-5:30pm	MUN Pool
Thursday Oct 6	4:45-6:30pm	MUN Pool
Saturday Oct 8	Full Team Practice at Aquarena 6:30-9:30am	
Monday Oct 10	3:15-5:30pm	Aquarena
Wednesday Oct 12	3:15-5:30pm	MUN Pool
Thursday Oct 13	4:45-6:30pm	MUN Pool
Friday-Sunday Oct 14-16	Provincial Development Meet in Deer Lake – all AGF swimmers	
Monday Oct 17	3:15-5:30pm	Aquarena
Wednesday Oct 19	3:15-5:30pm	MUN Pool
Thursday Oct 20	4:45-6:30pm	MUN Pool
Saturday Oct 22	6:30-9:30am	Aquarena
Monday Oct 24	3:15-5:30pm	Aquarena
Wednesday Oct 26	3:15-5:30pm	MUN Pool
Thursday Oct 27	4:45-6:30pm	MUN Pool
Saturday Oct 29	6:30-9:30am	Aquarena
Monday Nov 1	3:15-5:30pm	Aquarena
Wednesday Nov 2	3:15-5:30pm	MUN Pool
Thursday Nov 3	4:45-6:30pm	MUN Pool
Friay Nov 4	3:15-7:00pm MUN Pool – Team Mini-Meet	
Saturday Nov 5	morning off	
Monday Nov 7	3:15-5:30pm	Aquarena
Wednesday Nov 9	3:15-5:30pm	MUN Pool I
Thursday Nov 10	4:45-6:30pm	MUN Pool
Friday-Sunday Nov 11-13	Fall Classic Meet at the Aquarena – all Legends swimmers	

Age Group Youth

Tuesday Sept 13	3:15-5:30pm	MUN Pool
Wednesday Sept 14	3:15-5:30pm	Aquarena
Friday Sept 16	3:15-5:15pm	Aquarena
Sunday Sept 18	Terry Fox Run at Qidi Vidi Lake	
Tuesday Sept 20	3:15-5:30pm	MUN Pool
Wednesday Sept 21	3:15-5:30pm	Aquarena
Friday-Sunday Sept 23-25	Lavrock 4:00pm pick-up at the Aquarena	
Tuesday Sept 27	4:30-6:30pm	MUN Pool
Wednesday Sept 28	3:15-5:30pm	Aquarena
Friday Sept 30	3:15-5:15pm	Aquarena
Friday Sept 30	Legends Auction	
Tuesday Oct 4	3:15-5:30pm	MUN Pool
Wednesday Oct 5	3:15-5:30pm	Aquarena
Friday Oct 7	3:15-5:15pm	Aquarena
Saturday Oct 8	Full Team Practice at Aquarena 6:30-9:30am	
Tuesday Oct 11	3:15-5:30pm	MUN Pool
Wednesday Oct 12	3:15-5:30pm	Aquarena
Friday-Sunday Oct 14-16	Provincial Development Meet in Deer Lake – all AGY swimmers	
Tuesday Oct 18	3:15-5:30pm	MUN Pool
Wednesday Oct 19	3:15-5:30pm	Aquarena
Friday Oct 21	3:15-5:15pm	Aquarena
Saturday Oct 22	6:30-9:30am	Aquarena
Tuesday Oct 25	3:15-5:30pm	MUN Pool
Wednesday Oct 26	3:15-5:30pm	Aquarena
Friday Oct 28	3:15-5:15pm	Aquarena
Saturday Oct 29	6:30-9:30am	Aquarena
Tuesday Nov 1	3:15-5:30pm	MUN Pool
Wednesday Nov 2	3:15-5:30pm	Aquarena
Friday Nov 4	3:15-7:00pm MUN Pool – Team Mini-Meet	
Saturday Nov 5	morning off	
Tuesday Nov 8	3:15-5:30pm	MUN Pool
Wednesday Nov 9	3:15-5:30pm	Aquarena
Friday-Sunday Nov 11-13	Fall Classic Meet at the Aquarena – all Legends swimmers	

