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| National 1 |  |
|  | October 2018 |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
|  | 5:30-7:30am UT  4:00-5:00pm GR  5:30-7:00pm UT | 4:30-7:00pm UT | 5:30-7:30am UT  4:00-5:00pm GR | 4:00-6:00pm UT | 5:30-7:30am Ben  4:30-7:00pm UT | 7:30-9:00am UT  9:30-10:30am GR |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|  | **Thanksgiving**  **OFF** | 4:30-7:00pm UT | 5:30-7:30am UT  4:00-5:00pm GR | 4:00-6:00pm UT | 5:30-7:30am Ben  4:30-7:00pm UT | 7:30-9:00am UT  **Sports Science Talk**  9:30-10:30am  **Blue & White**  3:00-5:00pm |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|  | 5:30-7:30am UT  4:00-5:00pm GR  5:30-7:00pm UT | 4:30-7:00pm UT | 5:30-7:30am UT  4:00-5:00pm GR | 4:00-6:00pm UT | **Downtown Fall Sprint Meet** | **Downtown Fall Sprint Meet** |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|  | 5:30-7:30am UT  4:00-5:00pm GR  5:30-7:00pm UT | 4:30-7:00pm UT | 5:30-7:30am UT  **Awards Gala** | 4:00-6:00pm UT | 5:30-7:30am Ben  4:30-7:00pm UT | 8:00-10:00am UT  10:30-11:30am GR |
| 28 | 29 | 30 | 31 |  |  |  |
|  | 5:30-7:30am UT  4:00-5:00pm GR  5:30-7:00pm UT | 4:30-7:00pm UT | 5:30-7:30am UT  4:00-5:00pm GR |  |  |  |