**January 2019**  [](https://www.clubassistant.com/club/meet_information.cfm?c=2235&smid=5890)

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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  | 1 | 2  **AM: 5:00-6:30**  **PM: 7:00-8:00** | **3**  **NO PRACTICE: HIGH SCHOOL MEET** | 4  **AM: 5:00-6:30** | 5 |
| 6 | 7  **AM: 5:00-6:30**  **PM: 7:00-8:00** | 8 | 9  **AM: 5:00-6:30**  **PM: 7:00-8:00** | 10  **PM: 7:00-8:00** | 11  **AM: 5:00-6:30** | 12 |
| 13 | 14  **AM: 5:00-6:30**  **PM: 7:00-8:00** | 15 | 16  **AM: 5:00-6:30**  **PM: 7:00-8:00** | 17  **PM: 7:00-8:00** | 18  **AM: 5:00-6:30** | 19 |
| 20 | 21  **AM: 5:00-6:30**  **PM: 7:00-8:00** | 22 | 23  **AM: 5:00-6:30**  **PM: 7:00-8:00** | 24  **PM: 7:00-8:00** | 25  **AM: 5:00-6:30** | 26 |
| 27 | 28  **AM: 5:00-6:30**  **PM: 7:00-8:00** | 29 | 30  **AM: 5:00-6:30**  **PM: 7:00-8:00** | 31  **NO PRACTICE: HIGH SCHOOL MEET** |  |  |
|  |  |  |  |  |  |  |