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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | 29  4:00-6:00 pm UT | 30  5:30-7:30 am UT  5:00-7:00 pm UT | 1  5:30 – 8:00 am  UT  8:30 – 10:00 dryland Knox |
| 2 | 3  5:30-7:30 am UT  Boys: 5:30-7:30 pm Havergal  Girls: 5-7 pm UT | 4  5:00 -7:00pm UT | 5  6:00-7:30am UT (weights)  5:00-7:00pm UT | 6  4:00-6:00 pm UT | 7  5:30-7:30 am UT  5:00-7:00 pm UT | 8  8:00-10:00 swim UT  10:30-12:00 dryland Knox |
| 9 | 10  **Happy Thanksgiving** | 11  5:00 -7:00pm UT | 12  6:00-7:30am UT (weights)  5:00-7:00pm UT | 13  4:00-6:00 pm UT | 14  5:30-7:30 am UT  5:00-7:00 pm UT | 15  8:00-10:00UT  10:30-12:00 dryland Knox  **Blue & White**  **2:30-5:00 pm** |
| 16 | 17  5:30-7:30 am UT  5:00-7:00 pm UT | 18  5:00 -7:00pm UT | 19  6:00-7:30am UT (weights)  5:00-7:00pm UT | 20  4:00-6:00 pm UT | 21  **Downtown Fall Sprint Meet** | 22  **Downtown Fall Sprint Meet** |
| 23 | 24  5:30 –7:30 am UT  5:00 -7:00pm UT | 25  5:00-7:00pm UT | 26  6:00-7:30am UT (weights)  TSC GALA | 27  4:00-6:00pm  UT | 28  5:30-7:30 am UT  5:00-7:00 pm UT | 29  8:00-10:00 UT  10:30-12:00 dryland Knox |