

GEORGE MASON UNIVERSITY AQUATIC & FITNESS CENTER

Competition Pool Schedule: June 24 - July 31

FFX County School out through July

MK = Mason Makos
GMS = George Mason Swim Team
GMD = George Mason Diving
PM = Potomac Marlins
MS = Masters Swimming
ST = Shark Tank

FISH
UWH- Underwater Hockey
Streamline
Tri = Triathlon Club
MDA = Mason Dive Academy
An Nam

Open Lap Swim
Closed

MONDAY & WEDNESDAY									Rec Pool	Rec Pool	Rec Pool
LANES	1	2	3	4	5	6	7	8	Lane 1	Lane 2	Lane 3
5:00 AM				PM	PM	PM	PM				
6	GMS	GMS	GMS	PM	PM	PM	PM				
6:15	GMS	GMS	GMS	PM	PM	PM	PM				
6:30	GMS	GMS	GMS	PM	PM	PM	PM				
7	GMS	GMS	GMS	MK	MK	MK					
8:30	MK	MK	MK	MK	MK	MK					
9	MK	MK	MK	MK	MK	MK					
10											
11	MS/	MS/	MS/					Rec Camp - begins June 27			
PM 12	MS	MS	MS								
1				MDA	MDA	MDA	MDA				
2		Rec Camp - begins June 27		MDA	MDA	MDA	MDA				
3		GMS (M only)		MAC	MAC	MAC	MAC	MAC			
4		GMS (M only)		MAC	MAC	MAC	MAC	MAC			
5										Aqua Aerobics	
5:30										Aqua Aerobics	
6											
6:30p											
7											
8											
8:30p											

TUESDAY & THURSDAY								
LANES	1	2	3	4	5	6	7	8
5:00 AM				PM	PM	PM	PM	
6	GMS	GMS	GMS	PM	PM	PM	PM	
6:15	GMS	GMS	GMS	PM	PM	PM	PM	
6:30	GMS	GMS	GMS	PM	PM	PM	PM	
7	GMS	GMS	GMS	MK	MK	MK		
8	MK	MK	MK	MK	MK	MK		
9	MK	MK	MK	MK	MK	MK		
10								
11								Rec Camp
PM 12					FFX Foxes 12p-1:30p (June 28, July 5, 12, 19 only)			
1								Rec Camp
2								
3	GMS	GMS	GMS	MAC	MAC	MAC	MAC	MAC
4	GMS	GMS	GMS	MAC	MAC	MAC	MAC	MAC
5	PM	PM	PM	PM	PM			
5:30	PM	PM	PM	PM	PM			
6	PM/	PM/	PM/	PM/	PM/			
7	MS	MS	MS	MS				
8	MS	MS	MS	MS				
8:30								

FRIDAY								
LANES	1	2	3	4	5	6	7	8
5AM	FFX Foxes 5a-6:15a (June 24 only)			PM	PM	PM	PM	
6				PM	PM	PM	PM	
6:15	GMS	GMS	GMS	PM	PM	PM	PM	
6:30	GMS	GMS	GMS	PM	PM	PM	PM	
7	GMS	GMS	GMS	MK	MK	MK		
8				MK/	MK/	MK/		
9								
10								
11		Rec Camp						
PM 12								
1				MDA	MDA	MDA	MDA	
2				MDA	MDA	MDA	MDA	
3				MAC	MAC	MAC	MAC	MAC
4				MAC	MAC	MAC	MAC	MAC
5								
5:30								
6								
7					MS	MS		
8:30								

PM will not practice on July 15

SATURDAY									Rec Pool
LANES	1	2	3	4	5	6	7	8	Lane 1
8	GMS	GMS	GMS		MS 8:15a-9:45a				
9	GMS	GMS	GMS		MS 8:15a-9:45a				
10:00									Streamline
11									Streamline
PM 12									Streamline
1									Streamline
2									Streamline
3									Streamline
4									Streamline
5									
6									
6:30									

SUNDAY									Rec Pool
LANES	1	2	3	4	5	6	7	8	Lane 1
9		MS 9:15a-10:45a							
10		MS 9:15a-10:45a							
11				MDA	MDA	MDA	MDA		
PM 12				MDA	MDA	MDA	MDA		
1		ST 1p-2:30p on July 3, 10, 17 only							
2									
3									An Nam - 3p-5p June 26 only
4					An Nam - June 26 only -lanes 4-6				
5		ST 5p-7p -- July 3, 10, 17, 24							
6									Streamline
7									Streamline
8					MS	MS			
8:30					MS	MS			

Note MDA will access the deck for warm up 30 minutes before their scheduled water time when they are on the schedule