

Draft 2022-2023 Schedule

Monday		Tuesday		Wednesday		Thursday	
High-Performance Academy (Extra Sign Up Program) Nepean Sportsplex 1:30pm - 3:30pm	13U Comp BMRC 6:00pm - 7:30pm	Mini Waves A Sawmill Creek 6:00pm - 7:00pm	17U Comp Ottawa University 6:30pm - 8:30pm	17U Comp Ottawa University 6:30pm - 8:00pm		High-Performance Academy (Extra Sign Up Program) Nepean Sportsplex 1:30pm - 3:30pm	Mini Waves B Nepean Sportsplex 7:45pm - 8:45pm
House League Nepean Sportsplex 7:00pm - 8:00pm	Junior Waves A & B Ottawa University 7:30pm - 8:30pm	Mini Waves B Nepean Sportsplex 7:30pm - 8:30pm	Junior Waves A & B Ottawa University 7:30pm - 8:30pm			13U Comp BMRC 8:00pm - 9:30pm	Extra Swims for 15U & 17U (Extra Sign Up Program) Brewer 8:30pm - 10:00pm
Extra Swims for 15U & 17U (Extra Sign Up Program) Brewer 8:30pm - 10:00pm							
Friday		Saturday		Sunday			
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13U Comp Nepean Sportsplex 7:00pm - 9:00pm	Mini Waves A Nepean Sportsplex 7:30pm - 8:30pm	13U Comp Ottawa University 2:00pm - 4:00pm	Junior Waves B Brewer Pool 5:30pm - 6:30pm	House League Splash Wave 5:00pm - 6:30pm			
17U Comp Nepean Sportsplex 8:00pm - 10:30pm		Junior Waves A Brewer Pool 6:30pm - 7:30pm	17U Comp Girls Carleton University 6:00pm - 8:30pm				
15U Comp			15U Comp				
		17U Comp Boys Nepean Sportsplex 6:00pm - 8:30pm					
		15U Comp					