

2020-2021 MAC SHORT COURSE PRACTICE SCHEDULE

(Updated 1.21.21)

Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior 1	2-3:15 pm	2-3:15 pm	2-3:15 pm	2-3:15 pm	2-3:15 pm	Off	Off
National Select	3:30-5:45 pm	6:30-8 am 3:30-5:45 S 5:45-6:30 DL pm	5:45-7:45 am	6:30-8 am 3:30-5:45 S 5:45-6:30 DL pm	3:30-5:45 pm	6:15-8:45 S am 8:45-9:45 DL	Off
Sectional Select	3:30-5:45 pm	6:30-8 am 3:30-5 S 5:15-6 DL pm	Off	6:30-8 am 3:30-5 S 5:15-6 DL pm	3:30-5:45 pm	6:15-8:45 S am 8:45-9:45 DL	8-10 am
Age Group Select	3:30-5:30 pm	3:30-4:15 DL 4:30-5:45 S pm	3:30-5:30 pm	3:30-4:15 DL 4:30-5:45 S pm	Off	9-10:45 am	1-3 pm
Senior 1	Off	3:30-4:45 S 4:45-5:45 DL pm	3:30-5:30 pm	3:30-4:45 S 4:45-5:45 DL pm	3:30-5:30 pm	9-10:45 am	Off
Senior 2	5-6:15 pm	5-6:15 pm	Off	5-6:15 pm	Off	9-10:15 am	Off
Age Group 1	6:15-7:45 pm	5:45-6:15 DL 6:30-7:45 S pm	6:15-7:45 pm	5:45-6:15 DL 6:30-7:45 S pm	6-7:30 pm	11:15 am-12:45 pm	Off
Age Group 2	6:15-7:30 pm	5:45-6:15 DL 6:30-7:30 S pm	6:15-7:30 pm	5:45-6:15 DL 6:30-7:30 S pm	6-7:15 pm	11:15 am-12:30 pm	Off
Gold Team	6:15-7:15 pm	6:15-7:15 pm	6:15-7:15 pm	6:15-7:15 pm	Off	Off	Off
Silver Team	Off	5:45-6:45 pm	Off	5:45-6:45 pm	Off	Off	Off
Bronze Team	5:45-6:30 pm	Off	5:45-6:30 pm	Off	Off	Off	Off
Junior 2	7:15-8:15 pm	7:15-8:15 pm	7:15-8:15 pm	7:15-8:15 pm	Off	Off	Off

*This schedule is subject to change. Please check with your coach if you have any questions. "S" = Swim; "DL" = Dryland