March 2024
National Development

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30113711	1	1023571	WEBNESSKI.	monosxi	T. I.	1
					AM OFF	7:15-9:15am Swim (with Jr. Nat Dev
					2:30-3:30pm Weights 4:00-5:45pm Swim (with National)	
					4.00-5.45pm Swim (with National)	
					PROV TRIALS	PROV TRIALS
	3	4	5	6	7	8
		AM OFF	6:30-7:30am Swim			
	5:00 - 5:45 Weights					
	5:45 - 7:15pm Swim	4:00 - 5:30pm Swim				
ROV TRIALS	10	11	12	AB CHAMPS 13	AB CHAMPS 14	AB CHAMPS 15
		AM OFF	5:30-7:30am Swim	19	5:30-7:30am Swim	7:15-9:15am Swim
					4 00 5 45 6	
	OFF	4:00 - 5:30pm Swim		4:00 - 6:00pm Swim	4:00-5:45pm Swim 5:45-7:00pm Weights	
	OFF	4.00 - 3.30pm 3wm		4.00 - 0.00pm 3wm	3.43-7.00pm Weights	
3 CHAMPS						
	17	18	19	20		22
		5:30-7:30am Swim	5:30-7:30am Swim		5:30-7:30am Swim	7:15-9:15am Swim
	5:00 - 5:45 Weights				4:00-5:45pm Swim	
	5:45 - 7:15pm Swim	4:00-5:30pm Swim		4:00 - 6:00pm Swim	5:45-7:00pm Weights	
	24	25	26	27	28	29
	- 1	6:00-7:30am Swim	-1		1	7:15-9:15am Swim
	4.00 5.30 5					
	4:00-5:30pm Swim 5:30-6:30pm Weights	4:00-5:30pm Swim	4:00-5:30pm Swim	4:00 - 6:00pm Swim	Good Friday - OFF	
	5.50-6.50piii weigiits	4.00-3.30piii 3wiiii	4.00-3.30pm 3wm	4.00 - 0.00pm 3wm	GOOD FINARY - OFF	
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