

# LMAC Nov 10 – Dec 14 2019

GROUP	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NOV 10	NOV 11	NOV 12	NOV 13	NOV 14	NOV 15	NOV 16
SENIOR	1:00-3:00 @ BM	6:00-9:00 @ LM*	6:30-9:00 @ LM	6:00-9:00 @ LM*	6:30-9:00 @ LM	OFF	B: 8:30a @ LM G: 2:15 @ PWHS
NAVY	1:00-3:00 @ BM	6:00-7:45 @ SJ	5:15-7:45 @ LM%	OFF	5:15-7:45 @ LM%	OFF	
ROYAL	3:30-5:00 @ LM	6:00-7:10 @ LM	OFF	7:10-7:40 @ LM (dry land)	OFF	6:30-8:00 @ BM	
AQUA	2:30-3:30 @ LM	OFF	6:10-7:45 @ SJ#	6:45-7:45 @ SJ	OFF	6:30-7:30 @ BM	
GREY	1:45-2:45 @ LM	OFF	5:45-7:20 @ SJ^	5:45-6:45 @ SJ	OFF	6:30-7:30 @ BM	
WHITE	1:00-2:00 @ LM	5:15-6:00 @ LM	OFF	5:00-5:45 @ LM	OFF	OFF	
DIVING	1:00-3:00 @ LM	OFF	6:45-8:30 @ LM	OFF	6:45-8:30 @ LM	6:00-8:30 @ LM	
PIRANHAS	OFF	6:00 OR 6:45 @ LM	6:00-6:45 @ LM	5:45-7:15 @ LM	6:00-6:45 @ LM	OFF	
MITES	OFF	5:15-6:00 @ LM	5:15-6:00 @ LM	5:00-5:45 @ LM	5:15-6:00 @ LM	OFF	
NOTES	FCA Mini USA			Fall Mighty Meet!		Dive Meet v PWAC	Dual Meet v PWAC
	NOV 17	NOV 18	NOV 19	NOV 20	NOV 21	NOV 22	NOV 23
SENIOR	1:00-3:30 @ LM ☺	6:30-9:00 @ LM*	6:30-9:00 @ LM	6:00-9:00 @ LM*	6:30-9:00 @ LM	OFF	B: 8:30a @ LM G: TBD @ RAD
NAVY	1:00-2:15 @ BM	6:30-9:00 @ LM*	OFF	5:10-7:45 @ SJ*	OFF	6:30-8:00 @ LM	
ROYAL	1:00-2:15 @ BM	6:30-7:45 @ SJ	5:55-7:45 @ SJ#	OFF	OFF	W,G,A,R Boys— 6:30-7:20 @ BM W,G,A,R Girls— 7:10-8:00 @ BM	
AQUA	2:15-3:15 @ BM	OFF	5:30-7:05 @ SJ^	OFF	6:30-7:45 @ SJ	OFF	
GREY	2:15-3:15 @ BM	5:30-6:30 @ SJ	OFF	6:30-8:00 @ LM^	OFF	OFF	
WHITE	1:00-1:45 @ LM ☺	6:30-7:15 @ LM	OFF	OFF	5:30-6:30 @ SJ	6:00-8:00 @ LM	
DIVING	1:45-3:45 @ LM	OFF	7:30-9:00 @ LM	OFF	7:30-9:00 @ LM	6:00-8:00 @ LM	
PIRANHAS	OFF	OFF	6:00 OR 6:45 @ LM	OFF	6:00 OR 6:45 @ LM	OFF	
MITES	OFF	6:30-7:15 @ LM	OFF	6:30-7:15 @ LM	OFF	OFF	
NOTES		New MM/MP Sess. Begins				Dive Meet v RAD	Dual Meet v RAD
	NOV 24	NOV 25	NOV 26	NOV 27	NOV 28	NOV 29	NOV 30
SENIOR	1:00-3:00 @ LM	6:30-9:00 @ LM*	6:30-9:00 @ LM	TBD	OFF	OFF	8:30-10:15 @ LM
NAVY	1:00-3:00 @ LM	6:30-9:00 @ LM*	OFF	TBD	OFF	OFF	8:30-10:15 @ LM
ROYAL	3:00-4:00 @ LM	6:30-7:45 @ SJ	5:55-7:45 @ SJ#	TBD	OFF	OFF	11:00-12:00 @ LM
AQUA	3:00-4:00 @ LM	OFF	5:30-7:05 @ SJ^	TBD	OFF	OFF	11:00-12:00 @ LM
GREY	4:00-5:00 @ LM	5:30-6:30 @ SJ	OFF	TBD	OFF	OFF	10:15-11:00 @ LM
