

SUN	MON	TUES	WED	THURS	FRI	SAT
LMAC SUMMER TRAINING JUNE/JULY 2019 5/25 – 6/13: Practices @ LMHS; 6/16 – 7/30: Practices @ Karakung Swim Club						25 8:45-10:45a @ LM
26 OFF	27 Happy Memorial Day!	28 7:00-8:30 @ LM	29 6:30-8:30 @ LM	30 6:30-8:30 @ LM	31	JUNE 1 8:45-10:45a @ LM LANY LONG COURSE
2 1:00-3:00 @ LM LANY LONG COURSE	3 6:30-8:30 @ LM	4 6:30-8:30 @ LM	5	6 6:30-8:30 @ LM	7	8 8:45-10:45a @ LM
9 1:00-3:00 @ LM	10 6:30-8:30 @ LM	11 6:30-8:30 @ LM	12 6:30-8:30 @ LM	13 6:30-8:30 @ LM	14 LMHS POOL CLOSES	15
16 9:00-11:00a @ KSC	17 6:25-8:15a @ KSC	18 6:25-8:15a @ KSC	19	20 6:25-8:15a @ KSC	21	22
23 9:00-11:00a @ KSC	24 6:25-8:15a @ KSC	25 6:25-8:15a @ KSC	26	27 6:25-8:15a @ KSC	28	29
30 9:00-11:00a @ KSC BYNS LONG COURSE	JULY 1 6:25-8:15a @ KSC	2 6:25-8:15a @ KSC	3 6:25-8:15a @ KSC	4 Happy Independence Day!	5	6
7 9:00-11:00a @ KSC	8 6:25-8:15a @ KSC	9 6:25-8:15a @ KSC	10 6:25-8:15a @ KSC	11 6:25-8:15a @ KSC LC Senior Champs	12 LC Senior Champs	13 LC Senior Champs
14 OFF (KSC Mini Meet)	15 6:25-8:15a @ KSC	16 6:25-8:15a @ KSC	17 6:25-8:15a @ KSC	18 6:25-8:15a @ KSC	19	20
21 OFF (KSC Triathlon)	22 6:25-8:15a @ KSC	23 6:25-8:15a @ KSC	24 6:25-8:15a @ KSC	25 6:25-8:15a @ KSC	26	27
28 OFF (Meet of Champs)	29 6:25-8:15a @ KSC	30 6:25-8:15a @ KSC Elite Meet @ 6pm	31	AUGUST 1 Team Breakfast (Tentative)	2	3