

LMAC Master: Oct 6 – Nov 9, 2019

GROUP	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6	7	8	9	10	11	12
SENIOR	1:00-3:00 @ BM	6:00-9:00 @ LM*	6:30-9:00 @ LM	4:30-6:00 @ SJ	6:30-9:00 @ LM	OFF	8:30-10:15 @ LM
NAVY	1:00-3:00 @ BM	6:00-7:45 @ SJ	5:15-7:45 @ LM%	OFF	5:30-7:45 @ LM%	OFF	8:30-10:15 @ LM
ROYAL	3:30-5:00 @ LM	6:00-7:10 @ LM	OFF	6:45-7:45 @ SJ	OFF	7:00-8:00 @ LM	11:00-12:00 @ LM
AQUA	2:30-3:45 @ LM	OFF	6:10-7:45 @ SJ#	OFF	OFF	6:00-7:00 @ LM	11:00-12:00 @ LM
GREY	1:45-2:45 @ LM	OFF	5:45-7:20 @ SJ^	OFF	OFF	5:00-6:00 @ LM	10:15-11:00 @ LM
WHITE	1:00-2:00 @ LM	5:15-6:00 @ LM	OFF	6:00-6:45 @ SJ	OFF	OFF	10:15-11:00 @ LM
DIVING	1:00-3:00 @ LM	OFF	6:45-8:30 @ LM	OFF	7:00-8:45 @ LM	OFF	OFF
PIRANHAS	OFF	6:00 OR 6:45 @ LM	6:00-6:45 @ LM	OFF (make up 10/18)	6:15-7:00 @ LM	OFF	OFF
MITES	OFF	5:15-6:00 @ LM	5:15-6:00 @ LM	OFF (make up 10/18)	5:30-6:15 @ LM	OFF	OFF
NOTES				LMHS Closed	LMHS Opens Late		
	13	14	15	16	17	18	19
SENIOR	1:00-3:30 @ LM ☺	6:00-9:00 @ LM*	6:30-9:00 @ LM	6:00-9:00 @ LM*	6:30-9:00 @ LM	OFF	8:30-10:15 @ LM
NAVY	1:00-2:15 @ BM	6:00-7:45 @ SJ	5:15-7:45 @ LM%	OFF	5:15-7:45 @ LM%	OFF	8:30-10:15 @ LM
ROYAL	1:00-2:15 @ BM	6:00-7:10 @ LM	OFF	6:00-7:40 @ LM^	OFF	7:00-8:00 @ LM	11:00-12:00 @ LM
AQUA	2:15-3:15 @ BM	OFF	6:10-7:45 @ SJ#	6:45-7:45 @ SJ	OFF	6:00-7:00 @ LM	11:00-12:00 @ LM
GREY	2:15-3:15 @ BM	OFF	5:45-7:20 @ SJ^	5:45-6:45 @ SJ	OFF	5:00-6:00 @ LM	10:15-11:00 @ LM
WHITE	1:00-1:45 @ LM ☺	5:15-6:00 @ LM	OFF	5:15-6:00 @ LM	OFF	OFF	10:15-11:00 @ LM
DIVING	1:00-3:00 @ LM	OFF	6:45-8:30 @ LM	OFF	6:45-8:30 @ LM	OFF	OFF
PIRANHAS	OFF	6:00 OR 6:45 @ LM	6:00-6:45 @ LM	6:00 OR 6:45 @ LM	6:00-6:45 @ LM	6:00-6:45 @ LM	OFF
MITES	OFF	5:15-6:00 @ LM	5:15-6:00 @ LM	5:15-6:00 @ LM	5:15-6:00 @ LM	5:15-6:00 @ LM	OFF
NOTES							
	20	21	22	23	24	25	26
SENIOR		6:00-9:00 @ LM*	6:30-9:00 @ LM	6:00-9:00 @ LM*	6:30-9:00 @ LM	OFF	8:30-10:15 @ LM
NAVY		6:00-7:45 @ SJ	5:15-7:45 @ LM%	OFF	5:15-7:45 @ LM%	OFF	8:30-10:15 @ LM
ROYAL	**Ind Pics @ 1:00p	6:00-7:10 @ LM	OFF	6:15-7:55 @ LM^	OFF	7:00-8:00 @ LM	11:00-12:00 @ LM
AQUA	**Team Pic @ 1:40p	OFF	6:10-7:45 @ SJ#	6:45-7:45 @ SJ	OFF	6:00-7:00 @ LM	11:00-12:00 @ LM
GREY	**Carnival @ 2:00p	OFF	5:45-7:20 @ SJ^	5:45-6:45 @ SJ	OFF	5:00-6:00 @ LM	10:15-11:00 @ LM
WHITE	**Pep Rally @ 4:15p	5:15-6:00 @ LM	OFF	5:30-6:15 @ LM	OFF	OFF	10:15-11:00 @ LM
