LMAC October 10 – November 6, 2021

GROUP	Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Navy/Senior Practices:			SC Standard		LMHS Standard Procedures:								
Havy/schiol Fractices.				**Masks re	**Masks required for all those entering the building—swimmers, coaches, family members								
				ired except in locke									
to LPSC for a p	articular day go to N/S Ear	throom use only	**Swimme	**Swimmers are to come and leave in their suits.									
**Navy and Senior Group swimmers assigned **Swimmers				o come and leave in	n their	suits **Parents	**Parents of Mighty Mites & Piranhas Swimmers are permitted to walk them into the building						
to LMHS for a particular day go to N/S Early						and send them directly through the locker room to the pool deck where a coach will be waiting.							
				mitted to enter th	· Office your	Once your swimmer is through the locker room, you may proceed to the balcony to watch or							
	edule below for specific time		k bar or playground		head back	head back to your vehicle.							
1						**Parents	**Parents of Competitive Team Swimmers—You are strongly encouraged to wait outside for						
							their swimmers of drop off/pick up. If you want to come inside, please send a note explaining						
						the reason	the reason to LMACHeadCoach@gmail.com.						
NI/C Fault	OCT 10	4:20 6:20	11	4:30 C:30 O LD	12	4-20 6-00 6-10	13		14		15	16	
N/S Early N/S Late	SNR—9:00-10:30 @ LP NV—10:30-12:00 @ LP	4:30-6:30 7:00-9:00		4:30-6:30 @ LP 7:00-9:00 @ LM		4:30-6:00 @ LP 7:30-9:00 @ LM		4:30-6:30 @ LP 7:15-9:00 @ LM				SR—8:30-10:30 @ LM NV—10:30-12:00 @ LM	
Royal	1:00-2:15 @ LM	5:45-7:00		6:30-7:30 @ LP		6:00-7:15 @ LP		7.13-3.00 @ LIVI		5:30-6:45 @ LP		14 V — 10.30-12.00 @ LIVI	
Aqua	2:15-3:15 @ LM	3.13 7.00	G 2.00	5:45-7:00 @ LM		0.00 7.13 @ 21		6:15-7:15 @ LM		6:45-8:00 @ LM		9:00-10:15 @ LP	
Grey	3:15-4:10 @ LM					6:30-7:30 @ LM				5:45-6:45 @ LM		10:15-11:10 @ LP	
White	4:10-5:00 @ LM	6:30-7:30 @ LP				5:45-6:30 @ LM						11:10-12:00 @ LP	
Piranhas		6:00-6:45	@ LM	6:50-7:35 @ LM		6:00-6:45 @ LM		<mark>7:00-7:45 @ LM</mark>					
Mites				6:00-6:45 @ LM				6:15-7:00 @ LM					
	17	*LM Polo			19		20		21		22	*EAAC USA* 23	
N/S Early N/S Late	SNR—9:00-10:30 @ LP NV—10:30-12:00 @ LP	4:30-6:30		4:30-6:30 @ LP		4:30-6:00 @ LP 7:30-9:00 @ LM		4:30-6:30 @ LP				SR—8:30-10:00 @ LM NV—8:30-10:00 @ LM	
Royal	1:00-2:15 @ LM	<mark>7:15-9:00 @ LM</mark> 6:15-7:15 @ LM		7:00-9:00 @ LM 6:30-7:30 @ LP				7:00-9:00 @ LM		5:30-6:45 @ LP		10:00-11:00 @ LM	
Aqua	2:15-3:15 @ LM	0.13 7.13	C LIVI	5:45-7:00 @ LM		6:00-7:15 @ LP		5:45-7:00 @ LM		6:45-8:00 @ LM		10:00-11:00 @ LM	
Grey	3:15-4:10 @ LM					6:30-7:30 @ LM		J		5:45-6:45 @ LM		11:00-12:00 @ LM	
White	4:10-5:00 @ LM	6:30-7:30				5:45-6:30 @ LM						11:00-12:00 @ LM	
Piranhas		6:15-7:00	@ LM	6:50-7:35 @ LM		6:00-6:45 @ LM		6:50-7:35 @ LM					
Mites				6:00-6:45 @ LM				6:00-6:45 @ LM	_				
N/C Forty	*EAAC USA* 24 SNR—9:00-10:30 @ LP	4.20 6.20	25	4.20 6.20 @ LD	26	4.20 6.00 @ LD	27		28		29	30 CD 9:30 10:30 @ LM	
N/S Early N/S Late	NV—9:00-10:30 @ LP	4:30-6:30 7:00-9:00		4:30-6:30 @ LP 7:00-9:00 @ LM		4:30-6:00 @ LP 7:30-9:00 @ LM		4:30-6:30 @ LP 7:00-9:00 @ LM				SR—8:30-10:30 @ LM NV—10:30-12:00 @ LM	
Royal	TBD	5:45-7:00		6:30-7:30 @ LP		6:00-7:15 @ LP		7.00-9.00 @ LIVI		5:30-6:45 @ LP		111 — 10.50-12.00 @ LIVI	
Aqua	TBD			5:45-7:00 @ LM				5:45-7:00 @ LM		6:45-8:00 @ LM		9:00-10:15 @ LP	
Grey	TBD					6:30-7:30 @ LM				5:45-6:45 @ LM		10:15-11:10 @ LP	
White	TBD	6:30-7:30				5:45-6:30 @ LM						11:10-12:00 @ LP	
Piranhas		6:00-6:45	@ LM	6:50-7:35 @ LM		6:00-6:45 @ LM		6:50-7:35 @ LM					
Mites			212214	6:00-6:45 @ LM				6:00-6:45 @ LM	_				
N/S Early	31 SNR—9:00-10:30 @ LP	4:30-6:30	NOV 1	4:30-6:30 @ LP	2	4:30-6:00 @ LP	3	4:30-6:30 @ LP	4		5	6 SR—8:30-10:30 @ LM	
N/S Late	NV—10:30-12:00 @ LP	7:00-9:00		7:00-9:00 @ LM		7:30-9:00 @ LM		7:00-9:00 @ LM				NV—10:30-12:00 @ LM	
Royal	1:00-2:15 @ LM	5:45-7:00		6:30-7:30 @ LP		6:00-7:15 @ LP		7.00 5.00 @ EIVI		5:30-6:45 @ LP		10.00 12.00 @ LIVI	
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Piranhas		6:00-6:45	@ LM	6:50-7:35 @ LM		6:00-6:45 @ LM		6:50-7:35 @ LM					
Mites				6:00-6:45 @ LM				6:00-6:45 @ LM					