**National 1 January 2017**

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 1  **Happy New Year!** | 2  7:00-9:00am UT | 3  8:30-10:30am UT  5:00-7:00pm UT | 4  6:00-8:00am UT  3:30-5:30pm UT | 5  3:00-6:00pm UT | 6  5:30-7:30am UT  4:00-7:00pm UT | 7  8:00-10:00am UT  10:30am-12:00pm  Knox |
| 8 | 9  6:00-7:30am UT (weights)  5:00-7:00 pm UT | 10  5:00 -7:00pm UT | 11  5:30-7:30am UT  (swim)  5:00-7:00pm UT | 12  **MAC Winter Invitational**  or  4:00-6:00 pm UT | 13  **MAC Winter Invitational** | 14  **MAC Winter Invitational** |
| 15  **MAC Winter Invitational** | 16  AM/PM OFF | 17  5:00 -7:00pm UT | 18  6:00-7:30am UT (weights)  5:00-7:00pm UT | 19  4:00-6:00 pm UT | 20  5:30-7:30 am UT  **5:00-7:00pm Riverdale** | 21  6:00-8:00am UT  8:30-10:00am Knox  **TSC/UofT Winter Invite (LC PM)** |
| 22 | 23  5:30-7:30 am UT  5:00-7:00 pm UT | 24  5:00 -7:00pm UT | 25  6:00-7:30am UT (weights)  5:00-7:00pm UT | 26  4:00-6:00 pm UT | 27  5:30-7:30 am UT  5:00-7:00 pm UT | 28  8:00-10:00am UT  10:30am-12:00pm  Knox |
| 29 | 30  5:30-7:30 am UT  5:00-7:00 pm UT | 31  5:00 -7:00pm UT |  |  |  |  |