

# SENIOR - March 2019

Coach: Carmen Thorburn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 11.00 – 2.00 pm Hill Park	<b>25</b> 5.45 – 7.30 am Hill Park  5.00 – 6.30 pm Central swim.	<b>26</b> 4.00 – 6.00 pm Hill Park swim.  6.15 – 7.00 pm Dryland	<b>27</b> 5.45 – 7.30 am Hill Park	<b>28</b>  OFF Provincials	<b>1</b> 5.30 – 7.30 am McMaster  Provincials	<b>2</b>  6.00 – 8:00 am McMaster Provincials
<b>3</b>  8:00-10:00 McMaster Provincials	<b>4</b> 5.45 – 7.30 am Hill Park  5.00 – 6.30 pm Central swim.	<b>5</b> 4.00 – 6.00 pm Hill Park swim.  6.15 – 7.00 pm Dryland	<b>6</b> 5.45 – 7.30 am Hill Park	<b>7</b>  OFF  OYJC	<b>8</b> 5.30 – 7.30 am McMaster OYJC 5.00 – 6.20 pm Dryland	<b>9</b>  6.00 – 9.00 am McMaster OYJC
<b>10</b> 11.00 – 2.00 pm Hill Park OYJC	<b>11</b> 5.45 – 7.30 am Hill Park BARCELONA	<b>12</b>  BARCELONA	<b>13</b>  BARCELONA	<b>14</b>  BARCELONA	<b>15</b>  BARCELONA	<b>16</b>  BARCELONA
<b>17</b>  BARCELONA	<b>18</b>  BARCELONA	<b>19</b>  BARCELONA	<b>20</b>  OFF	<b>21</b> 5:30-7:30 am McMaster  OFF	<b>22</b> 5.30 – 7.30 am McMaster  5.00 – 6.20 pm Dryland	<b>23</b>  6.00 – 9.00 am McMaster Swimathon
<b>24</b>  8:00-10:00 McMaster	<b>25</b> 5.45 – 7.30 am Hill Park  5.00 – 6.30 pm Central swim.	<b>26</b> 5:30-7:30 am McMaster 4.00 – 6.00 pm Hill Park 6.15 – 7.00 pm Dryland	<b>27</b>  OFF	<b>28</b> 5:30-7:30 am McMaster	<b>29</b> 5.30 – 7.30 am McMaster  5.00 – 6.20 pm Dryland	<b>30</b>  6.00 – 9.00 am McMaster