

# JANUARY 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> New Year's Day	<b>2</b> 5:30-7:30am Jr Elite 4-6pm Comp at U of G	<b>3</b> 4-6pm Jr Elite @ U of G	<b>4</b> 4-6pm Jr Elite 5:30-7pm Comp at VD	<b>5</b> 7-9am Jr Elite at VD
<b>6</b> off	<b>7</b> 4-5:30pm Jr Elite, 5-6:30pm Comp all at U of G	<b>8</b> 4-6pm Jr Elite at VD	<b>9</b> 5:30-7:30am Jr Elite 4-6pm comp at VD	<b>10</b> 4-6pm Jr Elite at VD	<b>11</b> 4-5:30pm Jr Elite 5:30-7pm Comp at VD	<b>12</b> Milton Meet (no workout)
<b>13</b> Milton Meet continued	<b>14</b> 4-6pm Prov A level swimmers only	<b>15</b> 4-6pm Jr Elite at VD	<b>16</b> 5:30-7:30am Jr Elite 4-6pm Comp at VD	<b>17</b> 4-6pm Jr Elite at VD	<b>18</b> 4-5:30pm Jr Elite 5:30-7pm Comp at VD	<b>19</b> 12 & under meet in London
<b>20</b> 12 and under meet in London	<b>21</b> 4-6pm Regional level swimmers only	<b>22</b> 4-6pm Jr Elite at VD	<b>23</b> 5:30-7:30am Jr Elite 4-6pm comp at VD	<b>24</b> 4-6pm Jr Elite at VD	<b>25</b> 4-5:30pm Jr Elite 5:30-7pm Comp at VD	<b>26</b> 7-9am Jr Elite at VD
<b>27</b> Off	<b>28</b> 4-5:30pm Jr Elite, 5-6:30pm Comp all at U of G	<b>29</b> 4-6pm Jr Elite at VD	<b>30</b> 5:30-7:30am Jr Elite 4-6pm comp at VD	<b>31</b> 4-6pm Jr Elite at VD		