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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| JAN 31 | 14:30-7:00pm UT | 25:30-7:30am UT4:30-7:00pm UT | 36:00-7:30am UT (weights) 4:30-7:00pm UT | 44:00-6:00pm UT or 5:00-7:00pmRiverdale  | 56:00-7:30am UT (weights/swim) 4:30-7:00pm UT | 68:00-10:00 am**UT** |
| 7 | 84:30-7:00pm UT | 95:30-7:30am UT4:30-7:00pm UT | 106:00-7:30am UT (weights) 4:30-7:00pm UT | 114:00-6:00pm UT or 5:00-7:00pmRiverdale | 12**5:30-7:30 am UT** 4:30-7:00pm UT | 138:00-10:00 am**UT** |
| 14 | 15**2:00-4:00 pm****UT** | 16AM Off4:30-7:00pm UT | 17**9:00-10:00 am****Benson****Eastern qualifiers** | 18**Eastern Canadian Championships** | 19**Eastern Canadian Championships** | 20**Eastern Canadian Championships** |
| 21**Eastern Canadian Championships** | 22**OFF** | 235:30-7:30am UT4:30-7:00pm UT | 24**Am - OFF** 4:30-7:00pm UT | 254:00-6:00pm UT or 5:00-7:00pmRiverdale | 266:00-7:30am UT (swim) 4:30-7:00pm UT | 278:00-10:00 am**UT** |
| 28 | 294:30-7:00pm UT | **AM - Off**4:30-7:00pm UT |  |  |  |  |