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| **Senior 1: February 2017** |
| Sunday  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 15:30 – 7:30 pmHavergal | 2**Central Region “B” Champs! (OLYMPIUM)** | 3**Central Region “B” Champs! (OLYMPIUM)** | 4**Central Region “B” Champs! (OLYMPIUM)** |
| 5**Central Region “B” Champs! (OLYMPIUM)** | 6**OFF** | 75:30 – 7:00 amBenson (UT)7:00 – 7:30 am (Dry) | 85:30 – 7:30 pmHavergal | 95:00 – 7:00 pmCentral Tech | 105:30 – 7:00 amBenson (UT)**No dryland due to OUA Meet**  | 11**OFF due to OUA Meet**  |
| 12 | 135:00 – 7:00 pmCentral Tech | 145:30 – 7:00 amBenson (UT)7:00 – 7:30 am (Dry) | 155:30 – 7:30 pmHavergal | 165:00 – 7:00 pmCentral Tech | 175:30 – 7:00 amBenson (UT)7:00 – 7:30 am (Dry) | 18**5:30 – 7:30 am (UT)**8:00 – 9:00 am Weights (SCC) |
| 19 | 20**Family Day****OFF**  | 215:30 – 7:00 amBenson (UT)7:00 – 7:30 am (Dry) | 225:30 – 7:30 pmHavergal | 235:00 – 7:00 pmCentral Tech | 24**Central Region “C” Champs! (OLYMPIUM)** | 25**Central Region “C” Champs! (OLYMPIUM)** |
| 26**Central Region “C” Champs! (OLYMPIUM)** | 27**OFF** | 285:30 – 7:00 amBenson (UT)7:00 – 7:30 am (Dry) |  |  |  |  |