**Junior National October 2015**

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  | 1  5:00-7:00pm  Riverdale | 2  5:30-7:30am Benson  5:00-7:00pm Riverdale | 3  5:45-8:00am UT |
| 4 | 5  5:30-7:30am UT | 6  4:30-7:00pm UT | 7  5:30-7:30am UT (weights)  4:30-7:00pm UT | 8  5:00-7:00pm  Riverdale | 9  5:30-7:30am Benson  5:00-7:00pm Riverdale | 10  5:45-8:00am UT |
| 11 | 12  **No Swimming**  **Thanksgiving** | 13  4:30-7:00pm UT | 14  5:30-7:30am UT (weights)  4:30-7:00pm UT | 15  5:00-7:00pm  Riverdale | 16  5:30-7:30am Benson  **Downtown Fall Sprint** | 17  **Downtown Fall Sprint** |
| 18 | 19  5:30-7:30am UT | 20  4:30-7:00pm UT | 21  5:30-7:30am UT (weights)  4:30-7:00pm UT | 22  5:00-7:00pm  Riverdale | 23  5:30-7:30am Benson  5:00-7:00pm Riverdale | 24  5:45-8:00am UT |
| 25 | 26  5:30-7:30am UT | 27  4:30-7:00pm UT | 28  5:30-7:30am UT (weights)  4:30-7:00pm UT | 29  5:00-7:00pm  Riverdale | 30  5:30-7:30am Benson  5:00-7:00pm Riverdale | 31  5:45-8:00am UT |