

LMAC January 2020

GROUP	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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	OFF	7:00-9:00 @ LM	OFF	B: 12:00 @ TOPS G: 8:10a @ LM v NP
NAVY	1:00-3:00 @ LM	12:00-1:30 @ LM	OFF	OFF	7:00-8:30 @ HS	7:00-8:15 @ HS	
ROYAL	3:00-4:00 @ LM	12:00-1:30 @ LM	OFF	OFF	7:00-8:30 @ HS	7:00-8:15 @ HS	
AQUA	3:00-4:00 @ LM	12:00-1:00 @ LM	OFF	OFF	OFF	**W,G,A Girls— 6:30-7:20	
GREY	4:00-5:00 @ LM	OFF	OFF	OFF	6:00-7:00 @ HS	**W,G,A Boys— 7:10-8:00	
WHITE	4:00-5:00 @ LM	OFF	OFF	OFF	6:30-7:15 @ LM	Dive Meet Away	
DIVING	1:00-3:00 @ LM	OFF	OFF	OFF	7:30-9:00 @ LM	OFF	
PIRANHAS	OFF	OFF	OFF	OFF	6:00 OR 6:45 @ LM	OFF	
MITES	OFF	OFF	OFF	OFF	OFF	6:30-7:15 @ LM Make Up	
NOTES	WINTER BREAK	WINTER BREAK	ALL POOLS CLOSED	ALL POOLS CLOSED	SJU CLOSED	Dive Meet AWAY	
	JAN 5	JAN 6	JAN 7	JAN 8	JAN 9	JAN 10	JAN 11
SENIOR	1:00-3:00 @ BM	6:30-9:00 @ LM*	6:30-8:30 @ LM	6:00-9:00 @ LM*	7:00-8:45 @ LM	OFF	B: DCAA @ 11:50a G: 8:10a @ LM
NAVY	1:00-3:00 @ BM	6:30-9:00 @ LM*	6:30-8:30 @ LM	OFF	7:00-8:45 @ LM	OFF	
ROYAL	3:40-5:00 @ LM	6:30-7:45 @ SJ	6:30-7:45 @ SJ	OFF	OFF	**A,G,R Boys— 6:30-7:20	
AQUA	2:50-4:00 @ LM	OFF	5:30-7:05 @ SJ^	OFF	6:30-7:45 @ SJ	**A,G,R Girls— 7:10-8:00	
GREY	1:50-2:50 @ LM	5:30-7:05 @ SJ^	OFF	6:30-7:20 @ LM	OFF	OFF	
WHITE	1:00-1:50 @ LM	6:30-7:30 @ LM	OFF	OFF	5:30-6:30 @ SJ	OFF	
DIVING	1:00-3:00 @ LM	OFF	7:30-9:00 @ LM	OFF	7:30-9:00 @ LM	AWAY	
PIRANHAS	OFF	OFF	6:30-7:15 @ LM (EARLY)	6:45-7:30 @ LM (LATE)	6:15-7:00 @ LM (BOTH)	OFF	
MITES	OFF	6:30-7:15 @ LM	OFF	6:00-6:45 @ LM	OFF	OFF	
NOTES				SJU CLOSED		FINAL DIVE AWAY	
	JAN 12	JAN 13	JAN 14	JAN 15	JAN 16	JAN 17	JAN 18
SENIOR	1:00-3:00 @ BM	6:30-9:00 @ LM*	6:30-8:30 @ LM	6:15-9:00 @ LM*	7:15-9:00 @ LM	OFF	8:30-10:30 @ LM
NAVY	1:00-3:00 @ BM	6:30-9:00 @ LM*	6:30-8:30 @ LM	OFF	OFF	6:00-7:15 @ VU	8:30-10:30 @ LM
ROYAL	3:40-5:00 @ LM	6:30-7:45 @ SJ	5:55-7:45 @ SJ#	OFF	OFF	6:00-7:15 @ VU	GAAC, UMAC or OFF
AQUA	2:50-4:00 @ LM	OFF	Cradles 2 Crayons	6:30-7:20 @ LM	6:30-7:45 @ SJ	7:15-8:00 @ LM	GAAC, UMAC or OFF
