

JANUARY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WK 8					Dec 31 B.O.T. #9 9:30 - 12:00 AM Weights / SWIMMING	1 B.O.T. #10 8:00 - 11:00 AM SWIMMING 100 X 100's!	2 Johnston Invitational 11:00 AM (Varsity Only)
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WK 9	3	4 5:45-7:15 AM 3:15-5:30 PM SWIMMING	5 5:45-7:15 AM (Varsity Only) 3:15-5:30 PM SWIMMING	6 3:15-5:30 PM SWIMMING	7 5:45-7:15 AM 5:00 PM Marshalltown at Ames	8 5:45-7:15 AM (Varsity Only) 3:15-5:30 PM SWIMMING	9 8:00 - 10:00 AM SWIMMING
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WK 10	10 Practice during finals Swimmers need to be there at least once a day!	11 5:45-7:15 AM 3:15-5:30 PM SWIMMING	12 *6:00 - 7:30 AM Final Per 1 Final Per 2 Final Per 3 2:15 - 4:30 PM	13 *6:00 - 7:30 AM Final Per 4 Final Per 5 Final Per 6 2:15 - 4:30 PM	14 *6:00 - 7:30 AM Final Per 7 Final Per 8 Final Makeup Ames at WDM Valley 5:00 PM	15 No school 3:15 - 5:30 PM SWIMMING	16 8:00 - 10:00 AM SWIMMING
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WK 11	17	18 No School 8:00 - 10:30 AM SWIMMING	19 5:45-7:15 AM (Varsity Only) 3:15-5:15 PM SWIMMING	20 3:15-5:15 PM SWIMMING	21 5:45-7:15 AM (Varsity Only) Ames at Ft. Dodge 6:00 PM	22 5:45-7:15 AM (Varsity Only) 3:15-5:15 PM SWIMMING	23 Conference at Ames 12:30 PM (JV & Varsity)
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WK 12	24	25 5:45-7:15 AM (Varsity Only) 3:15-5:15 PM SWIMMING	26 5:45-7:15 AM (Varsity Only) Mason City at Ames 5:00 PM Senior Night!	27 3:15-5:15 PM SWIMMING	28 3:15-5:15 PM SWIMMING	29 3:15-5:15 PM SWIMMING	30 8:00 - 10:00 AM SWIMMING