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| **SENIOR 1: NOVEMBER 2016** |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 15:30-7:00 am Benson7:00-7:30 DRY | 25:30-7:30 pm Havergal | 35:00 – 7:00 pmCentral Tech | 4**NYAC CUP** | 5**NYAC CUP** |
| 6**NYAC CUP** | 7**OFF** | 85:30-7:00 am Benson7:00-7:30 am DRY | 95:30-7:30 pm Havergal | 105:00 – 7:00 pm Central Tech | 115:30 – 7:00 am Benson7:00 – 7:30 DRY | 12**Cindy Nicholas****SAT AM Only** |
| 13 | 145:00 – 7:00 pm Central Tech | 155:30-7:00 am Benson7:00-7:30 am DRY | 165:30-7:30 pm Havergal | 175:00 – 7:00 pm Central Tech  | 185:30 – 7:00 am Benson7:00 – 7:30 DRY | 196-8am swim UT8:00-9:00 am SCC (Weights) |
| 20 | 215:00 – 7:00 pm Central Tech | 225:30-7:00 am Benson7:00-7:30 am DRY  | 235:30-7:30 pm Havergal | 245:00 – 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** | 295:30-7:00 am Benson7:00-7:30 am DRY | 305:30-7:30 pm Havergal |  |  |  |