**National October 2015**

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |   |  |  | 14:00-6:00pm UT or 5:00-7:00pmRiverdale  | 2**am OFF** 4:30-7:00pm UT | 36:30-9:00am UT**Parent Meeting** 9:15am  |
| 4 | 54:30-7:00pm UT | 65:30-7:30am UT4:30-7:00pm UT | 76:00-7:30am UT (weights) 4:30-7:00pm UT  | 84:00-6:00pm UT or 5:00-7:00pmRiverdale | 96:00-7:30am UT (weights/swim) 4:30-7:00pm UT    | 107:30-10:00am UT |
| 11 | 12**No Swimming****Thanksgiving**  | 135:30-7:30am UT4:30-7:00pm UT | 146:00-7:30am UT (weights) 4:30-7:00pm UT | 154:00-6:00pm UT or 5:00-7:00pmRiverdale | 16 **Downtown Fall Sprint**   | 17**Downtown Fall Sprint** |
| 18 | 194:30-7:00pm UT | 205:30-7:30am UT4:30-7:00pm UT | 216:00-7:30am UT (weights) 4:30-7:00pm UT | 224:00-6:00pm UT or 5:00-7:00pmRiverdale | 236:00-7:30am UT (weights/swim) 4:30-7:00pm UT | 247:30-10:00am UT |
| 25 | 264:30-7:00pm UT | 275:30-7:30am UT4:30-7:00pm UT | 286:00-7:30am UT (weights) 4:30-7:00pm UT | 294:00-6:00pm UT or 5:00-7:00pmRiverdale | 306:00-7:30am UT (weights/swim) 4:30-7:00pm UT | 317:30-10:00am UT |