**Junior National October 2015**

****

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |   |  |  | 1 5:00-7:00pmRiverdale  | 25:30-7:30am Benson 5:00-7:00pm Riverdale  | 35:45-8:00am UT |
| 4 | 55:30-7:30am UT  | 64:30-7:00pm UT | 75:30-7:30am UT (weights) 4:30-7:00pm UT  | 85:00-7:00pmRiverdale | 95:30-7:30am Benson 5:00-7:00pm Riverdale     | 105:45-8:00am UT |
| 11 | 12**No Swimming****Thanksgiving**  | 134:30-7:00pm UT | 145:30-7:30am UT (weights) 4:30-7:00pm UT | 155:00-7:00pmRiverdale | 16 5:30-7:30am Benson **Downtown Fall Sprint**   | 17**Downtown Fall Sprint** |
| 18 | 195:30-7:30am UT  | 204:30-7:00pm UT | 215:30-7:30am UT (weights) 4:30-7:00pm UT | 225:00-7:00pmRiverdale | 235:30-7:30am Benson 5:00-7:00pm Riverdale  | 245:45-8:00am UT |
| 25 | 265:30-7:30am UT  | 274:30-7:00pm UT | 285:30-7:30am UT (weights) 4:30-7:00pm UT | 295:00-7:00pmRiverdale | 305:30-7:30am Benson 5:00-7:00pm Riverdale  | 315:45-8:00am UT |