Junior 1: January 2018

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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 7 | 8  5:30-7:30am Ben  \*DL 7-7:30am  4:30-6:30pm Har\*  \*DL 6-6:30pm | 9  4:30-6:00pm Jar | 10  4:30-6:30pm Har  \*DL 6-6:30pm | 11  6:00-8:00pm Har  \*DL 6-6:30pm | 12  **AB Meet**  OR  5:30-7:30pm Jar  \*DL 5:30-6pm | 13  **AB Meet** |
| 14  **AB Meet** | 15  **AM OFF**  **4:30-6:00pm Har**  **All J1 swimmers** | 16  4:30-6:00pm Jar | 17  4:30-6:30pm Har  \*DL 6-6:30pm | 18  5:30-7:30am UT  \*DL 6:30-7:30am  6:00-8:00pm Har  \*DL 6-6:30pm | 19  5:30-7:30pm Jar  \*DL 5:30-6pm | *20*  **UT Winter Invite\* Select swimmers trying to make Festivals**  Or  8:00-10:00am Har  \*DL 8-8:30am |
| 21  **UT Winter Invite\* Select swimmers trying to make Festivals** | 22  5:30-7:30am Ben  \*DL 7-7:30am  4:30-6:30pm Har\*  \*DL 6-6:30pm | 23  4:30-6:00pm Jar | 24  4:30-6:30pm Har  \*DL 6-6:30pm | 25  5:30-7:30am UT  \*DL 6:30-7:30am  6:00-8:00pm Har  \*DL 6-6:30pm | 26  5:30-7:30pm Jar  \*DL 5:30-6pm | 27  8:00-10:00am Har  \*DL 8-8:30am |
| 28 | 29  5:30-7:30am Ben  \*DL 7-7:30am  4:30-6:30pm Har\*  \*DL 6-6:30pm | 30  4:30-6:00pm Jar | 31  4:30-6:30pm Har  \*DL 6-6:30pm |  |  |  |

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