

| Sep-18 | | Oct-18 | | Nov-18 | | Dec-18 | | | |
|--------|----|--------|----|--------|----|--------|----|------------------------------|----|
| 1 | FR | 1 | MO | 1 | TH | 1 | SA | Race SL Norquay | 1 |
| 1 | SA | 2 | TU | 2 | FR | 2 | SU | Race SL Norquay | 2 |
| 2 | SU | 3 | WE | 3 | SA | 3 | MO | | 3 |
| 3 | MO | 4 | TH | 4 | SU | 4 | TU | | 4 |
| 4 | TU | 5 | FR | 5 | MO | 5 | WE | | 5 |
| 5 | WE | 6 | SA | 6 | TU | 6 | TH | | 6 |
| 6 | TH | 7 | SU | 7 | WE | 7 | FR | | 7 |
| 7 | FR | 8 | MO | 8 | TH | 8 | SA | Train MSLM (If Snow) | 8 |
| 8 | SA | 9 | TU | 9 | FR | 9 | SU | Train MSLM (If Snow) | 9 |
| 9 | SU | 10 | WE | 10 | SA | 10 | MO | | 10 |
| 10 | MO | 11 | TH | 11 | SU | 11 | TU | | 11 |
| 11 | TU | 12 | FR | 12 | MO | 12 | WE | | 12 |
| 12 | WE | 13 | SA | 13 | TU | 13 | TH | | 13 |
| 13 | TH | 14 | SU | 14 | WE | 14 | FR | | 14 |
| 14 | FR | 15 | MO | 15 | TH | 15 | SA | Travel Quebec | 15 |
| 15 | SA | 16 | TU | 16 | FR | 16 | SU | Train Qc. | 16 |
| 16 | SU | 17 | WE | 17 | SA | 17 | MO | Train Qc. | 17 |
| 17 | MO | 18 | TH | 18 | SU | 18 | TU | Train Qc. | 18 |
| 18 | TU | 19 | FR | 19 | MO | 19 | WE | Train Qc. | 19 |
| 19 | WE | 20 | SA | 20 | TU | 20 | TH | Qc. Series.Tremblant/St.Sav. | 20 |
| 20 | TH | 21 | SU | 21 | WE | 21 | FR | Qc. Series.Tremblant/St.Sav. | 21 |
| 21 | FR | 22 | MO | 22 | TH | 22 | SA | Qc. Series.Tremblant/St.Sav. | 22 |
| 22 | SA | 23 | TU | 23 | FR | 23 | SU | Qc. Series.Tremblant/St.Sav. | 23 |
| 23 | SU | 24 | WE | 24 | SA | 24 | MO | Day Off | 24 |
| 24 | MO | 25 | TH | 25 | SU | 25 | TU | Day Off | 25 |
| 25 | TU | 26 | FR | 26 | MO | 26 | WE | Day Off | 26 |
| 26 | WE | 27 | SA | 27 | TU | 27 | TH | Train Collingwood | 27 |
| 27 | TH | 28 | SU | 28 | WE | 28 | FR | Train Collingwood | 28 |
| 28 | FR | 29 | MO | 29 | TH | 29 | SA | Train Collingwood | 29 |
| 29 | SA | 30 | TU | 30 | FR | 30 | SU | Train Collingwood | 30 |
| 30 | SU | 31 | WE | 31 | FR | 31 | MO | Day Off/Travel/Train | 31 |

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|---------------------|
| Travel days |
| Training |
| Ontario Series |
| Quebec Super Series |
| Western Races |
| NOR-AM / Nationals |

