##

**National 1 February 2017**

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  | 16:00-7:30am UT (weights)5:00-7:00pm UT | 24:00-6:00 pm UT | 35:30-7:30 am UT5:00-7:00 pm UT | 46:00-8:00am UT **No dryland****Dean Boles Inv 4pm** |
| 5 | 65:30-7:30 am UT5:00-7:00 pm UT | 75:00 -7:00pm UT | 8**5:30-7:30 am UT (swim)****PM OFF due to OUA meet** | 9**5:30-7:00am UT**  | 10**5:30-7:00am UT** **5:00-7:00pm Riverdale**  | 11**5:30-7:00am UT****No dryland**  |
| 12 | 135:30-7:30 am UT5:00-7:00 pm UT | 145:00 -7:00pm UT | 156:00-7:30am UT (weights)5:00-7:00pm UT  | 164:00-6:00 pm UT | 175:30-7:30 am UT5:00-7:00 pm UT | 18**5:30-7:00 am UT****7:30-9:00 dryland Knox** |
| 19 | 20**7:00-9:00am UT**  | 21**4:30-6:30pm UT**  | 226:00-7:30am UT (weights)5:00-7:00pm UT | 234:00-6:00 pm UT | 245:30-7:30 am UT**4:30-6:30pm UT** | 258:00-10:00am UT **No dryland**  |
| 26 | 27**AM OFF**5:00-7:00 pm UT | 285:00 -7:00pm UT |  |  |  |  |