Age Group Development

Monday Sept 12	3:15-5:45pm	Aquarena
Wednesday Sept 14	3:15-5:45pm	Aquarena
Friday Sept 16	4:45-6:30pm	MUN Pool
Sunday Sept 18	Terry Fox Run at Qidi Vidi Lake	
Monday Sept 19	3:15-5:45pm	Aquarena
Wednesday Sept 21	3:15-5:45pm	Aquarena
Friday-Sunday Sept 23-25	Lavrock 4:00pm pick-up at the Aquarena	
Monday Sept 26	3:15-5:45pm	Aquarena
Tuesday Sept 27	5:45-7:30am	Aquarena – 1 st Morning Practice
Wednesday Sept 28	3:15-5:45pm	Aquarena
Friday Sept 30	4:45-6:30pm	MUN Pool
Friday Sept 30	Legends Auction	
Monday Oct 3	3:15-5:45pm	Aquarena
Tuesday Oct 4	5:45-7:30am	Aquarena
Wednesday Oct 5	3:15-5:45pm	Aquarena
Friday Oct 7	4:45-6:30pm	MUN Pool
Saturday Oct 8	Full Team Practice at Aquarena 6:30-9:30am	
Monday Oct 10	3:15-5:45pm	Aquarena
Tuesday Oct 11	5:45-7:30am	Aquarena
Wednesday Oct 12	3:15-5:45pm	Aquarena
Friday-Sunday Oct 14-16	Provincial Development Meet in Deer Lake – all AGD swimmers	
Monday Oct 17	3:15-5:45pm	Aquarena
Tuesday Oct 18	5:45-7:30am	Aquarena
Wednesday Oct 19	3:15-5:45pm	Aquarena
Friday Oct 21	4:45-6:30pm	MUN Pool
Saturday Oct 22	6:30-9:30am	Aquarena
Monday Oct 24	3:15-5:45pm	Aquarena
Tuesday Oct 25	5:45-7:30am	Aquarena
Wednesday Oct 26	3:15-5:45pm	Aquarena
Friday Oct 28	4:45-6:30pm	MUN Pool
Saturday Oct 29	6:30-9:30am	Aquarena
Monday Oct 31	3:15-5:45pm	Aquarena
Tuesday Nov 1	5:45-7:30am	Aquarena
Wednesday Nov 2	3:15-5:45pm	Aquarena
Friday Nov 4	3:15-7:00pm MUN Pool – Team Mini-Meet	
Saturday Nov 5	morning off	
Monday Nov 7	3:15-5:45pm	Aquarena
Tuesday Nov 8	5:45-7:30am	Aquarena
Wednesday Nov 9	3:15-5:45pm	Aquarena
Friday-Sunday Nov 11-13	Fall Classic Meet at the Aquarena – all Legends swimmers	

Age Group Achievement

Monday Sept 12	3:15-5:30pm	MUN Pool
Wednesday Sept 14	3:15-5:45pm	Aquarena
Friday Sept 16	3:15-5:15pm	Aquarena
Sunday Sept 18	Terry Fox Run at Qidi Vidi Lake	
Monday Sept 19	3:15-5:30pm	MUN Pool
Wednesday Sept 21	3:15-5:45pm	Aquarena
Friday-Sunday Sept 23-25	Lavrock 4:00pm pick-up at the Aquarena	
Monday Sept 26	3:15-5:30pm	MUN Pool
Tuesday Sept 27	5:45-7:30am	Aquarena – 1 st Morning Practice
Wednesday Sept 28	3:15-5:45pm	Aquarena
Friday Sept 30	3:15-5:15pm	Aquarena
Friday Sept 30	Legends Auction	
Monday Oct 3	3:15-5:30pm	MUN Pool
Tuesday Oct 4	5:45-7:30am	Aquarena
Wednesday Oct 5	3:15-5:45pm	Aquarena
Friday Oct 7	3:15-5:15pm	Aquarena
Saturday Oct 8	Full Team Practice at Aquarena 6:30-9:30am	
Monday Oct 10	3:15-5:30pm	MUN Pool
Tuesday Oct 11	5:45-7:30am	Aquarena
Wednesday Oct 12	3:15-5:45pm	Aquarena
Friday-Sunday Oct 14-16	Provincial Development Meet in Deer Lake – all AGA swimmers	
Monday Oct 17	3:15-5:30pm	MUN Pool
Tuesday Oct 18	5:45-7:30am	Aquarena
Wednesday Oct 19	3:15-5:45pm	Aquarena
Friday Oct 21	3:15-5:15pm	Aquarena
Saturday Oct 22	6:30-9:30am	Aquarena
Monday Oct 24	3:15-5:30pm	MUN Pool
Tuesday Oct 25	5:45-7:30am	Aquarena
Wednesday Oct 26	3:15-5:45pm	Aquarena
Friday Oct 28	3:15-5:15pm	Aquarena
Saturday Oct 29	6:30-9:30am	Aquarena
Monday Oct 31	3:15-5:30pm	MUN Pool
Tuesday Nov 1	5:45-7:30am	Aquarena
Wednesday Nov 2	3:15-5:45pm	Aquarena
Friday Nov 4	3:15-7:00pm MUN Pool – Team Mini-Meet	
Saturday Nov 5	morning off	
Monday Nov 7	3:15-5:30pm	MUN Pool
Tuesday Nov 8	5:45-7:30am	Aquarena
Wednesday Nov 9	3:15-5:45pm	Aquarena
Friday-Sunday Nov 11-13	Fall Classic Meet at the Aquarena – all Legends swimmers	

