

# GEORGE MASON UNIVERSITY AQUATIC & FITNESS CENTER

## Competition Pool Schedule: June 17-July 31

| MK = Mason Makos     |                    | FISH        |   | MDA = Mason Dive Academy      |                        |                       |   |   |
|----------------------|--------------------|-------------|---|-------------------------------|------------------------|-----------------------|---|---|
| PM = Potomac Marlins |                    | AN = An Nam |   | STR = Streamline              |                        | FFX = Fairfax Foxes   |   |   |
| <b>MONDAY</b>        |                    |             |   |                               |                        |                       |   |   |
| LANES                | 1                  | 2           | 3 | 4                             | 5                      | 6                     | 7 | 8 |
| 5AM                  |                    |             |   |                               |                        |                       |   |   |
| 6                    | Varsity Swim 6a-8a |             |   | Mako 6a-8a                    |                        | Open Swim 6a-8:30a    |   |   |
| 7                    | Varsity Swim 6a-8a |             |   | Mako 6a-8a                    |                        | Open Swim 6a-8:30a    |   |   |
| 8                    | Mako 8a-9a         |             |   |                               |                        |                       |   |   |
| 9                    | Mako 8a-9a         |             |   |                               |                        |                       |   |   |
| 10                   |                    |             |   |                               |                        |                       |   |   |
| 11                   |                    |             |   |                               | Master's 11:30a-1p     | Open Swim 11a-1p      |   |   |
| 12PM                 |                    |             |   |                               |                        |                       |   |   |
| 1                    |                    |             |   | MDA 1p-3:30p (on deck 12:30p) |                        |                       |   |   |
| 2                    |                    |             |   | MDA 1p-3:30p (on deck 12:30p) |                        |                       |   |   |
| 3                    |                    |             |   | Machine Aquatics 3:30p-5:30p  |                        |                       |   |   |
| 4                    |                    |             |   | Machine Aquatics 3:30p-5:30p  |                        |                       |   |   |
| 5                    |                    |             |   | Machine Aquatics 3:30p-5:30p  |                        |                       |   |   |
| 5:30                 |                    |             |   |                               |                        |                       |   |   |
| 6                    |                    |             |   |                               | Shark Tank 5:30p-7:30p | Open Swim 5:30p-7:30p |   |   |
| 7                    |                    |             |   |                               | Shark Tank 5:30p-7:30p | Open Swim 5:30p-7:30p |   |   |
| 7:30                 |                    |             |   |                               |                        |                       |   |   |
| Pools Close @ 7:30PM |                    |             |   |                               |                        |                       |   |   |

| UWH- Underwater Hockey |                       |   |   | GMD = George Mason Dive       |   |                       |   |   |
|------------------------|-----------------------|---|---|-------------------------------|---|-----------------------|---|---|
| MS = Masters Swimming  |                       |   |   | GMS = George Mason Swim       |   | Closed                |   |   |
| Open Lap Swim          |                       |   |   |                               |   |                       |   |   |
| <b>THURSDAY</b>        |                       |   |   |                               |   |                       |   |   |
| LANES                  | 1                     | 2 | 3 | 4                             | 5 | 6                     | 7 | 8 |
| 5AM                    |                       |   |   |                               |   |                       |   |   |
| 6                      | Varsity Swim 6a-8a    |   |   | Mako 6a-8a                    |   | Open Swim 6a-8:30a    |   |   |
| 7                      | Varsity Swim 6a-8a    |   |   | Mako 6a-8a                    |   | Open Swim 6a-8:30a    |   |   |
| 8                      | Mako 8a-9a            |   |   |                               |   |                       |   |   |
| 9                      | Mako 8a-9a            |   |   |                               |   |                       |   |   |
| 10                     |                       |   |   |                               |   |                       |   |   |
| 11                     |                       |   |   |                               |   | Open Swim 11a-1p      |   |   |
| 12PM                   |                       |   |   |                               |   |                       |   |   |
| 1                      |                       |   |   | MDA 1p-3:30p (on deck 12:30p) |   |                       |   |   |
| 2                      |                       |   |   | MDA 1p-3:30p (on deck 12:30p) |   |                       |   |   |
| 3                      | Varsity Swim 3p-4:30p |   |   | Machine Aquatics 3:30p-5:30p  |   |                       |   |   |
| 4                      | Varsity Swim 3p-4:30p |   |   | Machine Aquatics 3:30p-5:30p  |   |                       |   |   |
| 5                      |                       |   |   | Machine Aquatics 3:30p-5:30p  |   |                       |   |   |
| 5:30                   |                       |   |   |                               |   |                       |   |   |
| 6                      |                       |   |   |                               |   | Open Swim 5:30p-7:30p |   |   |
| 7                      | Master's 6p-7:30p     |   |   | Open Swim 5:30p-7:30p         |   |                       |   |   |
| 7:30                   |                       |   |   |                               |   |                       |   |   |
| Pools Close @ 7:30PM   |                       |   |   |                               |   |                       |   |   |

