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| **Senior 1: March 2017** | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1  5:30 – 7:30 pm  Havergal | 2  **4:00 – 6:00 pm**  **UT**  **Central Region “A” Champs (Olympium)** | 3  **5:30 – 7:00 am**  **UT**  7:00 – 7:30 am (Dry)  **Central Region “A” Champs** | 4  6:00 – 8:00 am (UT)  8:00 – 9:00 am Weights SCC  **Central Region “A” Champs** |
| 5  **Central Region “A” Champs** | 6  **Central “A” Swimmers OFF**  5:00 – 7:00 pm Central Tech (Non Central “A”) | 7  5:30 – 7:00 am  Benson (UT)  7:00 – 7:30 am (Dry) | 8  5:30 – 7:30 pm  Havergal | 9  5:00 – 7:00 pm  Central Tech | 10  5:30 – 7:00 am  Benson (UT)  7:00 – 7:30 am (Dry) | 11  **MARCH BREAK**  **OFF!** |
| 12 | 13  **MARCH BREAK**  **OFF!** | 14  **MARCH BREAK**  **OFF!** | 15  **MARCH BREAK**  **OFF!** | 16  **MARCH BREAK**  **OFF!** | 17  **MARCH BREAK**  **OFF!** | 18  **MARCH BREAK**  **OFF!** |
| 19 | 20  5:00 – 7:00 pm  Central Tech | 21  5:30 – 7:00 am  Benson (UT)  7:00 – 7:30 am (Dry) | 22  5:30 – 7:30 pm  Havergal | 23  5:00 – 7:00 pm  Central Tech | 24  5:30 – 7:00 am  Benson (UT)  7:00 – 7:30 am (Dry) | 25  6:00 – 8:00 am (UT)  8:00 – 9:00 am Weights SCC |
| 26 | 27  5:00 – 7:00 pm  Central Tech | 28  5:30 – 7:00 am  Benson (UT)  7:00 – 7:30 am (Dry) | 29  5:30 – 7:30 pm  Havergal | 30  5:00 – 7:00 pm  Central Tech | 31  5:30 – 7:00 am  Benson (UT)  7:00 – 7:30 am (Dry) |  |