

LMAC December 2019

GROUP	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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*	6:30-8:00 @ VU	6:00-8:00 @ VU	OFF	6:00-7:30 @ VU	
ROYAL	3:40-5:00 @ LM	6:00-7:45 @ SJ#	6:30-8:00 @ VU	OFF	OFF	6:00-7:30 @ VU	
AQUA	2:50-4:00 @ LM	OFF	5:30-6:30 @ VU	OFF	6:30-7:45 @ SJ	6:00-7:00 @ VU	
GREY	1:50-2:50 @ LM	5:30-7:05 @ SJ^	5:30-6:30 @ VU	6:30-7:20 @ LM	OFF	OFF	
WHITE	1:00-1:50 @ LM	6:30-7:15 @ LM	OFF	OFF	5:30-6:30 @ SJ	6:30-7:30 @ LM	
DIVING	1:00-3:00 @ LM	OFF	7:30-9:00 @ LM	OFF	7:30-9:00 @ LM	6:00-8:30 @ 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			SIU CLOSED	SIU CLOSED		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*	7:15-9:00 @ 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*	7:15-9:00 @ LM	6:00-7:45 @ SJ	6:30-8:30 @ LM	OFF	8:30-10:15 @ LM
ROYAL	3:00-4:00 @ LM	6:30-7:45 @ SJ	7:15-8:30 @ LM	OFF	OFF	6:30-8:00 @ LM	11:00-12:00 @ LM
AQUA	3:00-4:00 @ LM	OFF	5:30-7:05 @ SJ^	OFF	6:30-7:45 @ SJ	6:30-8:00 @ LM	11:00-12:00 @ LM
GREY	4:00-5:00 @ LM	5:30-7:05 @ SJ^	6:30-7:30 @ SJ	6:30-7:20 @ LM	OFF	OFF	10:15-11:00 @ LM
WHITE	4:00-5:00 @ LM	6:30-7:15 @ LM	6:30-7:15 @ LM	OFF	5:30-6:30 @ SJ	OFF	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	6:30-7:15 @ LM (BOTH)	OFF	6:30-7:15 @ LM (BOTH)	OFF	OFF
MITES	OFF	6:30-7:15 @ LM	OFF	6:30-7:15 @ LM	OFF	OFF	OFF
NOTES	MSA USA Meet		R/N Gifts—6:00 @ LM			F&M USA Meet	F&M USA Meet
	DEC 15	DEC 16	DEC 17	DEC 18	DEC 19	DEC 20	DEC 21
SENIOR	1:00-3:00 @ LM	6:30-9:00 @ LM*	6:30-8:30 @ LM	6:00-9:00 @ LM*	7:15-9:00 @ LM	OFF	8:30-10:15 @ LM
NAVY	1:00-3:00 @ LM	6:30-9:00 @ LM*	6:30-8:30 @ LM	6:00-7:45 @ SJ	7:15-9:00 @ 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	6:30-8:00 @ LM	11:00-12:00 @ LM
AQUA	3:00-4:00 @ LM	OFF	5:30-7:05 @ SJ^	OFF	OFF	6:30-8:00 @ LM	11:00-12:00 @ LM
GREY	4:00-5:00 @ LM	5:30-7:05 @ SJ^	OFF	6:30-7:20 @ LM	OFF	OFF	10:15-11:00 @ LM
WHITE	4:00-5:00 @ LM	6:30-7:15 @ LM	OFF	OFF	6:30-7:30 @ LM	OFF	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	6:30-7:15 @ LM (BOTH)	OFF	6:30-7:15 @ LM (BOTH)	OFF	OFF
MITES	OFF	6:30-7:15 @ LM	OFF	6:30-7:15 @ LM	OFF	OFF	OFF
NOTES	F&M USA Meet				SIU CLOSED		WINTER BREAK
	DEC 22	DEC 23	DEC 24	DEC 25	DEC 26	DEC 27	DEC 28
SENIOR	1:00-3:00 @ LM	2:00-4:00 @ LM	OFF	OFF	2:00-4:00 @ LM	1:30-4:00 @ LM	8:30-10:15 @ LM
NAVY	1:00-3:00 @ LM	2:00-4:00 @ LM	OFF	OFF	2:00-4:00 @ LM	2:30-4:00 @ LM	8:30-10:15 @ LM
ROYAL	3:00-4:00 @ LM	12:45-2:00 @ LM	OFF	OFF	12:45-2:00 @ LM	12:00-1:30 @ LM	11:00-12:00 @ LM
AQUA	3:00-4:00 @ LM	12:45-2:00 @ LM	OFF	OFF	12:45-2:00 @ LM	12:00-1:00 @ LM	11:00-12:00 @ LM
GREY	4:00-5:00 @ LM	12:00-12:45 @ LM	OFF	OFF	12:00-12:45 @ LM	OFF	10:15-11:00 @ LM
WHITE	4:00-5:00 @ LM	12:00-12:45 @ LM	OFF	OFF	12:00-12:45 @ LM	OFF	10:15-11:00 @ LM
DIVING	1:00-3:00 @ LM	OFF	OFF	OFF	OFF	OFF	OFF
PIRANHAS	OFF	OFF	OFF	OFF	OFF	OFF	OFF
MITES	OFF	OFF	OFF	OFF	OFF	OFF	OFF
NOTES	WINTER BREAK	WINTER BREAK	ALL POOLS CLOSED	ALL POOLS CLOSED	WINTER BREAK	WINTER BREAK	WINTER BREAK
	DEC 29	DEC 30	DEC 31	JAN 1	JAN 2	JAN 3	JAN 4
SENIOR	1:00-3:00 @ LM	1:30-4:00 @ LM	OFF				
NAVY	1:00-3:00 @ LM	12:00-1:30 @ LM	OFF				
ROYAL	3:00-4:00 @ LM	12:00-1:30 @ LM	OFF				
AQUA	3:00-4:00 @ LM	OFF	OFF				
GREY	4:00-5:00 @ LM	OFF	OFF				
WHITE	4:00-5:00 @ LM	OFF	OFF				
DIVING	1:00-3:00 @ LM	OFF	OFF				
PIRANHAS	OFF	OFF	OFF				
MITES	OFF	OFF	OFF				
NOTES	WINTER BREAK	WINTER BREAK	ALL POOLS CLOSED				

REVISED 11-27-2019

☺ = 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)
 VU = Villanova University Pavilion Pool (Ithan Ave)

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.