Age Group Performance

Monday Sept 12	3:15-5:15pm	MUN Pool
Tuesday Sept 13	3:15-5:45pm	Aquarena
Wednesday Sept 14	3:15-5:45pm	MUN Pool
Sunday Sept 18	Terry Fox Run at Qidi Vidi Lake	
Monday Sept 19	3:15-5:15pm	MUN Pool
Tuesday Sept 20	3:15-5:45pm	Aquarena
Wednesday Sept 21	3:15-5:45pm	MUN Pool
Friday-Sunday Sept 23-25	Lavrock 4:00pm pick-up at the Aquarena	
Monday Sept 26	3:15-5:15pm	MUN Pool
Tuesday Sept 27	3:15-5:45pm	Aquarena
Wednesday Sept 28	5:45-7:30am	MUN Pool – 1 st Morning Practice
	3:15-5:45pm	MUN Pool
Friday Sept 30	5:45-7:30am	Aquarena
Friday Sept 30	Legends Auction	
Monday Oct 3	3:15-5:15pm	MUN Pool
Tuesday Oct 4	3:15-5:45pm	Aquarena
Wednesday Oct 5	5:45-7:30am	MUN Pool
	3:15-5:45pm	MUN Pool
Friday Oct 7	5:45-7:30am	Aquarena
Saturday Oct 8	Full Team Practice at Aquarena 6:30-9:30am	
Monday Oct 10	3:15-5:15pm	MUN Pool
Tuesday Oct 11	3:15-5:45pm	Aquarena
Wednesday Oct 12	5:45-7:30am	MUN Pool
	3:15-5:45pm	MUN Pool
Friday Oct 14	5:45-7:30am	Aquarena
Saturday Oct 15	6:30-9:30am	Aquarena
Friday-Sunday Oct 14-16	Provincial Development Meet in Deer Lake (Regular Practice if not attending)	
	- Meet is for 14&under swimmers not qualified for East Coast Championships	
Monday Oct 17	3:15-5:15pm	MUN Pool
Tuesday Oct 18	3:15-5:45pm	Aquarena
Wednesday Oct 19	5:45-7:30am	MUN Pool
	3:15-5:45pm	MUN Pool
Friday Oct 21	5:45-7:30am	Aquarena
Saturday Oct 22	6:30-9:30am	Aquarena
Friday-Sunday Oct 21-23	Provincial Performance Meet in CBS (Regular Practice if not attending)	
	- Meet is for all swimmers qualified for East Coast Champs and all 15&over swimmers	
Monday Oct 24	3:15-5:15pm	MUN Pool
Tuesday Oct 25	3:15-5:45pm	Aquarena
Wednesday Oct 26	5:45-7:30am	MUN Pool
	3:15-5:45pm	MUN Pool
Friday Oct 28	5:45-7:30am	Aquarena

