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| April 2014 National |
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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 31  5:45-7:30am UT  Wt room + swim (Brittney)  5:00-7:00pm UT  (Brittney) | 1  5:45-7:30am UT  (Brittney)  4:00-7:00pm UT  (Dave) | 2  5:45-7:30am UT (Ashley Z) | 3  4:30-6:30pm Harbord (Ashley Z) | 4  5:45-7:30am Benson (Ashley Z)  4:30-7:00pm UT  (Dave) | 5  **The Swim Challenge**  5:20-7:30am  UT(Dave) | 6 |
| 7  5:45-7:30am UT  Wt room + swim (Brittney)  5:00-7:00pm UT  (Brittney) | 8  5:45-7:30am UT  (Brittney)  4:00-7:00pm UT  Dryland + Swim  (Bill Returns) | 9  5:45-7:30am UT | 10  4:30-6:30pm Harbord   or  **John Grootveld Sr Officials Classic @UofT** | 11  **John Grootveld Sr Officials Classic @UofT** | 12  **John Grootveld Sr Officials Classic @UofT** | 13  **John Grootveld Sr Officials Classic @UofT** |
| 14  AM OFF  PM – 5:00-7:00pm UT (Brittney) | 15  5:45-7:30am UT  (Brittney)  4:00-7:00pm UT  (Dave) | 16  5:45-7:30am UT (Ashley Z) | 17  4:30-6:00pm UT  (Byron) | 18  **Good Friday**  Off | 19  7:30-10:00am UofT (Luke) | 20 |
| 21  AM OFF  PM – 5:00-7:00pm UT (Bill returns) | 22  5:45-7:30am UT  4:00-7:00pm UT  Dryland + Swim | 23  5:45-7:30am UT | 24  4:30-6:00pm UT | 25  5:45-7:30am Benson  4:30-7:00pm UT | 26  7:30-10:00am UofT | 27 |
| 28  5:45-7:30am UT  Wt room + swim  5:30-7:30pm Havergal | 29  5:45-7:30am UT  4:00-7:00pm UT  Dryland + Swim | 30  5:45-7:30am UT |  |  |  |  |

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| April 2014 National |
| \*\*\*schedule for swimmers that attend Sr, Nationals in Victoria |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 31  **Commonwealth Trial @Victoria** | 1  **Commonwealth Trial @Victoria** | 2  **Commonwealth Trial @Victoria** | 3  **Commonwealth Trial @Victoria** | 4  **Commonwealth Trial @Victoria** | 5  **Commonwealth Trial @Victoria** | 6  **Commonwealth Trial @Victoria** |
| 7  AM OFF  5:00-7:00pm UT  (Brittney) | 8  AM OFF  4:00-7:00pm UT  Dryland + Swim  (Bill Returns) | 9  5:45-7:30am UT | 10  4:30-6:30pm Harbord   or  **John Grootveld Sr Officials Classic @UofT** | 11  **John Grootveld Sr Officials Classic @UofT** | 12  **John Grootveld Sr Officials Classic @UofT** | 13 |
| 14  OFF | 15  OFF | 16  OFF | 17  4:30-6:00pm UT  (Byron) | 18  **Good Friday**  Off | 19  7:30-10:00am UofT (Luke) | 20 |
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| 28  5:45-7:30am UT  Wt room + swim  5:30-7:30pm Havergal | 29  5:45-7:30am UT  4:00-7:00pm UT  Dryland + Swim | 30  5:45-7:30am UT |  |  |  |  |