DIVING		OFF	6:45-8:30 @ LM	OFF	6:45-8:30 @ LM	OFF	OFF
PIRANHAS	OFF	6:00 OR 6:45 @ LM	6:00-6:45 @ LM	6:15 OR 7:00 @ LM	6:00-6:45 @ LM	OFF	OFF
MITES	OFF	5:15-6:00 @ LM	5:15-6:00 @ LM	5:30-6:15 @ LM	5:15-6:00 @ LM	OFF	OFF
NOTES				LMHS Opens Late			EAAC Spook USA
	27	28	29	30	31	NOV 1	2
SENIOR	1:00-3:00 @ LM	6:00-9:00 @ LM*	6:30-9:00 @ LM	6:00-9:00 @ LM*	OFF	OFF	
NAVY	1:00-3:00 @ LM	6:00-7:45 @ SJ	5:15-7:45 @ LM%	OFF	OFF	OFF	
ROYAL	OFF	6:00-7:10 @ LM	OFF	6:00-7:40 @ LM^	OFF	7:00-8:00 @ LM	B: HOME (8:30a) G: UDHS (2:15p) D: UDHS (11:45a)
AQUA	OFF	OFF	6:10-7:45 @ SJ#	6:45-7:45 @ SJ	OFF	6:00-7:00 @ LM	
GREY	3:00-4:00 @ LM	OFF	5:45-7:20 @ SJ^	5:45-6:45 @ SJ	OFF	5:00-6:00 @ LM	
WHITE	3:00-4:00 @ LM	5:15-6:00 @ LM	OFF	5:15-6:00 @ LM	OFF	OFF	
DIVING	1:00-3:00 @ LM	OFF	6:45-8:30 @ LM	OFF	OFF	OFF	
PIRANHAS	OFF	6:00 OR 6:45 @ LM	6:00-6:45 @ LM	6:00 OR 6:45 @ LM	OFF	OFF	OFF
MITES	OFF	5:15-6:00 @ LM	5:15-6:00 @ LM	5:15-6:00 @ LM	OFF	OFF	OFF
NOTES	EAAC Spook USA				HAPPY HALLOWEEN!!		SAL Dual Meet v UDAC
	3	4	5	6	7	8	9
SENIOR	1:00-3:30 @ LM ☺	6:00-9:00 @ LM*	6:30-9:00 @ LM	6:00-9:00 @ LM*	6:30-9:00 @ LM	OFF	
NAVY	1:00-2:15 @ BM	6:00-7:45 @ SJ	5:15-7:45 @ LM%	OFF	5:15-7:45 @ LM%	OFF	
ROYAL	1:00-2:15 @ BM	6:00-7:10 @ LM	OFF	6:00-7:40 @ LM^	OFF	7:00-8:00 @ LM	B: UMHS (10:15a) G: LMHS (8:30a)
AQUA	2:15-3:15 @ BM	OFF	6:10-7:45 @ SJ#	6:45-7:45 @ SJ	OFF	6:00-7:00 @ LM	
GREY	2:15-3:15 @ BM	OFF	5:45-7:20 @ SJ^	5:45-6:45 @ SJ	OFF	5:00-6:00 @ LM	
WHITE	1:00-1:45 @ LM ☺	5:15-6:00 @ LM	OFF	5:15-6:00 @ LM	OFF	OFF	
DIVING	1:00-3:00 @ LM	OFF	6:45-8:30 @ LM	OFF	6:45-8:30 @ LM	5:45-8:00 @ LM	OFF
PIRANHAS	OFF	6:00 OR 6:45 @ LM	6:00-6:45 @ LM	6:00 OR 6:45 @ LM	6:00-6:45 @ LM	OFF	OFF
MITES	OFF	5:15-6:00 @ LM	5:15-6:00 @ LM	5:15-6:00 @ LM	5:15-6:00 @ LM	OFF	OFF
NOTES						Dive v UMAC	SAL Dual Meet v UMAC

REVISED 10-5-2019

☺ = BUDDY PRACTICE!
 * = Dryland is first hour of practice
 % = Dryland is last hour of practice
 # = Dryland is first half hour of practice
 ^ = Dryland is last half hour of practice
 LM = Lower Merion High School
 SJ = Saint Joseph's Hagan Pool (54th & City Ave)
 BM = Bryn Mawr College (910 New Gulph Road)

DRY LAND— Swimmers should dress in SNEAKERS and ATHLETIC clothing. Please be on time—meet in the lobby by the locker room at LM and on the pool deck at