Saturday Oct 29	6:30-9:30am	Aquarena
Monday Oct 31	3:15-5:15pm	MUN Pool
Tuesday Nov 1	3:15-5:45pm	Aquarena
Wednesday Nov 2	5:45-7:30am	MUN Pool
	3:15-5:45pm	MUN Pool
Friday Nov 4	5:45-7:30am	Aquarena
	3:15-7:00pm	MUN Pool – Team Mini-Meet
Saturday Nov 5	morning off	
Monday Nov 7	3:15-5:15pm	MUN Pool
Tuesday Nov 8	3:15-5:45pm	Aquarena
Wednesday Nov 9	5:45-7:30am	MUN Pool
	3:15-5:45pm	MUN Pool
Friday-Sunday Nov 11-13	Fall Classic Meet at the Aquarena – all Legends swimmers	

Top 3

Tuesday Sept 13	3:15-5:45pm	MUN Pool
Wednesday Sept 14	3:15-5:45pm	Aquarena
Friday Sept 16	3:15-5:15pm	Aquarena
Sunday Sept 18	Terry Fox Run at Qidi Vidi Lake	
Tuesday Sept 20	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	MUN Pool
Wednesday Sept 21	3:15-5:45pm	Aquarena
Friday-Sunday Sept 23-25	Lavrock 4:00pm pick-up at the Aquarena	
Monday Sept 26	5:45-7:30am	MUN Pool – 1 st Morning Practice
Tuesday Sept 27	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	MUN Pool
Wednesday Sept 28	3:15-5:45pm	Aquarena
Thursday Sept 29	5:45-7:30am	MUN Pool
Friday Sept 30	3:15-5:15pm	Aquarena
Friday Sept 30	Legends Auction	
Monday Oct 3	5:45-7:30am	MUN Pool
Tuesday Oct 4	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	MUN Pool
Wednesday Oct 5	3:15-5:45pm	Aquarena
Thursday Oct 6	5:45-7:30am	MUN Pool
Friday Oct 7	3:15-5:15pm	Aquarena
Saturday Oct 8	Full Team Practice at Aquarena 6:30-9:30am	
Monday Oct 10	No Morning Practice	
Tuesday Oct 11	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	MUN Pool

Wednesday Oct 12	3:15-5:45pm	Aquarena
Thursday Oct 13	5:45-7:30am	MUN Pool
Friday Oct 14	3:15-5:15pm	Aquarena
Saturday Oct 15	6:30-9:30am	Aquarena
Friday-Sunday Oct 14-16 Provincial Development Meet in Deer Lake (Regular Practice if not attending)		
- Meet is for 14&under swimmers not qualified for East Coast Championships		
Monday Oct 17	5:45-7:30am	MUN Pool
Tuesday Oct 18	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	MUN Pool
Wednesday Oct 19	3:15-5:45pm	Aquarena
Thursday Oct 20	5:45-7:30am	MUN Pool
Friday Oct 21	3:15-5:15pm	Aquarena
Saturday Oct 22	6:30-9:30am	Aquarena
Friday-Sunday Oct 21-23 Provincial Performance Meet in CBS (Regular Practice if not attending)		
- Meet is for all swimmers qualified for East Coast Champs and all 15&over swimmers		
Monday Oct 24	5:45-7:30am	MUN Pool
Tuesday Oct 25	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	MUN Pool
Wednesday Oct 26	3:15-5:45pm	Aquarena
Thursday Oct 27	5:45-7:30am	MUN Pool
Friday Oct 28	3:15-5:15pm	Aquarena
Saturday Oct 29	6:30-9:30am	Aquarena
Monday Oct 31	5:45-7:30am	MUN Pool
Tuesday Nov 1	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	MUN Pool
Wednesday Nov 2	3:15-5:45pm	Aquarena
Thursday Nov 3	5:45-7:30am	MUN Pool
Friday Nov 4	3:15-7:00pm	MUN Pool – Team Mini-Meet
Saturday Nov 5	morning off	
Monday Nov 7	5:45-7:30am	MUN Pool
Tuesday Nov 8	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	MUN Pool
Wednesday Nov 9	3:15-5:45pm	Aquarena
Thursday Nov 10	5:45-7:30am	MUN Pool
Friday-Sunday Nov 11-13 Fall Classic Meet at the Aquarena – all Legends swimmers		

