Junior 1: January 2018

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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 7 | 85:30-7:30am Ben \*DL 7-7:30am4:30-6:30pm Har\*\*DL 6-6:30pm  | 94:30-6:00pm Jar  | 104:30-6:30pm Har\*DL 6-6:30pm  | 116:00-8:00pm Har\*DL 6-6:30pm  | 12**AB Meet**OR5:30-7:30pm Jar\*DL 5:30-6pm  | 13**AB Meet**  |
| 14**AB Meet** | 15**AM OFF** **4:30-6:00pm Har****All J1 swimmers**  | 164:30-6:00pm Jar | 174:30-6:30pm Har\*DL 6-6:30pm  | 185:30-7:30am UT \*DL 6:30-7:30am 6:00-8:00pm Har\*DL 6-6:30pm  | 195:30-7:30pm Jar\*DL 5:30-6pm  | *20***UT Winter Invite\* Select swimmers trying to make Festivals** Or8:00-10:00am Har\*DL 8-8:30am  |
| 21**UT Winter Invite\* Select swimmers trying to make Festivals** | 225:30-7:30am Ben \*DL 7-7:30am4:30-6:30pm Har\*\*DL 6-6:30pm  | 234:30-6:00pm Jar | 244:30-6:30pm Har\*DL 6-6:30pm  | 255:30-7:30am UT \*DL 6:30-7:30am 6:00-8:00pm Har\*DL 6-6:30pm  | 265:30-7:30pm Jar\*DL 5:30-6pm   | 278:00-10:00am Har\*DL 8-8:30am |
| 28 | 295:30-7:30am Ben \*DL 7-7:30am4:30-6:30pm Har\*\*DL 6-6:30pm  | 304:30-6:00pm Jar | 314:30-6:30pm Har\*DL 6-6:30pm  |  |  |  |

\*\*Please arrive 15 minutes before practice. \* Monday PM = invite only