| Jan-19 | | Feb-19 | | Mar-19 | | Apr-19 | | | | | | |
|--------|------------------------------|--------|----|---------------------|----|--------|-------------------------------|----|----|-------------------------------|----|----|
| TU | Day Off/Travel/Train | 1 | FR | Race Kimberley SL | 1 | FR | Train Ottawa | 1 | MO | Qc. Series. Stomeham/LeRelais | 1 | WE |
| WE | NOR-AM. Cwood | 2 | SA | Race Kimberley SG | 2 | SA | On/Qc. Series | 2 | TU | Qc. Series. Stomeham/LeRelais | 2 | TH |
| TH | NOR-AM. Cwood/Ottawa | 3 | SU | Race Kimberley SG | 3 | SU | On/Qc. Series | 3 | WE | | 3 | FR |
| FR | NOR-AM. Cwood/Ottawa | 4 | MO | | 4 | MO | On/Qc. Series | 4 | TH | Travel Panorama | 4 | SA |
| SA | NOR-AM. Cwood/Ottawa | 5 | TU | | 5 | TU | On/Qc. Series | 5 | FR | Train Panorama | 5 | SU |
| SU | NOR-AM. Cwood/Ottawa | 6 | WE | | 6 | WE | | 6 | SA | Race Panorama SG | 6 | MO |
| MO | NOR-AM. Ottawa | 7 | TH | Train Collingwood | 7 | TH | Train Collingwood | 7 | SU | Race Panorama SG | 7 | TU |
| TU | | 8 | FR | Train Collingwood | 8 | FR | Train Collingwood | 8 | MO | Race Panorama GS | 8 | WE |
| WE | | 9 | SA | On. Series. DG SL | 9 | SA | On. Series. DG SL | 9 | TU | Race Panorama GS | 9 | TH |
| TH | Travel Quebec | 10 | SU | On. Series. DG SL | 10 | SU | On. Series. DG SL | 10 | WE | Race Panorama SL | 10 | FR |
| FR | Train Qc. | 11 | MO | On. Series. GP GS | 11 | MO | On. Series. GP GS | 11 | TH | Race Panorama SL | 11 | SA |
| SA | Qc. Series. Trem/VSC/Garceau | 12 | TU | On. Series. GP GS | 12 | TU | On. Series. GP GS | 12 | FR | | 12 | SU |
| SU | Qc. Series. Trem/VSC/Garceau | 13 | WE | Travel Quebec | 13 | WE | Day Off | 13 | SA | Race Nakiska GS | 13 | MO |
| MO | Qc. Series. Trem/VSC/Garceau | 14 | TH | Qc. Series. Bromont | 14 | TH | Train Collingwood | 14 | SU | Race Nakiska SL | 14 | TU |
| TU | Qc. Series. Trem/VSC/Garceau | 15 | FR | Qc. Series. Bromont | 15 | FR | Train Collingwood | 15 | MO | | 15 | WE |
| WE | | 16 | SA | Qc. Series. Bromont | 16 | SA | Train Collingwood | 16 | TU | | 16 | TH |
| TH | Train Collingwood | 17 | SU | Qc. Series. Bromont | 17 | SU | Train Collingwood | 17 | WE | | 17 | FR |
| FR | Train Collingwood | 18 | MO | Day Off | 18 | MO | | 18 | TH | | 18 | SA |
| SA | On. Series. CRA GS | 19 | TU | | 19 | TU | | 19 | FR | | 19 | SU |
| SU | On. Series. CRA GS | 20 | WE | | 20 | WE | | 20 | SA | | 20 | MO |
| MO | | 21 | TH | Train Collingwood | 21 | TH | Travel Quebec | 21 | SU | | 21 | TU |
| TU | | 22 | FR | Train Collingwood | 22 | FR | Train Qc. | 22 | MO | | 22 | WE |
| WE | | 23 | SA | Train Collingwood | 23 | SA | Nationals. Mount Eduard. Qc. | 23 | TU | | 23 | TH |
| TH | Train Collingwood | 24 | SU | Train Collingwood | 24 | SU | Nationals. Mount Eduard. Qc. | 24 | WE | | 24 | FR |
| FR | Train Collingwood | 25 | MO | | 25 | MO | Nationals. Mount Eduard. Qc. | 25 | TH | | 25 | SA |
| SA | Travel Kimberley | 26 | TU | | 26 | TU | Nationals. Mount Eduard. Qc. | 26 | FR | | 26 | SU |
| SU | Freeski Kimberley | 27 | WE | | 27 | WE | Nationals. Mount Eduard. Qc. | 27 | SA | | 27 | MO |
| MO | Train Kimberley DH | 28 | TH | Travel Ottawa | 28 | TH | Nationals. Mount Eduard. Qc. | 28 | SU | | 28 | TU |
| TU | Train Kimberley DH | | | | 29 | FR | Train Qc. | 29 | MO | | 29 | WE |
| WE | Race Kimberley DH | | | | 30 | SA | Qc. Series. Stomeham/LeRelais | 30 | TU | | 30 | TH |
| TH | Race Kimberley DH | | | | 31 | SU | Qc. Series. Stomeham/LeRelais | | | | 31 | FR |

| May-19 | | Jun-19 | | Jul-19 | | Aug-19 | |
|--------|-------|--------|--|--------|--|--------|--|
| | 1 SA | | | 1 MO | | 1 TH | |
| | 2 SU | | | 2 TU | | 2 FR | |
| | 3 MO | | | 3 WE | | 3 SA | |
| | 4 TU | | | 4 TH | | 4 SU | |
| | 5 WE | | | 5 FR | | 5 MO | |
| | 6 TH | | | 6 SA | | 6 TU | |
| | 7 FR | | | 7 SU | | 7 WE | |
| | 8 SA | | | 8 MO | | 8 TH | |
| | 9 SU | | | 9 TU | | 9 FR | |
| | 10 MO | | | 10 WE | | 10 SA | |
| | 11 TU | | | 11 TH | | 11 SU | |
| | 12 WE | | | 12 FR | | 12 MO | |
| | 13 TH | | | 13 SA | | 13 TU | |
| | 14 FR | | | 14 SU | | 14 WE | |
| | 15 SA | | | 15 MO | | 15 TH | |
| | 16 SU | | | 16 TU | | 16 FR | |
| | 17 MO | | | 17 WE | | 17 SA | |
| | 18 TU | | | 18 TH | | 18 SU | |
| | 19 WE | | | 19 FR | | 19 MO | |
| | 20 TH | | | 20 SA | | 20 TU | |
| | 21 FR | | | 21 SU | | 21 WE | |
| | 22 SA | | | 22 MO | | 22 TH | |
| | 23 SU | | | 23 TU | | 23 FR | |
| | 24 MO | | | 24 WE | | 24 SA | |
| | 25 TU | | | 25 TH | | 25 SU | |
| | 26 WE | | | 26 FR | | 26 MO | |
| | 27 TH | | | 27 SA | | 27 TU | |
| | 28 FR | | | 28 SU | | 28 WE | |
| | 29 SA | | | 29 MO | | 29 TH | |
| | 30 SU | | | 30 TU | | 30 FR | |
| | | | | 31 WE | | 31 SA | |