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| **Senior 1: January 2017** |
| Sunday  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 23:00-5:00 pm UTNorth End | 37:00-8:30 am UT (LC)3:00-5:00 pm UT (LC) | 45:30-7:00 am (Ben)5:00-7:00 pm (Hav) | 53:00-5:00 pm UT (LC) | 65:00-7:00 pm (Hav) | 76:00-8:00 am (UT)8:00-9:00 am (Weights) |
| 8OFF | 95:00-7:00 pm (CT) | 105:30-7:00 am (Ben)7:00-7:30 (Dry) | 115:30-7:30 pm (Hav) | 125:00-7:00 pm (CT) | 13**AB MEET****(Olympium)** | 14**AB MEET****(Olympium)** |
| 15**AB MEET****(Olympium)** | 165:00-7:00 pm (CT) | 175:30-7:00 am (Ben)7:00-7:30 (Dry) | 185:30-7:30 pm (Hav) | 195:00-7:00 pm (CT) | 20**TSC Winter Invite****(UT)** | 21**TSC Winter Invite****(UT)** |
| 22**TSC Winter Invite****(UT)** | 23OFF | 245:30-7:00 am (Ben)7:00-7:30 (Dry) | 255:30-7:30 pm (Hav) | 265:00-7:00 pm (CT) | 275:30-7:00 am (Ben)7:00-7:30 (Dry) | 286:00-8:00 am (UT)8:00-9:00 am (Weights) |
| 29OFF | 305:00-7:00 pm (CT) | 315:30-7:00 am (Ben)7:00-7:30 (Dry) |  |  |  |  |