LMAC September 2019

| NAVY OFF | GROUP | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|----------|----------------|-------------------|-----------------------------|--------------------|----------------|-------------------|------------------|
| NAVY OFF | | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| AQUA | SENIOR | OFF | OFF | 7:30-9:00 @ LM | 7:30-9:00 @ LM | 6:30-9:00 @ LM | OFF | 8:30-10:15 @ LM |
| AQUA OFF | NAVY | OFF | OFF | 6:00-7:30 @ LM | OFF | 5:15-6:45 @ LM | OFF | 8:30-10:15 @ LM |
| SREV OFF | ROYAL | OFF | OFF | OFF | 6:30-7:30 @ LM | OFF | 7:00-8:00 @ LM | 11:00-12:00 @ LM |
| DIVING OFF OFF OFF OFF 6.458.33 @ LM OFF OFF 6.458.33 @ LM OFF OFF OFF OFF C.658.53 @ LM OFF | AQUA | OFF | OFF | OFF | 5:45-6:45 @ LM | OFF | 6:00-7:00 @ LM | 11:00-12:00 @ LM |
| DIVING OFF OFF 6.58-83.0 @ LM OFF OF | GREY | OFF | OFF | 5:15-6:15 @ LM | OFF | OFF | 5:00-6:00 @ LM | 10:15-11:00 @ LM |
| PIRANHAS OFF | WHITE | OFF | OFF | OFF | 5:15-6:00 @ LM | OFF | OFF | 10:15-11:00 @ LM |
| MITES NOTES | DIVING | OFF | OFF | 6:45-8:30 @ LM | OFF | 6:45-8:30 @ LM | OFF | OFF |
| NOTES | PIRANHAS | OFF | OFF | 6:00-6:45 @ LM | 6:00 OR 6:45 @ LM | 6:00-6:45 @ LM | OFF | OFF |
| SENIOR 1:00-3:00 @ BM 6:00-745 @ SI 5:15-6:05 @ LM 7:10-9:00 @ LM 6:30-9:00 @ L | MITES | OFF | OFF | 5:15-6:00 @ LM | 5:15-6:00 @ LM | 5:15-6:00 @ LM | OFF | OFF |
| SENIOR 1.00-3.00 @ BM A30-9.00 @ LM A3 | NOTES | | | SJ CLOSED | SJ CLOSED | | | |
| NAVY | | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| NOYAL 330-5:00 @ LM 555-7:10 @ LM OFF 555-7:10 @ LM OFF 555-7:10 @ LM OFF 5:00-6:00 @ LM 11:00-12:00 @ LM OFF 6:45-7:45 @ SJ OFF 5:00-6:00 @ LM 11:00-12:00 @ LM OFF 5:00-6:00 @ LM OFF 5:00-6:00 @ LM OFF 5:00-6:00 @ LM OFF 0:00-7:00 @ LM 0:00-8:45 @ LM OFF 0:00-8:45 @ L | SENIOR | 1:00-3:00 @ BM | 7:10-9:00 @ LM | 6:30-9:00 @ LM | 7:10-9:00 @ LM | 6:30-9:00 @ LM | OFF | 8:30-10:15 @ LM |
| AQUA 2:30-34:5 @ LM OFF 645-74:5 @ S 545-645 @ S OFF 6:00-7:00 @ LM 11:00-12:00 @ LM OFF 5:45-645 @ S 5:45-645 @ S OFF 0:00-7:00 @ LM 0:01:5 11:00 @ LM OFF 0:00-7:00 @ LM 0:0 | NAVY | 1:00-3:00 @ BM | 6:00-7:45 @ SJ | 5:15-6:45 @ LM | OFF | 5:15-6:45 @ LM | OFF | 8:30-10:15 @ LM |
