



December 2023/January 2024

Olympic Prospects (OP)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 10	11 OPA 4-5pm OPB 5-6pm OPC 6-7pm Milliken	12 OPDEV 4-6pm Milliken	13 OPA 4-5pm OPD 5-6pm Milliken	14 OPAA 4-5:15pm MPAC	15 OPB 4:15-5:45pm OPC 5:45-7:15pm Milliken	16 ALL OP in-house swim meet 9am-1pm at Milliken
OP no practices December 17 - January 7						
January 7	8 OPB 4:15-5:15pm OPC 4:15-5:15pm MPAC	9 OPDEV 4-6pm Milliken	10 OPA 4-5pm OPD 5-6pm Milliken	11 OPAA 4-5:15pm MPAC	12 OFF	13 OFF
14	15 OPA 4-5pm OPB 5-6pm OPC 6-7pm Thornlea	16 OPDEV 4-6pm Milliken	17 OPA 4-5pm OPD 5-6pm Milliken	18 OPAA 4:15-5:30pm Cornell	19 OPB 4:15-5:45pm OPC 5:45-7:15pm Thornlea	20 OPDEV 6-7:30am OPA 7:30-9am Thornlea
21	22 OPA 4-5pm OPB 5-6pm OPC 6-7pm Thornlea	23 OPDEV 4-6pm Milliken	24 OPA 4-5pm OPD 5-6pm Milliken	25 OPAA 4-5:15pm MPAC	26 OPB 4:15-5:45pm OPC 5:45-7:15pm Thornlea	27 OPDEV 6-7:30am OPA 7:30-9am Thornlea
28	29 OPA 4-5pm OPB 5-6pm OPC 6-7pm Thornlea	30 OPDEV 4-6pm Milliken	31 OPA 4-5pm OPD 5-6pm Milliken	February 1 OPAA 4-5:15pm MPAC	2 OPB 4:15-5:45pm OPC 5:45-7:15pm Thornlea	3 OPDEV 6-7:30am OPA 7:30-9am Thornlea <div style="border: 1px solid black; padding: 2px; text-align: center; font-size: small;">Central Region 'B' Champs, Etobicoke</div>

Notes:

- please be on deck 10 minutes before scheduled in-pool start time for activation/focusing
- check OP webpage on MAC website for swim meet dates and swimmer eligibility