

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<div>30</div> <div></div>	<div>1</div> <div></div>	<div>2</div> <div>Crown Jewels Track</div>	<div>3</div> <div></div>	<div>4</div> <div></div>	<div>5</div> <div>Canada Games / Legion Trials</div>	<div>6</div> <div></div>
<div>7</div> <div>Rest Day</div>	<div>8</div> <div>10am - Practice Sprints /</div>	<div>9</div> <div>Crown Jewels Track</div>	<div>10</div> <div>2pm - Sprints & Distance</div>	<div>11</div> <div>4pm Sprints and Distance</div>	<div>12</div> <div></div>	<div>13</div> <div></div>
<div>14</div> <div>5pm - Sprints and</div>	<div>15</div> <div>5pm - Sprints and</div>	<div>16</div> <div>Crown Jewels Track</div>	<div>17</div> <div>High Jump 6:15pm 4:30pm - Sprints and</div>	<div>18</div> <div>10am - Sprints and</div>	<div>19</div> <div>9:30am - Sprints and</div>	<div>20</div> <div></div>
<div>21</div> <div>5pm - Sprints and</div>	<div>22</div> <div>5pm Sprints and Distance</div>	<div>23</div> <div>Crown Jewels Track</div>	<div>24</div> <div>4:30pm - Sprints and 6:15pm - High Jump</div>	<div>25</div> <div>10am - Sprints and</div>	<div>26</div> <div>9:30am Sprints and</div>	<div>27</div> <div></div>
<div>28</div> <div>TBD Practice</div>	<div>29</div> <div>5pm - Sprints and</div>	<div>30</div> <div>Canadian Track and Field Championships 5pm - Sprints and</div>	<div>31</div> <div>5pm - Sprints and</div>	<div>1</div> <div>Friday Night Lights 5000m</div>	<div>2</div> <div></div>	<div>3</div> <div></div>

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
28		29		30		31		1		2		3	
TBD Practice		5pm - Sprints and		Canadian Track and Field Championships									
				5pm - Sprints and		5pm - Sprints and		Friday Night Lights 5000m					