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| **SENIOR 1: NOVEMBER 2016** | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1  5:30-7:00 am Benson  7:00-7:30 DRY | 2  5:30-7:30 pm Havergal | 3  5:00 – 7:00 pm  Central Tech | 4  **NYAC CUP** | 5  **NYAC CUP** |
| 6  **NYAC CUP** | 7  **OFF** | 8  5:30-7:00 am Benson  7:00-7:30 am DRY | 9  5:30-7:30 pm Havergal | 10  5:00 – 7:00 pm Central Tech | 11  5:30 – 7:00 am Benson  7:00 – 7:30 DRY | 12  **Cindy Nicholas**  **SAT AM Only** |
| 13 | 14  5:00 – 7:00 pm Central Tech | 15  5:30-7:00 am Benson  7:00-7:30 am DRY | 16  5:30-7:30 pm Havergal | 17  5:00 – 7:00 pm Central Tech | 18  5:30 – 7:00 am Benson  7:00 – 7:30 DRY | 19  6-8am swim UT  8:00-9:00 am SCC (Weights) |
| 20 | 21  5:00 – 7:00 pm Central Tech | 22  5:30-7:00 am Benson  7:00-7:30 am DRY | 23  5:30-7:30 pm Havergal | 24  5:00 – 7:00 pm Central Tech | 25  **BORDER CITY INVITE (WINDSOR TRAVEL MEET)** | 26  **BORDER CITY INVITE (WINDSOR TRAVEL MEET)** |
| 27  **BORDER CITY INVITE (WINDSOR TRAVEL MEET)** | 28  **OFF** | 29  5:30-7:00 am Benson  7:00-7:30 am DRY | 30  5:30-7:30 pm Havergal |  |  |  |