

July 2019 POW Schedule

Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
	Airband Practice: 6:15-7:00pm Novice: 4:00-5:00 pm Junior: 3:45-5:00 pm Intermediate: 4:45-6:00 pm Senior: 4:45-6:00 pm *Dryland S/I: 6:15-7:00pm	Airband Practice: 6:15-7:00pm Senior: 8:15-9:30am Novice: 4:00-5:00 pm Junior: 3:45-5:00 pm Intermediate: 4:45-6:00 pm Senior: 4:45-6:00 pm *Dryland S/I: 6:15-7:00pm	Airband Practice: 6:15-7:00pm Senior/Intermediate: 8:15-9:30am Junior: 3:45-5:00 pm Intermediate: 4:45-6:00 pm Senior: 4:45-6:00 pm *Dryland S/I: 6:15-7:00pm Team Carwash Fundraiser	Airband Practice: 6:15-7:00pm Senior: 8:15-9:30am Novice: 4:00-5:00 pm Junior: 3:45-5:00 pm Intermediate: 4:45-6:00 pm Senior: 4:45-6:00 pm		Campbell River Meet
7	8	9	10	11	12	13
	Novice: 4:00-5:00 pm Junior: 3:45-5:00 pm Intermediate: 4:45-6:00 pm Senior: 4:45-6:00 pm *Dryland S/I: 6:15-7:00pm	Senior: 8:15-9:30am Novice: 4:00-5:00 pm Junior: 3:45-5:00 pm Intermediate: 4:45-6:00 pm Senior: 4:45-6:00 pm *Dryland S/I: 6:15-7:00pm Movie night ages 7 and under- 7:00 pm	Senior/Intermediate: 8:15-9:30am Junior: 3:45-5:00 pm Intermediate: 4:45-6:00 pm Senior: 4:45-6:00 pm *Dryland S/I: 6:15-7:00pm Movie night ages 8-12- 7:30pm	Senior: 8:15-9:30am Novice: 4:00-5:00 pm Junior: 3:45-5:00 pm Intermediate: 4:45-6:00 pm Senior: 4:45-6:00 pm Movie night 13+ 7:30pm		Saltspring Meet
14	15	16	17	18	19	20
	Novice: 4:00-5:00 pm Junior: 3:45-5:00 pm Intermediate: 4:45-6:00 pm Senior: 4:45-6:00 pm *Dryland S/I: 6:15-7:00pm	Senior: 8:15-9:30am Novice: 4:00-5:00 pm Junior: 3:45-5:00 pm Intermediate: 4:45-6:00 pm Senior: 4:45-6:00 pm *Dryland S/I: 6:15-7:00pm	Senior/Intermediate: 8:15-9:30am Junior: 3:45-5:00 pm Intermediate: 4:45-6:00 pm Senior: 4:45-6:00 pm *Dryland S/I: 6:15-7:00pm	Senior: 8:15-9:30am Novice: 4:00-5:00 pm Junior: 3:45-5:00 pm Intermediate: 4:45-6:00 pm Senior: 4:45-6:00 pm Carwash		Sydney Meet

21	22	23	24	25	26	27
	<p>Novice: 4:00-5:00 pm</p> <p>Junior: 3:45-5:00 pm</p> <p>Intermediate: 4:45-6:00 pm</p> <p>Senior: 4:45-6:00 pm</p> <p>*Dryland S/I: 6:15-7:00pm</p>	<p>Senior: 8:15-9:30am</p> <p>Novice: 4:00-5:00 pm</p> <p>Junior: 3:45-5:00 pm</p> <p>Intermediate: 4:45-6:00 pm</p> <p>Senior: 4:45-6:00 pm</p> <p>*Dryland S/I: 6:15-7:00pm</p>	<p>Senior/Intermediate: 8:15-9:30am</p> <p>Junior: 3:45-5:00 pm</p> <p>Intermediate: 4:45-6:00 pm</p> <p>Senior: 4:45-6:00 pm</p> <p>*Dryland S/I: 6:15-7:00pm</p>	<p>Senior: 8:15-9:30am</p> <p>Novice: 4:00-5:00 pm</p> <p>Junior: 3:45-5:00 pm</p> <p>Intermediate: 4:45-6:00 pm</p> <p>Senior: 4:45-6:00 pm</p>		
28	29	30	31			
	<p>Novice: 4:00-5:00 pm</p> <p>Junior: 3:45-5:00 pm</p> <p>Intermediate: 4:45-6:00 pm</p> <p>Senior: 4:45-6:00 pm</p>	<p>Senior: 8:15-9:30am</p> <p>Novice: 4:00-5:00 pm</p> <p>Junior: 3:45-5:00 pm</p> <p>Intermediate: 4:45-6:00 pm</p> <p>Senior: 4:45-6:00 pm</p>	<p>Senior/Intermediate: 8:15-9:30am</p> <p>Junior: 3:45-5:00 pm</p> <p>Intermediate: 4:45-6:00 pm</p> <p>Senior: 4:45-6:00 pm</p>			

*Hell week will be the 22 – 26. The schedule will be put out separately as there are lots of events in this week. Please plan to keep this week totally open for hell week events, if swimmers complete all the events for their group they get the hell week prize!