

Junior National January Schedule

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
AM	5:15 - 7:30am	5:15 - 7:30am	5:45 - 8:00am	Off	5:15 - 7:30am	10:45am - 12:00pm	Off
PM	4:00 - 6:00pm	Off	Off	Off	Off		
Level 10		Off	Off			Off	
Activity							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
AM	Off	Off	5:15 - 7:30 am	Off	5:15 - 7:30 am	7:00 - 9:15 am	Off
PM	3:45 - 5:30pm	3:45 - 5:30 pm	6:45 - 8:30 pm	3:45 - 5:30pm	Off		
Level 10		6:45 - 8:00 am				9:45 - 11:00 am	
Activity	Sports Nutrition Seminar Parents: 4:30 - 5:30pm Swimmers: 5:45 - 6:45pm						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
AM	Off	Off	5:15 - 7:30 am	Off	Winter Classic	Winter Classic	Winter Classic
PM	3:45 - 5:30pm	3:45 - 5:30 pm	6:45 - 8:30 pm	3:45 - 5:30pm			
Level 10		6:45 - 8:00 am					
Activity							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
AM	Off	Off	5:15 - 7:30 am	Off	5:15 - 7:00 am	7:00 - 9:15 am	Off
PM	3:45 - 5:30pm	3:45 - 5:30 pm	6:45 - 8:30 pm	3:45 - 5:30pm	Off		
Level 10		6:45 - 8:00 am				9:45 - 11:00 am	
Activity							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
AM	Off	Off	5:15 - 7:30 am	Edmonton Open	Edmonton Open	Edmonton Open	Edmonton Open
PM	3:45 - 5:30pm	3:45 - 5:30 pm	6:45 - 8:30 pm				
Level 10		6:45 - 8:00 am					
Activity				4:15 - 6:30 pm if not at meet	4:15 - 6:30 pm if not at meet	7:00 - 9:15am if not at meet	

U of R	Level 10
Long course	Lawson