Top 2

Monday Sept 12	3:15-5:45pm	Aquarena
Tuesday Sept 13	3:15-5:45pm	Aquarena
Thursday Sept 15	4:45-6:30pm	MUN Pool
Sunday Sept 18	Terry Fox Run at Qidi Vidi Lake	
Monday Sept 19	3:15-5:45pm	Aquarena
Tuesday Sept 20	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	Aquarena
Wednesday Sept 21	3:15-5:45pm	Aquarena
Thursday Sept 22	4:45-6:30pm	MUN Pool
Friday-Sunday Sept 23-25	Lavrock 4:00pm pick-up at the Aquarena	
Monday Sept 26	5:45-7:30am	MUN Pool – 1 st morning practice
	3:15-5:45pm	Aquarena
Tuesday Sept 27	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	Aquarena
Wednesday Sept 28	5:45-7:30am	MUN Pool – 1 st morning practice
Thursday Sept 29	4:45-6:30pm	MUN Pool
Friday Sept 30	5:45-7:30am	Aquarena
Friday Sept 30	Legends Auction	
Monday Oct 3	5:45-7:30am	MUN Pool
	3:15-5:45pm	Aquarena
Tuesday Oct 4	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	Aquarena
Wednesday Oct 5	5:45-7:30am	MUN Pool
Thursday Oct 6	4:45-6:30pm	MUN Pool
Friday Oct 7	5:45-7:30am	Aquarena
Saturday Oct 8	Full Team Practice at Aquarena 6:30-9:30am	
Monday Oct 10	No Morning Practice	
	3:15-5:45pm	Aquarena
Tuesday Oct 11	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	Aquarena
Wednesday Oct 12	5:45-7:30am	MUN Pool
Thursday Oct 13	4:45-6:30pm	MUN Pool
Friday Oct 14	5:45-7:30am	Aquarena
Saturday Oct 15	6:30-9:30am	Aquarena
Friday-Sunday Oct 14-16	Provincial Development Meet in Deer Lake (Regular Practice if not attending) - Meet is for 14&under swimmers not qualified for East Coast Championships	
Monday Oct 17	5:45-7:30am	MUN Pool
	3:15-5:45pm	Aquarena
Tuesday Oct 18	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	Aquarena
Wednesday Oct 19	5:45-7:30am	MUN Pool

Thursday Oct 20	4:45-6:30pm	MUN Pool
Friday Oct 21	5:45-7:30am	Aquarena
Saturday Oct 22	6:30-9:30am	Aquarena
Friday-Sunday Oct 21-23	Provincial Performance Meet in CBS (Regular Practice if not attending)	
	- Meet is for all swimmers qualified for East Coast Champs and all 15&over swimmers	
Monday Oct 24	5:45-7:30am	MUN Pool
	3:15-5:45pm	Aquarena
Tuesday Oct 25	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	Aquarena
Wednesday Oct 26	5:45-7:30am	MUN Pool
Thursday Oct 27	4:45-6:30pm	MUN Pool
Friday Oct 28	5:45-7:30am	Aquarena
Saturday Oct 29	6:30-9:30am	Aquarena
Monday Oct 31	5:45-7:30am	MUN Pool
	3:15-5:45pm	Aquarena
Tuesday Nov 1	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	Aquarena
Wednesday Nov 2	5:45-7:30am	MUN Pool
Thursday Nov 3	4:45-6:30pm	MUN Pool
Friday Nov 4	5:45-7:30am	Aquarena
	3:15-7:00pm	MUN Pool – Team Mini-Meet
Saturday Nov 5	morning off	
Monday Nov 7	5:45-7:30am	MUN Pool
	3:15-5:45pm	Aquarena
Tuesday Nov 8	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	Aquarena
Wednesday Nov 9	5:45-7:30am	MUN Pool
Thursday Nov 10	4:45-6:30pm	MUN Pool
Friday-Sunday Nov 11-13	Fall Classic Meet at the Aquarena – all Legends swimmers	