| GREY | ROYAL | 3:30-5:00 @ LM | 5:55-7:10 @ LM | OFF | 5:55-7:10 @ LM | OFF | 7:00-8:00 @ LM | 11:00-12:00 @ LM |
| WHITE 1:00-3:00 @ IM OFF 6:45-8:30 @ IM OFF 6:45-8:30 @ IM OFF | AQUA | 2:30-3:45 @ LM | OFF | 6:45-7:45 @ SJ | 6:45-7:45 @ SJ | OFF | 6:00-7:00 @ LM | 11:00-12:00 @ LM |
| DIVING 1:00-3:00 @ LM OFF 6:00 OR 6:45 @ LM 6:00 OR 6:45 | GREY | 1:45-2:45 @ LM | OFF | 5:45-6:45 @ SJ | 5:45-6:45 @ SJ | OFF | 5:00-6:00 @ LM | 10:15-11:00 @ LM |
| PIRANHAS OFF | WHITE | 1:00-2:00 @ LM | 5:15-6:00 @ LM | OFF | 5:15-6:00 @ LM | OFF | OFF | 10:15-11:00 @ LM |
| MITES NOTES | DIVING | 1:00-3:00 @ LM | OFF | 6:45-8:30 @ LM | OFF | 6:45-8:30 @ LM | OFF | OFF |
| NOTES | PIRANHAS | OFF | 6:00 OR 6:45 @ LM | 6:00-6:45 @ LM | 6:00 OR 6:45 @ LM | 6:00-6:45 @ LM | OFF | OFF |
| SENIOR 1:00-3:00 @ BM 6:00-9:00 @ LM* 6:30-9:00 @ LM* 6:30-9:00 @ LM* 0:00-3:00 @ BM 6:00-7:45 @ SJ 5:15-7:45 @ LM* OFF S:45-8:00 @ LM* OFF S:45-8:00 @ LM* OFF S:30-10:15 @ LM OFF S:45-8:00 @ LM* OFF S:30-10:15 @ LM OFF S:30-5:00 @ LM OFF S:30-5:00 @ LM OFF S:30-5:00 @ LM OFF S:30-5:00 @ LM OFF S:45-8:00 @ LM* OFF S:15-6:00 @ LM* OFF OF | MITES | OFF | 5:15-6:00 @ LM | 5:15-6:00 @ LM | 5:15-6:00 @ LM | 5:15-6:00 @ LM | OFF | OFF |
| SENIOR | NOTES | | | | | | | |
| NAVY | | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| NAVY | 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 | 8:30-10:15 @ LM |
| ROYAL 3:30-5:00 @ LM 5:55-7:40 @ LM OFF 6:10-7:45 @ SJ 6:45-7:45 @ SJ OFF 6:00-7:00 @ LM 11:00-12:00 @ LM GREY 1:45-2:45 @ LM OFF 5:45-7:20 @ SJ OFF 5:00-6:00 @ LM 11:00-12:00 @ LM OFF O | | _ | _ | | OFF | | | _ |
| AQUA C3:03-3:45 @ LM | | _ | | | 5:55-7:10 @ LM | | 7:00-8:00 @ LM | _ |
| GREY 1:45-2:45 @ LM OFF 5:45-7:20 @ SI^ 5:45-6:45 @ SJ OFF 5:00-6:00 @ LM 10:15-11:00 @ LM | | _ | _ | 6:10-7:45 @ SJ [#] | _ | OFF | _ | 11:00-12:00 @ LM |
| WHITE | - | _ | OFF | | _ | OFF | _ | 10:15-11:00 @ LM |
| DIVING | | _ | 5:15-6:00 @ LM | _ | _ | | _ | |
| MITES NOTES | DIVING | _ | | 6:45-8:30 @ LM | | 6:45-8:30 @ LM | OFF | |
