

JANUARY 2019

UPSTATE DIVING PRACTICE SCHEDULE

CALENDAR MONTH	JANUARY
CALENDAR YEAR	2019
1ST DAY OF WEEK	SUNDAY
SCHEDULE CHANGE	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		New Years Day - No Practice	Fire Blaze RIT Pool 6:00 8:00pm	Sparks Dry 4:45-5:45pm Sparks RIT 6:00-7:30pm Blaze Dryland 6-8pm LTD Dryland 6-6:45pm	Fire RIT Pool 6-8pm Blaze RIT Pool 6-8pm LTD Dryland 6-6:45pm LTD Dryland 6:45-7:30pm	LTD RIT Pool 8:30-9:15am LTD RIT Pool 9:15-10:00am Embers Dryland 10:30-12pm Fire Dryland 10:30-12pm
6	7	8	9	10	11	12
Platform 2:30-5:00pm UB POOL	Fire Dryland 6-8pm Blaze RIT Pool 6-8pm	Sparks Dry 4:45-5:45pm Sparks RIT 6:00-7:30pm Blaze Dryland 6-8pm LTD RIT Pool 6-6:45pm	Fire Blaze RIT Pool 6:00 8:00pm	Sparks Dry 4:45-5:45pm Sparks RIT 6:00-7:30pm Blaze Dryland 6-8pm LTD Dryland 6-6:45pm	Fire RIT Pool 6-8pm Blaze RIT Pool 6-8pm LTD Dryland 6-6:45pm LTD Dryland 6:45-7:30pm	LTD RIT Pool 8:30-9:15am LTD RIT Pool 9:15-10:00am Embers Dryland 10:30-12pm Fire Dryland 10:30-12pm
13	14	15	16	17	18	19
Platform 2:30-5:00pm UB POOL	Fire Dryland 6-8pm Blaze RIT Pool 6-8pm	Sparks Dry 4:45-5:45pm Sparks RIT 6:00-7:30pm Blaze Dryland 6-8pm LTD RIT Pool 6-6:45pm	Fire Blaze RIT Pool 6:00 8:00pm	Sparks Dry 4:45-5:45pm Sparks RIT 6:00-7:30pm Blaze Dryland 6-8pm LTD Dryland 6-6:45pm	Fire RIT Pool 6-8pm Blaze RIT Pool 6-8pm LTD Dryland 6-6:45pm LTD Dryland 6:45-7:30pm	LTD RIT Pool 8:30-9:15am LTD RIT Pool 9:15-10:00am Embers Dryland 10:30-12pm Fire Dryland 10:30-12pm
20	21	22	23	24	25	26
Platform 2:30-5:00pm UB POOL	Fire Dryland 6-8pm Blaze RIT Pool 6-8pm	Sparks Dry 4:45-5:45pm Sparks RIT 6:00-7:30pm Blaze Dryland 6-8pm LTD RIT Pool 6-6:45pm	Fire Blaze RIT Pool 6:00 8:00pm	Sparks Dry 4:45-5:45pm Sparks RIT 6:00-7:30pm Blaze Dryland 6-8pm LTD Dryland 6-6:45pm	Fire RIT Pool 6-8pm Blaze RIT Pool 6-8pm LTD Dryland 6-6:45pm LTD Dryland 6:45-7:30pm	LTD RIT Pool 8:30-9:15am LTD RIT Pool 9:15-10:00am Embers Dryland 10:30-12pm Fire Dryland 10:30-12pm
27	28	29	30	31	1	2
Platform 2:30-5:00pm UB POOL	Fire Dryland 6-8pm Blaze RIT Pool 6-8pm	Sparks Dry 4:45-5:45pm Sparks RIT 6:00-7:30pm Blaze Dryland 6-8pm LTD RIT Pool 6-6:45pm	Fire Blaze RIT Pool 6:00 8:00pm	Sparks Dry 4:45-5:45pm Sparks RIT 6:00-7:30pm Blaze Dryland 6-8pm LTD Dryland 6-6:45pm		
3	4	Notes				