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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| JAN 31 | 1  4:30-7:00pm UT | 2  5:30-7:30am UT  4:30-7:00pm UT | 3  6:00-7:30am UT (weights)  4:30-7:00pm UT | 4  4:00-6:00pm  UT or  5:00-7:00pm  Riverdale | 5  6:00-7:30am UT (weights/swim)  4:30-7:00pm UT | 6  8:00-10:00 am  **UT** |
| 7 | 8  4:30-7:00pm UT | 9  5:30-7:30am UT  4:30-7:00pm UT | 10  6:00-7:30am UT (weights)  4:30-7:00pm UT | 11  4:00-6:00pm  UT or  5:00-7:00pm  Riverdale | 12  **5:30-7:30 am UT**  4:30-7:00pm UT | 13  8:00-10:00 am  **UT** |
| 14 | 15  **2:00-4:00 pm**  **UT** | 16  AM Off  4:30-7:00pm 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** | 23  5:30-7:30am UT  4:30-7:00pm UT | 24  **Am - OFF**  4:30-7:00pm UT | 25  4:00-6:00pm  UT or  5:00-7:00pm  Riverdale | 26  6:00-7:30am UT (swim)  4:30-7:00pm UT | 27  8:00-10:00 am  **UT** |
| 28 | 29  4:30-7:00pm UT | **AM - Off**  4:30-7:00pm UT |  |  |  |  |