

NOVEMBER 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 4-6pm Jr Elite at VD	2 No Workouts (pool closed)	3 7:30-9am workout for those not going to Milton Milton warm up 12:30
4 Milton Inv 12:30 Warm Up	5 4-6pm workout for those who didn't attend Milton	6 4-6pm Jr Elite at VD	7 5:30-7:30am Jr Elite U of G 4-6pm Comp at VD	8 4-6pm Jr Elite at VD	9 4-5:30pm Jr Elite 5:30-7pm Comp at VD	10 7:30-9:30am U of G for those not @SI Swim Int for rest
11 Swim International in Brantford	12 4-5:30pm workout for those not attending SI at U of G	13 4-6pm Jr Elite at VD	14 5:30-7:30am Jr Elite U of G 4-6pm Comp at VD	15 4-6pm option with Jr elite with Paul(Kendra@mini meet)	16 4-5:30pm Jr Elite 5:30-7pm Comp at VD	17 7:30-9:30am U of G Jr Elite 12-5pm Float set up at Wilson's
18 Santa Clause Parade	19 4-6pm Jr Elite U of G 5-6:30pm Comp at U of G	20 4-6pm Jr Elite at VD	21 5:30-7:30am Jr Elite U of G 4-6pm Comp at VD	22 4-6pm Jr Elite at VD	23 4-5:30pm 5km time trial 5:30-7pm comp at VD	24 7:30-9:30am at U of G
25 off	26 4-6pm Jr Elite U of G 5-6:30pm Comp at U of G	27 4-6pm Jr Elite at VD	28 5:30-7:30am Jr Elite U of G 4-6pm Comp at VD	29 4-6pm Jr Elite 6-7:30pm Comp both at Cent	30	