| NOTES | PIRANHAS | _ | 6:00 OR 6:45 @ LM | _ | 6:00 OR 6:45 @ LM | _ | 6:00 OR 6:45 @ LM | OFF |
| SENIOR 1:00-3:00 @ BM 6:00-9:00 @ LM* 6:30-9:00 @ LM* 0FF 5:15-7:45 @ LM* 0FF 5:15-7:45 @ LM* 0FF 8:30-10:15 @ LM* 0FF 8:30-10:15 @ LM* 0FF | MITES | OFF | 5:15-6:00 @ LM | 5:15-6:00 @ LM | 5:15-6:00 @ LM | 5:15-6:00 @ LM | 5:15-6:00 @ LM | OFF |
| SENIOR | NOTES | | | | | | | |
| NAVY | | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| NAVY | SENIOR | | 6:00-9:00 @ LM* | | | | | 8:30-10:15 @ LM |
| ROYAL AQUA 2:30-3:45 @ LM OFF 6:10-7:45 @ SJ OFF OFF OFF OFF 0FF 0FF 0FF 0FF 0FF 0FF | | • | _ | | _ | - 0/ | | _ |
| AQUA 2:30-3:45 @ LM OFF 6:10-7:45 @ SJ OFF OFF 0FF 0FF 5:45-7:20 @ SJ OFF 0FF 0FF 0FF 0FF 0FF 0FF 0FF 0FF 0FF | | _ | _ | | | _ | | _ |
| GREY 1:45-2:45 @ LM OFF 5:45-7:20 @ SJ^ OFF OFF 5:00-6:00 @ LM 10:15-11:00 @ LM WHITE 1:00-2:00 @ LM 5:15-6:00 @ LM OFF 6:00-6:45 @ SJ OFF OFF OFF 10:15-11:00 @ LM DIVING 1:00-3:00 @ LM OFF 6:45-8:30 @ LM OFF 6:45-8:30 @ LM OFF OFF< | | _ | _ | | _ | | _ | _ |
| WHITE DIVING 1:00-2:00 @ LM 5:15-6:00 @ LM OFF 6:00-6:45 @ SJ OFF OFF 10:15-11:00 @ LM DIVING PIRANHAS 0FF 6:00 OR 6:45 @ LM 6:00-6:45 @ LM OFF 6:45-8:30 @ LM OFF 0FF | | _ | | | OFF | OFF | 5:00-6:00 @ LM | 10:15-11:00 @ LM |
| DIVING 1:00-3:00 @ LM OFF 6:45-8:30 @ LM OFF 6:45-8:30 @ LM OFF | | | | | | | | |
| PIRANHAS OFF 6:00 OR 6:45 @ LM 6:00-6:45 @ LM OFF (make up 9/20) 6:00-6:45 @ LM 6:00 OR 6:45 @ LM OFF MITES OFF 5:15-6:00 @ LM 5:15-6:00 @ LM OFF (make up 9/20) 5:15-6:00 @ LM 5:15-6:00 @ LM OFF NOTES Provided in the composition of t | | | | | | | | |
| MITES NOTES OFF 5:15-6:00 @ LM 5:15-6:00 @ LM OFF (make up 9/20) LM CLOSED 5:15-6:00 @ LM 5:15-6:00 @ LM OFF SENIOR 1:00-3:00 @ BM 4:30-6:00 @ SJ 4:30-6:00 @ SJ 6:00-9:00 @ LM* 6:30-9:00 @ LM OFF 8:30-10:15 @ LM NAVY 1:00-3:00 @ BM 6:00-7:30 @ SJ OFF OFF OFF 5:15-7:45 @ LM* OFF 8:30-10:15 @ LM ROYAL 3:30-5:00 @ LM OFF OFF 5:55-7:10 @ LM OFF 6:30-7:30 @ LM 11:00-12:00 @ LM AQUA 2:30-3:45 @ LM OFF 6:10-7:45 @ SJ* 6:45-7:45 @ SJ OFF 6:30-7:30 @ LM 11:00-12:00 @ LM GREY 1:45-2:45 @ LM OFF 5:45-7:20 @ SJ^ 5:45-6:45 @ SJ OFF 5:30-6:30 @ LM 10:15-11:00 @ LM WHITE 1:00-2:00 @ LM OFF 6:45-8:30 @ LM OFF 5:15-6:00 @ LM OFF 5:30-6:30 @ LM 10:15-11:00 @ LM DIVING 1:00-3:00 @ LM OFF 6:45-8:30 @ LM OFF 6:45-8:30 @ LM OFF 6:45-8:30 @ LM OFF 6:00 OR 6:45 @ L | PIRANHAS | | 6:00 OR 6:45 @ LM | 6:00-6:45 @ LM | OFF (make up 9/20) | | 6:00 OR 6:45 @ LM | OFF |
| NOTES LM CLOSED LM | MITES | | 5:15-6:00 @ LM | | | _ | _ | |
| SENIOR 1:00-3:00 @ BM 4:30-6:00 @ SJ 4:30-6:00 @ SJ 6:00-9:00 @ LM* 6:30-9:00 @ LM* OFF 8:30-10:15 @ LM NAVY 1:00-3:00 @ BM 4:30-6:00 @ SJ OFF OFF 5:15-7:45 @ LM* OFF 8:30-10:15 @ LM ROYAL 3:30-5:00 @ LM OFF OFF 5:55-7:10 @ LM OFF 6:30-7:30 @ LM 11:00-12:00 @ LM AQUA 2:30-3:45 @ LM OFF 6:10-7:45 @ SJ* 6:45-7:45 @ SJ OFF 6:30-7:30 @ LM 11:00-12:00 @ LM GREY 1:45-2:45 @ LM OFF 5:45-7:20 @ SJ^ 5:45-6:45 @ SJ OFF 5:30-6:30 @ LM 10:15-11:00 @ LM WHITE 1:00-2:00 @ LM OFF 6:45-8:30 @ LM OFF 6:45-8:30 @ LM OFF 0FF DIVING 1:00-3:00 @ LM OFF 6:45-8:30 @ LM OFF 6:00 OR 6:45 @ LM 6:00-6:45 @ LM OFF OFF | | | - | - | | | _ | |
| SENIOR 1:00-3:00 @ BM 4:30-6:00 @ SJ 4:30-6:00 @ SJ 6:00-9:00 @ LM* 6:30-9:00 @ LM OFF 8:30-10:15 @ LM NAVY 1:00-3:00 @ BM 6:00-7:30 @ SJ OFF OFF 5:15-7:45 @ LM* OFF 8:30-10:15 @ LM ROYAL 3:30-5:00 @ LM OFF OFF 5:55-7:10 @ LM OFF 6:30-7:30 @ LM 11:00-12:00 @ LM AQUA 2:30-3:45 @ LM OFF 6:10-7:45 @ SJ* 6:45-7:45 @ SJ OFF 6:30-7:30 @ LM 11:00-12:00 @ LM GREY 1:45-2:45 @ LM OFF 5:45-7:20 @ SJ^* 5:45-6:45 @ SJ OFF 5:30-6:30 @ LM 10:15-11:00 @ LM WHITE 1:00-2:00 @ LM OFF 6:45-8:30 @ LM OFF 6:45-8:30 @ LM OFF 6:45-8:30 @ LM OFF DIVING 1:00-3:00 @ LM OFF 6:45-8:30 @ LM OFF 6:00 OR 6:45 @ LM 6:00-6:45 @ LM OFF OFF | | 29 | 30 | OCT 1 | 2 | 3 | 4 | 5 |
| NAVY 1:00-3:00 @ BM 6:00-7:30 @ SJ OFF OFF 5:15-7:45 @ LM* OFF 8:30-10:15 @ LM ROYAL 3:30-5:00 @ LM OFF OFF 5:55-7:10 @ LM OFF 6:30-7:30 @ LM 11:00-12:00 @ LM AQUA 2:30-3:45 @ LM OFF 6:10-7:45 @ SJ* 6:45-7:45 @ SJ OFF 6:30-7:30 @ LM 11:00-12:00 @ LM GREY 1:45-2:45 @ LM OFF 5:45-7:20 @ SJ^ 5:45-6:45 @ SJ OFF 5:30-6:30 @ LM 10:15-11:00 @ LM WHITE 1:00-2:00 @ LM OFF OFF 5:15-6:00 @ LM OFF 5:30-6:30 @ LM 10:15-11:00 @ LM DIVING 1:00-3:00 @ LM OFF 6:45-8:30 @ LM OFF 6:45-8:30 @ LM OFF OFF PIRANHAS OFF OFF (make up 9/27) OFF 6:00 OR 6:45 @ LM 6:00-6:45 @ LM OFF OFF | SENIOR | | | | | | | 8:30-10:15 @ LM |