WHITE	4:00-5:00 @ LM	6:30-7:15 @ LM	OFF	TBD	OFF	OFF	10:15-11:00 @ LM
DIVING	1:00-3:00 @ LM	OFF	7:30-9:00 @ LM	OFF	OFF	OFF	OFF
PIRANHAS	OFF	OFF	6:00 OR 6:45 @ LM	OFF	OFF	OFF	OFF
MITES	OFF	6:30-7:15 @ LM	OFF	OFF	OFF	OFF	OFF
NOTES	NPAC USA/SAL			LM Early Close/SJ Closed	Happy Thanksgiving!	LMHS Closed	NPAC Dist. USA
	DEC 1	DEC 2	DEC 3	DEC 4	DEC 5	DEC 6	DEC 7
SENIOR	1:00-3:00 @ BM	6:30-9:00 @ LM*	6:30-9:00 @ LM	6:00-9:00 @ LM*	6:30-9:00 @ LM	OFF	B: 9:45a @ WISS G: 8:30a @ LM
NAVY	1:00-3:00 @ BM	6:30-9:00 @ LM*	OFF	5:10-7:45 @ SJ*	OFF	6:30-8:00 @ LM	
ROYAL	3:30-5:00 @ LM	6:30-7:45 @ SJ	5:55-7:45 @ SJ#	OFF	OFF	6:30-8:00 @ LM	
AQUA	2:30-3:30 @ LM	OFF	5:30-7:05 @ SJ^	OFF	6:30-7:45 @ SJ	W,G,A Girls— 6:30-7:20 @ BM W,G,A Boys— 7:10-8:00 @ BM	
GREY	1:45-2:45 @ LM	5:30-6:30 @ SJ	OFF	6:30-8:00 @ LM^	OFF	OFF	
WHITE	1:00-2:00 @ LM	6:30-7:15 @ LM	OFF	OFF	5:30-6:30 @ SJ	Location TBD	
DIVING	1:00-3:00 @ LM	OFF	7:30-9:00 @ LM	OFF	7:30-9:00 @ LM	OFF	
PIRANHAS	OFF	OFF	6:00 OR 6:45 @ LM	OFF	6:00 OR 6:45 @ LM	OFF	
MITES	OFF	6:30-7:15 @ LM	OFF	6:30-7:15 @ LM	OFF	OFF	
NOTES						Dive Meet v WCAC	Dual Meet v WCAC
	DEC 8	DEC 9	DEC 10	DEC 11	DEC 12	DEC 13	DEC 14
SENIOR	1:00-3:00 @ LM	6:30-9:00 @ LM*	6:30-8:30 @ LM	6:00-9:00 @ LM*	6:30-8:30 @ LM	OFF	8:30-10:15 @ LM
NAVY	1:00-3:00 @ LM	6:30-9:00 @ LM*	6:30-8:30 @ LM	5:10-7:45 @ SJ*	6:30-8:30 @ LM	OFF	8:30-10:15 @ LM
ROYAL	3:00-4:00 @ LM	6:30-7:45 @ SJ	5:55-7:45 @ SJ#	OFF	OFF	TBD	11:00-12:00 @ LM
AQUA	3:00-4:00 @ LM	OFF	5:30-7:05 @ SJ^	OFF	6:30-7:45 @ SJ	TBD	11:00-12:00 @ LM
GREY	4:00-5:00 @ LM	5:30-6:30 @ SJ	OFF	6:30-8:00 @ LM^	OFF	TBD	10:15-11:00 @ LM
WHITE	4:00-5:00 @ LM	6:30-7:15 @ LM	OFF	OFF	5:30-6:30 @ SJ	TBD	10:15-11:00 @ LM
DIVING	1:00-3:00 @ LM	OFF	7:30-9:00 @ LM	OFF	7:30-9:00 @ LM	OFF	OFF
PIRANHAS	OFF	OFF	6:00 OR 6:45 @ LM	OFF	6:00 OR 6:45 @ LM	OFF	OFF
MITES	OFF	6:30-7:15 @ LM	OFF	6:30-7:15 @ LM	OFF	OFF	OFF
NOTES	MSA USA Meet					F&M USA Meet	F&M USA Meet

REVISED 11-8-2019

☺ = 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 (54<sup>th</sup> & City Ave)  
 BM = Bryn Mawr College (910 New Gulph Road)

Dryland— 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 SJ.