| TUESDAY              |                       |   |   |                              |                   |                       |   |   |
|----------------------|-----------------------|---|---|------------------------------|-------------------|-----------------------|---|---|
| LANES                | 1                     | 2 | 3 | 4                            | 5                 | 6                     | 7 | 8 |
| 5AM                  |                       |   |   |                              |                   |                       |   |   |
| 6                    | Varsity Swim 6a-8a    |   |   | Mako 6a-7:30a                |                   | Open Swim 6a-8:30a    |   |   |
| 7                    | Varsity Swim 6a-8a    |   |   | Mako 6a-7:30a                |                   | Open Swim 6a-8:30a    |   |   |
| 8                    |                       |   |   |                              |                   |                       |   |   |
| 9                    |                       |   |   |                              |                   |                       |   |   |
| 10                   |                       |   |   |                              |                   |                       |   |   |
| 11                   |                       |   |   | Open Swim 11a-1p             |                   |                       |   |   |
| 12PM                 |                       |   |   |                              |                   |                       |   |   |
| 1                    |                       |   |   | MDA 1p-3p (on deck 12:30p)   |                   |                       |   |   |
| 2                    |                       |   |   | MDA 1p-3p (on deck 12:30p)   |                   |                       |   |   |
| 3                    | Varsity Swim 3p-4:30p |   |   | Machine Aquatics 3:30p-5:30p |                   |                       |   |   |
| 4                    | Varsity Swim 3p-4:30p |   |   | Machine Aquatics 3:30p-5:30p |                   |                       |   |   |
| 5                    |                       |   |   | Machine Aquatics 3:30p-5:30p |                   |                       |   |   |
| 5:30                 |                       |   |   | Open Swim 5:30p-7:30p        |                   |                       |   |   |
| 6                    |                       |   |   | Open Swim 5:30p-7:30p        |                   |                       |   |   |
| 7                    |                       |   |   |                              | Master's 6p-7:30p | Open Swim 5:30p-7:30p |   |   |
| 7:30                 |                       |   |   |                              | Master's 6p-7:30p | Open Swim 5:30p-7:30p |   |   |
| Pools Close @ 7:30PM |                       |   |   |                              |                   |                       |   |   |