Top 1

Monday Sept 12	3:15-5:45pm	Aquarena (longer dryland 1 st two weeks only)
Tuesday Sept 13	3:15-5:45pm	Aquarena (longer dryland 1 st two weeks only)
Thursday Sept 15	3:15-5:00pm	Aquarena
Friday Sept 16	3:15-5:15pm	Aquarena
Sunday Sept 18	Terry Fox Run at Qidi Vidi Lake	
Monday Sept 19	3:15-5:45pm	Aquarena (longer dryland 1 st two weeks only)
Tuesday Sept 20	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	Aquarena (longer dryland 1 st two weeks only)
Thursday Sept 22	3:15-5:00pm	Aquarena
Friday-Sunday Sept 23-25	Lavrock 4:00pm pick-up at the Aquarena	
Monday Sept 26	5:30-7:30am	Aquarena – 1 st morning practice
	3:15-5:15pm	Aquarena
Tuesday Sept 27	6:30-7:30am	Soccer Centre(optional)
	3:15-5:15pm	Aquarena
Wednesday Sept 28	5:30-7:30am	Aquarena
Thursday Sept 29	5:30-7:30am	Aquarena
	3:15-5:00pm	Aquarena
Friday Sept 30	3:15-5:15pm	Aquarena
Friday Sept 30	Legends Auction	
Monday Oct 3	5:30-7:30am	Aquarena
	3:15-5:15pm	Aquarena
Tuesday Oct 4	6:30-7:30am	Soccer Centre(optional)
	3:15-5:15pm	Aquarena
Wednesday Oct 5	5:30-7:30am	Aquarena
Thursday Oct 6	5:30-7:30am	Aquarena
	3:15-5:00pm	Aquarena
Friday Oct 7	3:15-5:15pm	Aquarena
Saturday Oct 8	Full Team Practice at Aquarena 6:30-9:30am	
Thursday – Sunday Oct 6-9	Sea-Hawks High School Camp and Dual Meet – for swimmers who register	
Monday Oct 10	No Morning Practice	
	3:15-5:15pm	Aquarena
Tuesday Oct 11	6:30-7:30am	Soccer Centre(optional)
	3:15-5:15pm	Aquarena
Wednesday Oct 12	5:30-7:30am	Aquarena
Thursday Oct 13	5:30-7:30am	Aquarena
	3:15-5:00pm	Aquarena
Friday Oct 14	3:15-5:15pm	Aquarena
Saturday Oct 15	7:00-10:15am	MUN Gym + Aquarena
Monday Oct 17	5:30-7:30am	Aquarena
	3:15-5:15pm	Aquarena
Tuesday Oct 18	6:30-7:30am	Soccer Centre(optional)

	3:15-5:15pm	Aquarena
Wednesday Oct 19	5:30-7:30am	Aquarena
Thursday Oct 20	5:30-7:30am	Aquarena
	3:15-5:00pm	Aquarena
Friday-Sunday Oct 21-23 Provincial Performance Meet in CBS		
- Meet is for all swimmers qualified for East Coast Champs and all 15&over swimmers		
Monday Oct 24	5:30-7:30am	Aquarena
	3:15-5:15pm	Aquarena
Tuesday Oct 25	6:30-7:30am	Soccer Centre(optional)
	3:15-5:15pm	Aquarena
Wednesday Oct 26	5:30-7:30am	Aquarena
Thursday Oct 27	5:30-7:30am	Aquarena
	3:15-5:00pm	Aquarena
Friday Oct 28	3:15-5:15pm	Aquarena
Saturday Oct 29	7:00-10:15am	MUN Gym + Aquarena
Monday Oct 31	5:30-7:30am	Aquarena
	3:15-5:15pm	Aquarena
Tuesday Nov 1	6:30-7:30am	Soccer Centre(optional)
	3:15-5:14pm	Aquarena
Wednesday Nov 2	5:30-7:30am	Aquarena
Thursday Nov 3	5:30-7:30am	Aquarena
	3:15-5:00pm	Aquarena
Friday Nov 4	3:15-7:00pm	MUN Pool – Team Mini-Meet
Saturday Nov 5	morning off	
Monday Nov 7	5:30-7:30am	Aquarena
	3:15-5:15pm	Aquarena
Tuesday Nov 8	6:30-7:30am	Soccer Centre(optional)
	3:15-5:15pm	Aquarena
Wednesday Nov 9	5:30-7:30am	Aquarena
Thursday Nov 10	5:30-7:30am	Aquarena
	3:15-5:00pm	Aquarena
Friday-Sunday Nov 11-13 Fall Classic Meet at the Aquarena – all Legends swimmers		