GREY	1:50-2:50 @ LM	5:30-7:05 @ SJ^	Cradles 2 Crayons	6:30-7:20 @ LM	OFF	6:30-7:15 @ LM	GAAC, UMAC or OFF
WHITE	1:00-1:50 @ LM	6:30-7:30 @ LM	OFF	OFF	5:30-6:30 @ SJ	OFF	GAAC, UMAC or OFF
DIVING	UDAC Last Chance	OFF	7:30-9:00 @ LM	OFF	7:30-9:00 @ LM	OFF	OFF
PIRANHAS	OFF	OFF	6:00 or 6:45 @ LM	OFF	6:30-7:15 @ LM (EARLY)	6:30-7:15 @ LM (LATE)	OFF
MITES	OFF	6:30-7:15 @ LM	OFF	6:30-7:15 @ LM	OFF	OFF	OFF
NOTES			G, A @ Cradles	SJU CLOSED			GAAC USA/UMAC SAL
	JAN 19	JAN 20	JAN 21	JAN 22	JAN 23	JAN 24	JAN 25
SENIOR	1:00-3:00 @ LM	6:30-7:15 @ SJ	6:30-9:00 @ LM	6:15-9:00 @ LM*	6:30-9:00 @ LM	OFF	8:30-10:15 @ LM
NAVY	1:00-3:00 @ LM	6:30-7:45 @ SJ	OFF	6:15-9:00 @ LM*	OFF	6:00-7:30 @ VU	8:30-10:15 @ LM
ROYAL	3:00-4:00 @ LM	5:30-6:30 @ SJ	OFF	OFF	6:30-7:45 @ SJ	6:00-7:30 @ VU	11:00-12:00 @ LM
AQUA	3:00-4:00 @ LM	OFF	OFF	6:45-7:45 @ SJ	OFF	6:00-7:00 @ VU	11:00-12:00 @ LM
GREY	4:00-5:00 @ LM	OFF	OFF	6:30-7:20 @ LM	OFF	6:00-7:00 @ VU	10:15-11:00 @ LM
WHITE	4:00-5:00 @ LM	OFF	OFF	6:00-6:45 @ SJ	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	6:00 or 6:45 @ LM	OFF	6:00 or 6:45 @ LM	OFF	OFF
MITES	OFF	OFF	OFF	6:30-7:15 @ LM	OFF	OFF	OFF
NOTES	GAAC USA	LMHS CLOSED	SJU CLOSED				
	JAN 26	JAN 27	JAN 28	JAN 29	JAN 30	JAN 31	FEB 1
SENIOR	1:00-3:00 @ LM	6:30-9:00 @ LM*	7:20-9:00 @ LM	6:00-9:00 @ LM*	6:30-9:00 @ LM	OFF	8:30-10:30 @ LM
NAVY	1-3 @ LM/Div Champs	6:30-9:00 @ LM*	7:20-9:00 @ LM	6:15-7:45 @ SJ	OFF	OFF	8:30-10:30 @ LM
ROYAL	OFF or Div Champs	6:30-7:45 @ SJ	5:55-7:45 @ SJ#	OFF	OFF	6:30-8:00 @ LM	W, G, A, R League
AQUA	OFF or Div Champs	OFF	5:30-7:05 @ SJ^	OFF	6:30-7:45 @ SJ	6:30-8:00 @ LM	Champs
GREY	OFF or Div Champs	5:30-7:05 @ SJ^	6:30-7:20 @ LM	6:30-7:20 @ LM	OFF	OFF	Participants—
WHITE	OFF or Div Champs	6:30-7:30 @ LM	OFF	5:30-6:15 @ SJ	5:30-6:30 @ SJ	OFF	10:30-11:45 @ LM
DIVING	TBD	OFF	7:30-9:00 @ LM	OFF	7:30-9:00 @ LM	OFF	Leagues @ LaSalle
PIRANHAS	OFF	6:45-7:30 @ LM (LATE)	6:15-7:00 @ LM (EARLY)	OFF	6:00 or 6:45 @ LM	OFF	OFF
MITES	OFF	6:00-6:45 @ LM	OFF	6:30-7:15 @ LM	OFF	OFF	OFF
NOTES	Div Champs @ WISS						

REVISED 12-27-2019

☺ = 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.