**Junior National January 2015**

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  | 1***Happy New Year!*** **No Swim Practice**  | 28:00-10:00am UT 4:00-6:00pm UT  | 38:00-10:00am UT4:00-6:00pm UT  |
| 48:00-10:00am 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***  | 245:30-9:00am UT ***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 5:00-7:00pm Riverdale  | 315:30-9:00am UT  |