Junior National Development - NOVEMBER 2023	
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3-40 Activation   3-40 Activation   400 6-00pm Unit.   3-30 7-200pm [3-30 dry, 6-00 swim]   3-40 Activation   400 6-00pm Unit.   3-30 7-200pm [3-30 dry, 6-00 swim]   3-40 Activation   400 6-00pm Unit.   3-30 7-200pm [3-30 dry, 6-00 swim]   3-40 Activation   400 6-00pm Unit.   3-30 7-200pm [3-30 dry, 6-00 swim]   3-40 Activation   400 6-00pm Unit.   3-30 7-200pm [3-30 dry, 6-00 swim]   3-40 Activation   400 6-00pm Unit.   3-30 7-200pm [3-30 dry, 6-00 swim]   3-40 Activation   400 6-00pm Unit.   3-30 7-200pm [3-30 dry, 6-00 swim]   3-40 Activation   400 6-00pm Unit.   3-40 Activation   400 6-00pm	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
340 Activation   400-6-00pm UpIC   330 - 7:00pm [5:30 dry, 6:00 swim]   5:45 - 7:15pm UpIC   5:45pm				1	5:30-7:30am [5:15 on deck]	2 3	Cascade Speed Meet	
3.40 Activation 4:00 5:45 pm Usif: 130 and eck]  4.50 5:30 7:30 pm [5:15 on deck]  3.40 Activation 4:00 5:45 pm Usif: 130 and eck]  4.50 5:30 7:30 pm [5:30 dry, 6:00 swim]					5:30 - 7:00pm [5:30 dry, 6:00 swim]			
3.40 Activation	į	6	7 OFF	8	-	10		
340 Activation	ade Speed Meet				1			
Salary   S		4:00-5:45pm UofC			5:30 - 7:00pm [5:30 dry, 6:00 swim]	Weights 5-5:45pm	Swim 2-4pm	
3:40 Activation   3:40 Activation   4:00-6:00pm UofC   5:30 - 7:00pm [5:30 dry, 6:00 swim]   Weights 5-5:45pm   5:45 7:45pm** UofC   5:30-7:45pm** UofC   5:30-7:45pm** UofC   5:30-7:30am [5:15 on deck]   22   5:30-7:30am [5:15 on deck]   23   24   UCSC November Invt'i   UC	12	13		15		17		
Swim 1:30-3 OR 3-4:30pm			5:30-7:30am [5:15 on deck]		5:30-7:30am [5:15 on deck]		5:30 - 7:15am [5:15 on deck]	
Swim 1:30-3 OR 3-4:30pm				3:40 Activation				
19 20 5:30-7:30am [5:15 on deck] 21 22 5:30-7:30am [5:15 on deck] 22 5:30-7:30am [5:15 on deck] 23 24 24 25:30-7:30am [5:15 on deck] 25:30-7:30am [5:15 on deck] 25:30-7:30am [5:15 on deck] 27 5:30-7:30am [5:15 on deck] 28 29 5:30-7:30am [5:15 on deck] 30 01-Dec 5:30-7:15am [5:15 on deck] 5:		Swim 1:30-3 OR 3-4:30pm			5:30 - 7:00pm [5:30 dry, 6:00 swim]			
5:30-7:30am [5:15 on deck]  3:40 Activation 4:00-5:45pm UofC Weights 6-7pm  28 29 5:30-7:30am [5:15 on deck]  3:40 Activation 4:00-5:45pm UofC Weights 6-7pm  4:00-6:00pm UofC  3:40 Activation 4:00-6:00pm UofC  3:40 Activation 4:00-6:00pm UofC Weights 6-7pm  4:00-6:00pm UofC Weights 6-7pm  4:00-6:00pm UofC Weights 6-7pm						5:45 - <b>7:45pm**</b> UofC		
3:40 Activation 4:00-5:45pm UofC Weights 6-7pm  26 27 5:30-7:30am [5:15 on deck]  3:40 Activation 4:00-6:00pm UofC  28 5:30-7:30am [5:15 on deck]  3:40 Activation 4:00-6:00pm UofC  5:30-7:30am [5:15 on deck]  3:40 Activation 4:00-5:45pm UofC Weights 6-7pm  4:00-6:00pm UofC  3:40 Activation 4:00-6:00pm UofC  4:00-6:00pm UofC  3:40 Activation 4:00-6:00pm UofC	19	20		22		3		
4:00-5:45pm UofC Weights 6-7pm  26 27 5:30-7:00pm [5:30 dry, 6:00 swim]  3-40 Activation 4:00-5:45pm UofC Weights 6-7pm  4:00-6:00pm UofC  5:30-7:00pm [5:30 dry, 6:00 swim]  5:30-7:00pm [5:30 dry, 6:00 swim]  5:30-7:00pm [5:30 dry, 6:00 swim]  Weights 6-7pm  Weights 5-5:45pm  Weights 5-5:45pm			3.30-7.30am [3.13 on deck]		3.30-7.30am [3.13 on deck]			
4:00-5:45pm UofC Weights 6-7pm  28 29 30 01-Dec 5:30 - 7:00pm [5:30 dry, 6:00 swim]  3:40 Activation 4:00-5:45pm UofC Weights 6-7pm  4:00-6:00pm UofC  5:30 - 7:00pm [5:30 dry, 6:00 swim]  Weights 6-7pm  4:00-6:00pm UofC  4:00-6:00pm UofC  5:30 - 7:00pm [5:30 dry, 6:00 swim] Weights 5-5:45pm  Weights 5-5:45pm		3:40 Activation		3:40 Activation		UCSC November Invt'l	UCSC November Invt'l	
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				3:40 Activation	5:30 - 7:00pm [5:30 dry, 6:00 swim]			
5.45 - 7.4 <b>5pm</b> ** UOIC		Weights 6-7pm		4:00-6:00pm UofC				
						13.43 - 7. <b>43pm</b> · · · OUIC		