| FRIDAY               |                       |   |   |   |   |                    |                       |   |
|----------------------|-----------------------|---|---|---|---|--------------------|-----------------------|---|
| LANES                | 1                     | 2 | 3 | 4   | 5 | 6                  | 7                     | 8 |
| 5AM                  |                       |   |   |   |   |                    |                       |   |
| 6                    | Varsity Swim 6a-8a    |   |   | Mako 6a-7:30a   |   | Open Swim 6a-8:30a |                       |   |
| 7                    | Varsity Swim 6a-8a    |   |   | Mako 6a-7:30a   |   | Open Swim 6a-8:30a |                       |   |
| 8                    |                       |   |   |   |   |                    |                       |   |
| 9                    |                       |   |   |   |   |                    |                       |   |
| 10                   |                       |   |   |   |   |                    |                       |   |
| 11                   |                       |   |   | Open Swim 11a-1p  |   |                    |                       |   |
| 12PM                 |                       |   |   |   |   |                    |                       |   |
| 1                    |                       |   |   | MDA 1p-3p (on deck 12:30p)                              |   |                    |                       |   |
| 2                    |                       |   |   | MDA 1p-3p (on deck 12:30p)                              |   |                    |                       |   |
| 3                    | Varsity Swim 3p-4:30p |   |   | Machine Aquatics 3:30p-5:30p (last day is Fri, July 26) |   |                    |                       |   |
| 4                    | Varsity Swim 3p-4:30p |   |   | Machine Aquatics 3:30p-5:30p (last day is Fri, July 26) |   |                    |                       |   |
| 5                    |                       |   |   | Machine Aquatics 3:30p-5:30p (last day is Fri, July 26) |   |                    |                       |   |
| 5:30                 |                       |   |   |   |   |                    |                       |   |
| 6p                   |                       |   |   |   |   | Master's 6p-7:30p  | Open Swim 5:30p-7:30p |   |
| 7p                   |                       |   |   |   |   | Master's 6p-7:30p  | Open Swim 5:30p-7:30p |   |
| 7:30p                |                       |   |   |   |   |                    |                       |   |
| Pools Close @ 7:30PM |                       |   |   |   |   |                    |                       |   |

| WEDNESDAY            |                    |   |   |                               |                        |                       |   |   |
|----------------------|--------------------|---|---|-------------------------------|------------------------|-----------------------|---|---|
| LANES                | 1                  | 2 | 3 | 4                             | 5                      | 6                     | 7 | 8 |
| 5AM                  |                    |   |   |                               |                        |                       |   |   |
| 6                    | Varsity Swim 6a-8a |   |   | Mako 6a-8a                    |                        | Open Swim 6a-8:30a    |   |   |
| 7                    | Varsity Swim 6a-8a |   |   | Mako 6a-8a                    |                        | Open Swim 6a-8:30a    |   |   |
| 8                    | Mako 8a-9a         |   |   |                               |                        |                       |   |   |
| 8:30                 | Mako 8a-9a         |   |   |                               |                        |                       |   |   |
| 9                    |                    |   |   |                               |                        |                       |   |   |
| 10                   |                    |   |   |                               |                        |                       |   |   |
| 11                   |                    |   |   |                               | Master's 11:30a-1p     | Open Swim 11a-1p      |   |   |
| 12PM                 |                    |   |   |                               |                        |                       |   |   |
| 1                    |                    |   |   | MDA 1p-3:30p (on deck 12:30p) |                        |                       |   |   |
| 2                    |                    |   |   | MDA 1p-3:30p (on deck 12:30p) |                        |                       |   |   |
| 3                    |                    |   |   | Machine Aquatics 3:30p-5:30p  |                        |                       |   |   |
| 4                    |                    |   |   | Machine Aquatics 3:30p-5:30p  |                        |                       |   |   |
| 5                    |                    |   |   | Machine Aquatics 3:30p-5:30p  |                        |                       |   |   |
| 6                    |                    |   |   |                               |                        |                       |   |   |
| 7                    |                    |   |   |                               | Shark Tank 5:30p-7:30p | Open Swim 5:30p-7:30p |   |   |
| 7:30                 |                    |   |   |                               | Shark Tank 5:30p-7:30p | Open Swim 5:30p-7:30p |   |   |
| Pools Close @ 7:30PM |                    |   |   |                               |                        |                       |   |   |