National

Monday Sept 12	4:15-6:45pm	MUN Pool
Tuesday Sept 13	3:15-5:45pm	Aquarena (longer dryland 1 st two weeks only)
Thursday Sept 15	3:15-5:00pm	Aquarena
Friday Sept 16	3:45-6:00pm	MUN Pool
Sunday Sept 18	Terry Fox Run at Qidi Vidi Lake	
Monday Sept 19	4:15-6:45pm	MUN Pool
Tuesday Sept 20	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	Aquarena (longer dryland 1 st two weeks only)
Thursday Sept 22	3:15-5:00pm	Aquarena
Friday-Sunday Sept 23-25	Lavrock 4:00pm pick-up at the Aquarena	
Monday Sept 26	5:30-7:30am	Aquarena – 1 st morning practice
	4:15-6:45pm	MUN Pool
Tuesday Sept 27	6:30-7:30am	Soccer Centre(optional)
	3:15-5:15pm	Aquarena
Wednesday Sept 28	5:30-7:30am	Aquarena
Thursday Sept 29	5:30-7:30am	Aquarena
	3:15-5:00pm	Aquarena
Friday Sept 30	3:45-6:00pm	MUN Pool
Friday Sept 30	Legends Auction	
Monday Oct 3	5:30-7:30am	Aquarena
	4:15-6:45pm	MUN Pool
Tuesday Oct 4	6:30-7:30am	Soccer Centre(optional)
	3:15-5:15pm	Aquarena
Wednesday Oct 5	5:30-7:30am	Aquarena
Thursday Oct 6	5:30-7:30am	Aquarena
	3:15-5:00pm	Aquarena
Friday Oct 7	3:45-6:00pm	MUN Pool
Saturday Oct 8	Full Team Practice at Aquarena 6:30-9:30am	
Thursday – Sunday Oct 6-9	Sea-Hawks High School Camp and Dual Meet – for swimmers who register	
Monday Oct 10	No Morning Practice	
	4:15-6:45pm	MUN Pool
Tuesday Oct 11	6:30-7:30am	Soccer Centre(optional)
	3:15-5:15pm	Aquarena
Wednesday Oct 12	5:30-7:30am	Aquarena
Thursday Oct 13	5:30-7:30am	Aquarena
	3:15-5:00pm	Aquarena
Friday Oct 14	3:45-6:00pm	MUN Pool
Saturday Oct 15	7:00-10:15am	MUN Gym + Aquarena
Monday Oct 17	5:30-7:30am	Aquarena

	4:15-6:45pm	MUN Pool
Tuesday Oct 18	6:30-7:30am	Soccer Centre(optional)
	3:15-5:15pm	Aquarena
Wednesday Oct 19	5:30-7:30am	Aquarena
Thursday Oct 20	5:30-7:30am	Aquarena
	3:15-5:00pm	Aquarena
Friday-Sunday Oct 21-23 Provincial Performance Meet in CBS		
- Meet is for all swimmers qualified for East Coast Champs and all 15&over swimmers		
Monday Oct 24	5:30-7:30am	Aquarena
	4:15-6:45pm	MUN Pool
Tuesday Oct 25	6:30-7:30am	Soccer Centre(optional)
	3:15-5:15pm	Aquarena
Wednesday Oct 26	5:30-7:30am	Aquarena
Thursday Oct 27	5:30-7:30am	Aquarena
	3:15-5:00pm	Aquarena
Friday Oct 28	3:45-6:00pm	MUN Pool
Saturday Oct 29	7:00-10:15am	MUN Gym + Aquarena
Monday Oct 31	5:30-7:30am	Aquarena
	4:15-6:45pm	MUN Pool
Tuesday Nov 1	6:30-7:30am	Soccer Centre(optional)
	3:15-5:14pm	Aquarena
Wednesday Nov 2	5:30-7:30am	Aquarena
Thursday Nov 3	5:30-7:30am	Aquarena
	3:15-5:00pm	Aquarena
Friday Nov 4	3:15-7:00pm	MUN Pool – Team Mini-Meet
Saturday Nov 5	morning off	
Monday Nov 7	5:30-7:30am	Aquarena
	4:15-6:45pm	MUN Pool
Tuesday Nov 8	6:30-7:30am	Soccer Centre(optional)
	3:15-5:15pm	Aquarena
Wednesday Nov 9	5:30-7:30am	Aquarena
Thursday Nov 10	5:30-7:30am	Aquarena
	3:15-5:00pm	Aquarena
Friday-Sunday Nov 11-13 Fall Classic Meet at the Aquarena – all Legends swimmers		