

LMAC January 2020—REVISED!

| GROUP | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|----------------|-----------------------------|--------------------------------------|-----------------|-------------------|----------------|--------------------------------------------------------------------------------------------------------------|
| | 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 | 7:05-8:00 @ LM | 8:30-10:30 @ LM |
| ROYAL | 3:40-5:00 @ LM | 6:30-7:45 @ SJ | 5:55-7:45 @ SJ [#] | OFF | OFF | 7:05-8:00 @ LM | GAAC, UMAC or OFF |
| AQUA | 2:50-4:00 @ LM | OFF | C2C Comm. Service— Meet @5pm @ LM | 6:30-7:20 @ LM | 6:30-7:45 @ SJ | 6:15-7:05 @ LM | GAAC, UMAC or OFF |
| GREY | 1:50-2:50 @ LM | 5:30-7:05 @ SJ [^] | 6:30-7:20 @ LM | OFF | OFF | 6:15-7:05 @ LM | GAAC, UMAC or OFF |
| WHITE | 1:00-1:50 @ LM | 6:30-7:30 @ LM | 5:30-6:30 @ SJ | OFF | 5:30-6:30 @ SJ | OFF | GAAC, UMAC or OFF |
| 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 | 6:15 OR 7:00 @ LM | OFF | OFF |
| MITES | OFF | 6:00-6:45 @ LM | OFF | 6:30-7:15 @ LM | OFF | OFF | OFF |
| NOTES | | | C2C = Cradles to Crayons | SJU CLOSED | | | GAAC + UMAC Meets |
| | JAN 19 | JAN 20 | JAN 21 | JAN 22 | JAN 23 | JAN 24 | JAN 25 |
| SENIOR | 2:00-4:00 @ LM | 6:30-7:45 @ SJ | 6:30-9:00 @ LM | 6:15-8:40 @ LM* | 6:30-9:00 @ LM | OFF | 8:30-10:30 @ LM |
| NAVY | 2:00-4:00 @ LM | 6:30-7:45 @ SJ | OFF | 6:15-8:40 @ LM* | OFF | 6:30-8:00 @ LM | 8:30-10:30 @ LM |
| ROYAL | 1:00-2:00 @ LM | 5:30-6:30 @ SJ | OFF | 7:20-8:40 @ LM | 6:30-7:45 @ SJ | 6:30-8:00 @ LM | W, G, A, R League Champs Participants 10:30-11:30 @ LM (all others should be @ Divisions @ WISS) |
| AQUA | 1:00-2:00 @ LM | OFF | OFF | 6:45-7:45 @ SJ | OFF | 6:30-7:30 @ VU | |
| GREY | 4:00-5:00 @ LM | OFF | OFF | 6:30-7:20 @ LM | OFF | 6:30-7:30 @ VU | |
| WHITE | 4:00-5:00 @ LM | OFF | OFF | 5:45-6:45 @ SJ | 5:30-6:30 @ SJ | 6:00-7:00 @ VU | |
| 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 | | | | Div Chmps @ WISS |
| | JAN 26 | JAN 27 | JAN 28 | JAN 29 | JAN 30 | JAN 31 | FEB 1 |
| SENIOR | 2:00-4:00 @ LM | 6:30-9:00 @ LM* | 7:20-9:00 @ LM | 6:00-9:00 @ LM* | 6:30-9:00 @ LM | OFF | 8:30-10:15 @ LM |
| NAVY | 2:00-4:00 @ LM | 6:30-9:00 @ LM* | 7:20-9:00 @ LM | 6:15-7:45 @ SJ | OFF | OFF | 8:30-10:15 @ LM |
| ROYAL | 1:00-2:00 @ LM | 6:30-7:45 @ SJ | 5:55-7:45 @ SJ [#] | OFF | OFF | 6:30-8:00 @ LM | 11:00-12:00 @ LM |
| AQUA | 1:00-2:00 @ 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 [^] | 6:30-7:20 @ LM | 6:30-7:20 @ LM | OFF | OFF | 10:15-11:00 @ LM |
| WHITE | 4:00-5:00 @ LM | 6:30-7:30 @ LM | OFF | 5:30-6:15 @ SJ | 5:30-6:30 @ SJ | OFF | 10:15-11:00 @ LM |
| DIVING | TBD | OFF | 7:30-9:00 @ LM | OFF | 7:30-9:00 @ LM | OFF | OFF |
| 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 | | | | | | | |

☺ = 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)

REVISED 1-11-2020

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.