

2021 LCM Spring Practice Schedule

(Mon. April 19th – Sat. June 12th)

Please note subject to change regarding meets/holidays/high school functions/etc.

Developmental

Day	In-Water	Location
Monday	4:00 to 5:00 PM	Williston
Tuesday		
Wednesday	4:00 to 5:00 PM	Williston
Thursday		
Friday	4:00 to 5:00 PM	Williston
Saturday		

Blue 1

Day	Dryland	In-Water	Location
Monday	7:15 to 7:30 PM	7:30 to 8:45 PM	MMW
Tuesday			
Wednesday	5:45 to 6:00 PM	6:00 to 7:15 PM	MMW
Thursday			
Friday	5:00 to 5:15 PM	5:15 to 6:30 PM	MMW
Saturday	11:45 AM to 12:15 PM	12:15 to 1:45 PM	MME

Blue 2

Day	Dryland	In-Water	Location
Monday			
Tuesday	4:30 to 4:45 PM	4:45 to 5:45 PM	MMW
Wednesday			
Thursday	4:30 to 4:45 PM	4:45 to 5:45 PM	MMW
Friday			
Saturday	11:30 AM to Noon	Noon to 1:15 PM	MME

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White 1

Day	Dryland	In-Water	Location
Monday	6:15 to 6:45 PM	6:45 to 8:15 PM	MME
Tuesday	6:45 to 7:00 PM	7:00 to 8:30 PM	MMW
Wednesday			
Thursday	6:45 to 7:00 PM	7:00 to 8:30 PM	MMW
Friday	4:30 to 5:00 PM	5:00 PM to 6:30 PM	MME
Saturday	7:00 to 7:15 AM	7:15 to 9:00 AM	MMW

White 2

Day	Dryland	In-Water	Location
Monday	5:45 to 6:00 PM	6:00 to 7:30 PM	MMW
Tuesday			
Wednesday	4:30 to 4:45 PM	4:45 to 6:00 PM	MMW
Thursday			
Friday	6:00 to 6:30 PM	6:30 to 7:45 PM	MME
Saturday	Noon to 12:15 PM	12:15 to 1:45 PM	MMW

White 3

Day	Dryland	In-Water	Location
Monday			
Tuesday	5:30 to 5:45 PM	5:45 to 7:00 PM	MMW
Wednesday			
Thursday	5:30 to 5:45 PM	5:45 to 7:00 PM	MMW
Friday			
Saturday	10:15 to 10:45 AM	10:45 to Noon	MME

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Junior 1

Day	Dryland	In-Water	Location
Monday		6:45 to 8:45 PM	MME
Tuesday	6:15 to 6:45 PM	6:45 to 8:15 PM	MME
Wednesday		6:45 to 8:45 PM	MME
Thursday	6:15 to 6:45 PM	6:45 to 8:15 PM	MME
Friday	4:45 to 5:00 PM	5:00 to 6:30 PM	MME
Saturday	8:45 to 9:00 AM	9:00 to 10:45 AM	MMW

Junior 2

Day	Dryland	In-Water	Location
Monday			
Tuesday	6:15 to 6:45 PM	6:45 to 8:15 PM	MME
Wednesday	7:00 to 7:15 PM	7:15 to 8:45 PM	MMW
Thursday	6:15 to 6:45 PM	6:45 to 8:15 PM	MME
Friday	6:15 to 6:30 PM	6:30 to 8:00 PM	MMW
Saturday	10:15 to 10:45 AM	10:45 AM to 12:15 PM	MME

Junior 3

Day	Dryland	In-Water	Location
Monday	4:15 to 4:30 PM	4:30 to 6:00 PM	MMW
Tuesday			
Wednesday	6:15 to 6:45 PM	6:45 to 8:15 PM	MME
Thursday			
Friday	6:00 to 6:30 PM	6:30 to 7:45 PM	MME
Saturday	10:30 to 10:45 AM	10:45 AM to 12:15 PM	MMW

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National

Day	Dryland	In-Water	Location
Monday		3:15 to 5:15 PM	MME
Tuesday (AM)		6:00 to 7:00 AM	MME
Tuesday	4:45 to 5:15 PM	5:15 to 6:45 PM	MME
Wednesday		3:15 to 5:15 PM	MME
Thursday (AM)		6:00 to 7:00 AM	MME
Thursday	4:45 to 5:15 PM	5:15 to 6:45 PM	MME
Friday (Odd weeks)		5:45 to 7:15 AM	MME
Friday (Even weeks)	3:15 to 3:30 PM	3:30 to 5:00 PM	MME
Saturday	6:45 to 7:15 AM	7:15 to 9:00 AM	MME

Senior 1A**

Day	Dryland	In-Water	Location
Monday		3:15 to 5:15 PM	MME
Tuesday	4:45 to 5:15 PM	5:15 to 6:45 PM	MME
Wednesday		3:15 to 5:15 PM	MME
Thursday	4:45 to 5:15 PM	5:15 to 6:45 PM	MME
Friday (Odd weeks)		5:45 to 7:15 AM	MME
Friday (Even weeks)	3:15 to 3:30 PM	3:30 to 5:00 PM	MME
Saturday	6:45 to 7:15 AM	7:15 to 9:00 AM	MME

** - Final group placement will be shared the week of March 22nd.

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Senior 1B**

Day	Dryland	In-Water	Location
Monday	4:45 to 5:15 PM	5:15 to 6:45 PM	MME
Tuesday		3:15 to 5:15 PM	MME
Wednesday	4:45 to 5:15 PM	5:15 to 6:45 PM	MME
Thursday		3:15 to 5:15 PM	MME
Friday (Odd weeks)	3:15 to 3:30 PM	3:30 to 5:00 PM	MME
Friday (Even weeks)		5:45 to 7:15 AM	MME
Saturday	8:30 to 9:00 AM	9:00 to 10:45 AM	MME

** - Final group placement will be shared the week of March 22nd.

Senior 2

Day	Dryland	In-Water	Location
Monday	4:45 to 5:15 PM	5:15 to 6:45 PM	MME
Tuesday		3:15 to 5:15 PM	MME
Wednesday	4:45 to 5:15 PM	5:15 to 6:45 PM	MME
Thursday		3:15 to 5:15 PM	MME
Friday (Odd weeks)	3:15 to 3:30 PM	3:30 to 5:00 PM	MME
Friday (Even weeks)		5:45 to 7:15 AM	MME
Saturday	8:30 to 9:00 AM	9:00 to 10:45 AM	MME