| SATURDAY          |   |   |   |   |                     |                     |                     |   |
|-------------------|---|---|---|---|---------------------|---------------------|---------------------|---|
| LANES             | 1 | 2 | 3 | 4 | 5                   | 6                   | 7                   | 8 |
| 6AM               |   |   |   |   |                     |                     |                     |   |
| 7                 |   |   |   |   |                     |                     |                     |   |
| 8                 |   |   |   |   |                     |                     |                     |   |
| 9                 |   |   |   |   |                     |                     |                     |   |
| 10                |   |   |   |   |                     |                     |                     |   |
| 10:30             |   |   |   |   |                     |                     |                     |   |
| 11                |   |   |   |   | Master's 10:30a-12p |                     |                     |   |
| 12PM              |   |   |   |   |                     |                     |                     |   |
| 1                 |   |   |   |   |                     | Shark Tank 1:30p-3p | Open Swim 10:30a-3p |   |
| 2                 |   |   |   |   |                     | Shark Tank 1:30p-3p | Open Swim 10:30a-3p |   |
| 3                 |   |   |   |   |                     |                     |                     |   |
| 4                 |   |   |   |   |                     |                     |                     |   |
| 4:30              |   |   |   |   |                     |                     |                     |   |
| Pools Close @ 3PM |   |   |   |   |                     |                     |                     |   |

| SUNDAY             |                  |   |   |                                  |                                |                    |   |   |
|--------------------|------------------|---|---|----------------------------------|--------------------------------|--------------------|---|---|
| LANES              | 1                | 2 | 3 | 4                                | 5                              | 6                  | 7 | 8 |
| 8AM                |                  |   |   |                                  |                                | Open Swim 8a-12p   |   |   |
| 9AM                |                  |   |   |                                  |                                | Open Swim 8a-12p   |   |   |
| 10                 |                  |   |   |                                  |                                | Master's 9a-10:30a |   |   |
| 11                 |                  |   |   |                                  |                                | Master's 9a-10:30a |   |   |
| 12PM               |                  |   |   |                                  | MDA 10:30a-1:30p (on deck 10a) |                    |   |   |
| 1                  |                  |   |   |                                  | MDA 10:30a-1:30p (on deck 10a) |                    |   |   |
| 2                  | Shark Tank 2p-4p |   |   | VLAC 2p-4p (no practice June 23) |                                |                    |   |   |
| 3                  | Shark Tank 2p-4p |   |   | VLAC 2p-4p (no practice June 23) |                                |                    |   |   |
| 4                  |                  |   |   |                                  |                                |                    |   |   |
| 4:30               |                  |   |   |                                  |                                |                    |   |   |
| Pools Close @ 12PM |                  |   |   |                                  |                                |                    |   |   |

| SUNDAY             |                  |   |   |                                  |                                |                    |   |   |
|--------------------|------------------|---|---|----------------------------------|--------------------------------|--------------------|---|---|
| LANES              | 1                | 2 | 3 | 4                                | 5                              | 6                  | 7 | 8 |
| 8AM                |                  |   |   |                                  |                                | Open Swim 8a-12p   |   |   |
| 9AM                |                  |   |   |                                  |                                | Open Swim 8a-12p   |   |   |
| 10                 |                  |   |   |                                  |                                | Master's 9a-10:30a |   |   |
| 11                 |                  |   |   |                                  |                                | Master's 9a-10:30a |   |   |
| 12PM               |                  |   |   |                                  | MDA 10:30a-1:30p (on deck 10a) |                    |   |   |
| 1                  |                  |   |   |                                  | MDA 10:30a-1:30p (on deck 10a) |                    |   |   |
| 2                  | Shark Tank 2p-4p |   |   | VLAC 2p-4p (no practice June 23) |                                |                    |   |   |
| 3                  | Shark Tank 2p-4p |   |   | VLAC 2p-4p (no practice June 23) |                                |                    |   |   |
| 4                  |                  |   |   |                                  |                                |                    |   |   |
| 4:30               |                  |   |   |                                  |                                |                    |   |   |
| Pools Close @ 12PM |                  |   |   |                                  |                                |                    |   |   |