**Junior National January 2015**

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  | 1***Happy New Year!*** **No Swim Practice**  | 27:00-10:00am UT 3:30-6:00pm UT  | 37:00-10:00am UT3:30-6:00pm UT  |
| 47:00-10:00am UT  | 55:30-7:30am UT 4:30-6:30pm Harbord  | 65:30-7:30am UT   | 75:30-7:30am UT (weights) 4:30-7:00pm UT  | 85:00-7:00pm Riverdale  | 95:30-7:30am UT 5:00-7:00pm Riverdale | 105:30-9:00am UT  |
| 11 | 125:30-7:30am UT 4:30-6:30pm Harbord  | 135:30-7:30am UT   | 145:30-7:30am UT (weights) 4:30-7:00pm UT  | 15**MAC Winter Invitational**  | 16**TSC Winter Cup/ MAC Winter Invitational**  | 17**TSC Winter Cup/ MAC Winter Invitational**  |
| 18**MAC Winter Invitational**  | 19**am/pm OFF**    | 205:30-7:30am UT  | 215:30-7:30am UT (weights) 4:30-7:00pm UT  | 225:00-7:00pm Riverdale | 235:30-7:30am UT 5:00-7:00pm Riverdale **Cindy Nicholas Swim Classic**  | 24**Cindy Nicholas Swim Classic**  |
| 25***Cindy Nicholas Swim Classic***   | 265:30-7:30am UT 4:30-6:30pm Harbord  | 275:30-7:30am UT   | 285:30-7:30am UT (weights) 4:30-7:00pmUT  | 295:00-7:00pm Riverdale | 305:30-7:30am UT **Time Trial** **4:30-7:00pm Riverdale**  | 315:30-9:00am UT  |

**Junior National February 2015**

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 1 | 25:30-7:30am UT 4:30-6:30pm Harbord  | 35:30-7:30am UT 5:00-7:00pmUT  | 45:30-7:30am UT (weights) 4:30-7:00pm UT  | 5**4:00-6:00pm UT****2015 Central Region SC Championships**  | 65:30-7:30am UT **4:00-6:00pm UT** **2015 Central Region SC Championships**  | 77:30-10:00am UT **2015 Central Region SC Championships**  |
| 8**2015 Central Region SC Championships**  | 9**AM OFF** 4:30-6:30pm Harbord  | 105:30-7:30am UT   | 115:30-7:30am UT (weights) 4:30-7:00pm UT  |  125:00-7:00pm Riverdale | 135:30-7:30am UT 5:00-7:00pm Riverdale  | 145:30-9:00am UT  |
| 15  | 16**Family Day****10:00am-12:00pm UT** | 175:45-7:30am UT | 185:45-7:30am UT (weights) 4:30-7:00pm UT**Depart for Quebec City**  |  19**4:00-6:00pm UT** **2015 Speedo Eastern Canadian Open**  | 205:30-7:30am UT **4:00-6:00pm UT** **2015 Speedo Eastern Canadian Open**  | 217:30-10:00am UT**2015 Speedo Eastern Canadian Open**  |
| 22**2015 Speedo Eastern Canadian Open**  | 236:00-7:30am UT 4:30-6:30pm Harbord  | 246:00-7:30am UT  | 25**Depart for Brantford**  |  26**Ontario Age Group Championships 2015**  | 27**Ontario Age Group Championships 2015**  | 28**Ontario Age Group Championships 2015**  |

**Junior National March 2015**

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 1**Ontario Age Group Championships 2015**  | 2**OFF** | 35:30-7:30am UT  | 45:30-7:30am UT (swim) **PM OFF**   | 55:00-7:00pm Riverdale | 65:30-7:30am UT **PM OFF** | 75:30-9:00am UT  |
| 8 | 9**AM OFF**4:30-6:30pm Harbord  | 10**6:00-7:30am UT**   | 115:30-7:30am UT (weights) 4:30-7:00pm UT  |  125:00-7:00pm Riverdale | 135:30-7:30am UT **PM OFF**  | 14**March Break** **OFF** |
| 15  | 16**March Break** **OFF**  | 17**March Break** **OFF** | 18**March Break** **OFF** |  19**March Break** **OFF** | 20**March Break OFF** | 21**March Break** **OFF** |
| 22**March Break** **OFF** | 235:30-7:30am UT 4:30-6:30pm Harbord  | 245:30-7:30am UT  | 255:30-7:30am UT (weights) 4:30-7:00pm UT  |  265:00-7:00pm Riverdale | 275:30-7:30am UT 5:00-7:00pm Riverdale  | 28 5:30-9:00am UT |
| 29 | 30 5:30-7:30am UT 4:30-6:30pm Harbord  | 315:30-7:30am UT  |  |  |  |  |