| ROYAL 3:30-5:00 @ LM OFF OFF 5:55-7:10 @ LM OFF 6:30-7:30 @ LM 11:00-12:00 @ LM AQUA 2:30-3:45 @ LM OFF 6:10-7:45 @ SJ | | | _ | _ | _ | | | _ |
| AQUA 2:30-3:45 @ LM OFF 6:10-7:45 @ SJ* 6:45-7:45 @ SJ OFF 6:30-7:30 @ LM 11:00-12:00 @ LM GREY 1:45-2:45 @ LM OFF 5:45-7:20 @ SJ^ 5:45-6:45 @ SJ OFF 5:30-6:30 @ LM 10:15-11:00 @ LM WHITE 1:00-2:00 @ LM OFF OFF 5:15-6:00 @ LM OFF 5:30-6:30 @ LM 10:15-11:00 @ LM DIVING 1:00-3:00 @ LM OFF 6:45-8:30 @ LM OFF OFF OFF PIRANHAS OFF OFF (make up 9/27) OFF 6:00 OR 6:45 @ LM 6:00-6:45 @ LM OFF OFF | | | | | | | | 11:00-12:00 @ LM |
| GREY 1:45-2:45 @ LM OFF 5:45-7:20 @ SJ^ 5:45-6:45 @ SJ OFF 5:30-6:30 @ LM 10:15-11:00 @ LM WHITE 1:00-2:00 @ LM OFF OFF 5:15-6:00 @ LM OFF 5:30-6:30 @ LM 10:15-11:00 @ LM DIVING 1:00-3:00 @ LM OFF 6:45-8:30 @ LM OFF 6:45-8:30 @ LM OFF OFF OFF PIRANHAS OFF OFF (make up 9/27) OFF 6:00 OR 6:45 @ LM 6:00-6:45 @ LM OFF OFF | | | | | | | _ | 11:00-12:00 @ LM |
| WHITE 1:00-2:00 @ LM OFF OFF 5:15-6:00 @ LM OFF 5:30-6:30 @ LM 10:15-11:00 @ LM DIVING 1:00-3:00 @ LM OFF 6:45-8:30 @ LM OFF 6:45-8:30 @ LM OFF OFF OFF PIRANHAS OFF OFF (make up 9/27) OFF 6:00 OR 6:45 @ LM 6:00-6:45 @ LM OFF OFF OFF | | | | | _ | | _ | 10:15-11:00 @ LM |
| DIVING 1:00-3:00 @ LM OFF 6:45-8:30 @ LM OFF 6:45-8:30 @ LM OFF OFF OFF PIRANHAS OFF OFF (make up 9/27) OFF 6:00 OR 6:45 @ LM 6:00-6:45 @ LM OFF OFF | | | | | | | _ | 10:15-11:00 @ LM |
| PIRANHAS OFF OFF (make up 9/27) OFF 6:00 OR 6:45 @ LM 6:00-6:45 @ LM OFF OFF | | | | | | | | |
| | | | | | | | | |
| MITES OFF OFF (make up 9/27) OFF 5:15-6:00 @ LM 5:15-6:00 @ LM OFF OFF | | | | | 5:15-6:00 @ LM | | | |
| NOTES LM CLOSED LM CLOSED FUN NIGHT @ LM! | | | | | | | | |

* = Dryland is first hour of practice

% = Dryland is last hour of practice

= Dryland is first half hour of practice

 ullet = 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)

REVISED 9-8-2019

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.