

SUN	MON	TUES	WED	THURS	FRI	SAT
LMAC MASTER OCTOBER 2017	W = White G = Grey R = Royal N = Navy S = Senior MM = Mighty Mites MP = Mighty Piranhas D = Diving LM = Lower Merion HS SJU = Saint Joe's Hagan HAV = Haverford School ** = First 30 min Dry Land ^^ = Buddy Practice					
1 W: 12-12:45 @ SJU G: 12:45-1:45 @ SJU R: 1:45-3 @ SJU N: 1-3:30 @ LM S: 2-4 @ LM D: 1-3 @ LM	2 W: 5-6 @ LM G: 6-7:15 @ LM S GIRLS: 6:45-8 @ LM S Boys: 7:45-9 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	3 R: 5-6:30 @ LM N: 6-8 @ SJU S: 6:30-9 @ LM D: 6:45-8:45 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	4 W: 5-6 @ LM G: 6-7:15 @ LM N: 6-8 @ SJU S: 5:25-6:55a @ HAV S: 7:15-9 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	5 R: 5-6:30 @ LM N: 6-8 @ SJU S: 6:30-9 @ LM D: 6:45-8:45 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	6 W: 5-6 @ LM G: 6-7 @ LM R: 7-8 @ LM	7 G: 11-12 @ LM R: 11-12 @ LM N: 9-11 @ LM S: 9-11 @ LM
8 W: 12-12:45 @ SJU G: 12:45-1:45 @ SJU R: 1:45-3 @ SJU N: 1-2:30 @ LM S: 2-4 @ LM D: 1-3 @ LM	9 W: 5-6 @ LM G: 6-7:15 @ LM S: 7:15-9 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	10 R: 5-6:30 @ LM N: 5:30-8 @ SJU** S: 6:30-9 @ LM D: 6:45-8:45 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM Intra-Squad Meet Sign Up DUE	11 W: 5-6 @ LM G: 6-7:15 @ LM N Girls: 6-7:15 @ SJU N Boys: 6:45-8 @ SJU S: 5:25-6:55a @ HAV S: 7:15-9 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	12 R: 5-6:30 @ LM N: 5:30-8 @ SJU** S: 6:30-9 @ LM D: 6:45-8:45 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	13 W: 5-6 @ LM G: 6-7 @ LM R: 7-8 @ LM	14 G: 11-12 @ LM R: 11-12 @ LM N: 9-11 @ LM S: 9-11 @ LM
15 W: 1-2:30 Intra Squad G: 1-2:30 Intra Squad R: 2:30-3:30 @ LM N: 3:30-5 @ LM S: 3:30-5 @ LM D: 2:30-4:30 @ LM	16 W: 5-6 @ LM G: 6-7:15 @ LM S: 7:15-9 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	17 R: 5-6:30 @ LM N: 5:30-8 @ SJU** S: 6:30-9 @ LM D: 6:45-8:45 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	18 W: 5-6 @ LM G: 6-7:15 @ LM N: 6-8 @ SJU S: 5:25-6:55a @ HAV S: 7:15-9 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	19 R: 5-6:30 @ LM N: 5:30-8 @ SJU** S: 6:30-9 @ LM D: 6:45-8:45 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	20 W: 5-6 @ LM G: 6-7 @ LM R: 7-8 @ LM	21 G: 11-12 @ LM R: 11-12 @ LM N: 9-11 @ LM S: 9-11 @ LM
22 G: 12-1 @ SJU R: 1-2 @ SJU N: 1-2:30 @ LM S: 2-4 @ LM^^ W: 3:20-4 @ LM^^ D: 2-4 @ LM PEP RALLY 4:15pm	23 W: 5-6 @ LM G: 6-7:15 @ LM S: 7:15-9 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	24 R: 5-6:30 @ LM N: 5:30-8 @ SJU** S: 6:30-9 @ LM D: 6:45-8:45 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	25 W: 5-6 @ LM G: 6-7:15 @ LM N: 6-8 @ SJU S: 5:25-6:55a @ HAV S: 7:15-9 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	26 R: 5-6:30 @ LM N: 5:30-8 @ SJU** S: 6:30-9 @ LM D: 6:45-8:45 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	27 W: 5-6 @ LM G: 6-7 @ LM R: 7-8 @ LM	28 EAAC USA Meet No Practice
29 EAAC USA Meet Practice TBA	30 Schedule Same as 10/23	31 Happy Halloween! N, S: 4-5:45 @ LM WCAC Dual Meet Sign Up DUE	Nov 1 Schedule Same as 10/25	Nov 2 Schedule Same as 10/26	Nov 3 Schedule Same as 10/27	Nov 4 WCAC Dual Meet Girls HOME (8:45) Boys AWAY (9:45)