

# LMAC November 2020 (revised 11-1-2020)

GROUP	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Notes:</b>	NOV 2	NOV 3	NOV 4	NOV 5	NOV 6	NOV 7
Snr FULL	<p>*All practices take place at Lawrence Park Swim Club.</p> <p>*Arrival is 10 min prior to start time.</p> <p>*Please follow all <a href="#">Practice &amp; COVID 19 Procedures</a></p>	4:15-6:00p	4:15-6:15p		4:15-6:15p	4:15-6:00p	<p><b>RAD v LMAC Dual</b></p> <p>11-12s: 9:30a 9-10 + 13-14: 12:00p</p> <p><b>1<sup>st</sup> Annual Trick &amp; Flick!!</b></p> <p>All groups welcome!! 4:30p Arrival</p>
Snr BL		4:15-6:00p			4:15-6:15p	4:15-6:00p	
Snr WH			4:15-6:15p		Dry: 5:15-6:30p		
11-14 BL		6:00-7:15p			Dry: 5:15-6:30p	6:15-7:30p	
11-14 WH			6:15-7:30p		4:15-5:30p		
10 & U BL					Dry: 6:30-7:30p		
10 & U WH					5:30-6:30p	6:00-7:00p	
MP #1			4:30-5:05p		6:30-7:20p		
MP #2		5:10-5:45p				4:30-5:05p (make up)	
MP #3		5:50-6:25p				5:10-5:45p (make up)	5:50-6:25p (make up)
	NOV 8	NOV 9	NOV 10	NOV 11	NOV 12	NOV 13	NOV 14
Snr FULL	8:30-10:00a	4:15-6:00p	4:15-6:15p		4:15-6:15p	4:15-6:00p	8:30-10:00a
Snr BL		4:15-6:00p			4:15-6:15p		8:30-10:00a
Snr WH	8:30-10:00a		4:15-6:15p		Dry: 5:15-6:30p	4:15-6:00p	
11-14 BL	12:15-1:45p	6:00-7:15p			Dry: 5:15-6:30p		10:00-11:30a
11-14 WH	10:00-11:15a		6:15-7:30p		4:15-5:30p		12:30-1:45p
10 & U BL	1:45-2:45p				Dry: 6:30-7:30p	6:00-7:00p	11:30a-12:30p
10 & U WH	11:15a-12:15p				5:30-6:30p		1:45-2:45p
MP #1	11:00-11:35a		4:30-5:05p		6:30-7:20p	4:30-5:05p (make up)	10:00-10:35a
MP #2	11:40-12:15a		5:10-5:45p			5:10-5:45p (make up)	10:40-11:15a
MP #3	12:20-12:55a		5:50-6:25p			5:50-6:25p (make up)	11:20-11:55a
	NOV 15	NOV 16	NOV 17	NOV 18	NOV 19	NOV 20	NOV 21
Snr FULL	8:30-10:00a	4:15-6:00p	4:15-6:15p		4:15-6:15p	4:15-6:00p	TBD
Snr BL		4:15-6:00p			4:15-6:15p		TBD
Snr WH	8:30-10:00a		4:15-6:15p		Dry: 5:15-6:30p	4:15-6:00p	TBD
11-14 BL	12:15-1:45p	6:00-7:15p			Dry: 5:15-6:30p		TBD
11-14 WH	10:00-11:15a		6:15-7:30p		4:15-5:30p		TBD
10 & U BL	1:45-2:45p				Dry: 6:30-7:30p	6:00-7:00p	TBD
10 & U WH	11:15a-12:15p				5:30-6:30p		TBD
MP #1			4:30-5:05p		6:30-7:20p		
MP #2			5:10-5:45p			4:30-5:05p (make up)	
MP #3			5:50-6:25p			5:10-5:45p (make up)	
	NOV 22	NOV 23	NOV 24	NOV 25	NOV 26	NOV 27	NOV 28
Snr FULL	TBD	TBD	TBD	TBD	<p><b>Happy Thanksgiving!!</b></p>	TBD	TBD
Snr BL	TBD	TBD	TBD	TBD		TBD	TBD
Snr WH	TBD	TBD	TBD	TBD		TBD	TBD
11-14 BL	TBD	TBD	TBD	TBD		TBD	TBD
11-14 WH	TBD	TBD	TBD	TBD		TBD	TBD
10 & U BL	TBD	TBD	TBD	TBD		TBD	TBD
10 & U WH	TBD	TBD	TBD	TBD		TBD	TBD