

Feb/March 2016						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 S3 Wk #6 of 8	9	10	11 CR SC Champs Etobicoke (qualifiers)	12 CR SC Champs Etobicoke (qualifiers)	13 CR SC Champs Etobicoke (qualifiers) Family Day <b>no practices</b>	14 CR SC Champs Etobicoke (qualifiers) Family Day
15 S3 Wk #7 of 8  <b>Family Day no practices</b>	16	17	18  Speedo East Canada (qualifiers)	19  Speedo East Canada (qualifiers)	20 Ont Festival Ethan, Alia  Speedo East Canada (qualifiers) <b>no practices</b>	21 Ont Festival Ethan, Alia  Speedo East Canada (qualifiers)
22	23	24	25	26	27-28 CR Team Meet For those swimmers who did not qualify in more than 4 events at CR Champs Feb 11-14 <b>no practices</b>	
29	1 - March	2	3 Ont LC Prov Champs - qualifiers	4 Ont LC Prov Champs - qualifiers	5 Ont LC Prov Champs - qualifiers	6 Ont LC Prov Champs – qualifiers  ROC hosted meet 1-5:30pm
7	8	9	10	11	12	13



ROC welcomes a new sponsor - Firefly Catering! ). Give them a call if you are looking for some great catering with the personal touch.  
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