

**George Mason University
Aquatic & Fitness Center, Competition Pool Schedule**

2023 (January 30-February 4)

AN - An Nam	MK- Mako	GM - G. Mason	PM- Pot. Marlins	MS - Masters	Str-Streamline
FFX - Fairfax Foxes	SC-Swim Club	TS - Trinity School	UW- Underwater Hockey	VLAC - Victory Aquatic	
FISH - FISH	CCF - Country Club of Fairfax	MD - Mason Dive Academy	ICC - Int'l Country Club	ST- Shark Tank	
Closed	Univ Clubs		Open Lap	Lane Rentals	Class

MONDAY, January 30

LANES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
5	Mako 5a-6:30a								5	Mako 5a-6:30a		Mako 5:15a-6:30a		Trinity 5:15a-6:30a			5	Trinity 5:15a-6:30a	Open Swim 6:15a-8:30a		
6:30	Varsity Swim 6:30a-8:30a								6:30	Varsity Swim 6:30a-8:30a								6:30			
8:30									8:30									8:30	GMU-D in water 8:30a-11a and on deck 8a		
12	Varsity Swim 12:30p-4:45p								12	Varsity 12:30p		Open swim 11a-1p						12			
1									1	Varsity Swim 1:15p-4:45p								1			
5:30	Mako 5p-8:15p								5:30	Mako 5p-7p		Open Swim 5p-7p					5:30	Centerville Swim Club 5p-6p			
9:30									9:30	Club Swim 7:30p-9p (start Jan 30)		FFX Foxes 7p-9:15p					9:30	FFX Foxes 7p-9:15p			
10	Facility closes at 10p								10	Facility closes at 10p								10	Facility closes at 10p		

TUESDAY, January 31

LANES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
5	Mako 5a-6:30a								5	Mako 5a-6:30a		Trinity 5:15a-6:30a					5	Trinity 5:15a-6:30a	Open Swim 6:15a-8:30a		
6:30	Varsity Swim 6:30a-8:30a								6:30	Varsity Swim 6:30a-8:30a								6:30			
8:30									8:30									8:30	GMU-D in water 8:30a-11a and on deck 8a		
12	Varsity Swim 12:30p-4:45p								12	Varsity Swim 1:15p-4:45p								12			
1									1	Varsity Swim 1:15p-4:45p								1			
5:30	Mako 5p-7p								5:30	Mako 5p-7p		FFX Aquatics 5p-7p					5:30	Centerville Swim Club 5p-6p			
7	Masters Swim Team 7p-8:30p								7	Swim Smart 7p-8p		FFX Foxes 7p-8p					7	Dive Mason 6p-8:30p, on deck 5:30p, access 5:15p			
9:30	UWH 8:30p-10p								9:30									9:30			
10	Facility closes at 10p								10	Facility closes at 10p								10	Facility closes at 10p		

Wednesday, February 1

LANES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
5	Mako 5a-6:30a								5	Mako 5a-6:30a		Trinity 5:15a-6:30a					5	Open Swim 6:15a-8:30a			
6:30	Varsity Swim 6:30a-8:30a								6:30	Varsity Swim 6:30a-8:30a								6:30			
8:30									8:30									8:30	GMU-D in water 7:45a-11a and on deck 7:15a		
12	Varsity Swim 12:30p-4:45p								12	Varsity 12:30p		Pole Vaulters 12-1p		Open swim 11a-1p				12			
1									1	Varsity Swim 1:15p-4:45p								1			
5:30	Mako 5p-8:15p								5:30	Mako 5p-7p		Open Swim 5p-7p					5:30	Centerville Swim Club 5p-6p			
7									7	Shark Tank 7p-9p		FFX Foxes 7p-9:15p					7	Trinity Dive Team 6:05p-7:05p			
9:30									9:30									9:30	FFX Foxes 7:10p-9:25p		
10	Facility closes at 10p								10	Facility closes at 10p								10	Facility closes at 10p		

Thursday, February 2

LANES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
5	Mako 5a-6:30a								5	Mako 5a-6:30a		Trinity 5:15a-6:30a					5	Trinity 5:15a-6:30a		Open Swim 6:15a-8:30a	
6:30	Varsity Swim 6:30a-8:30a								6:30	Varsity Swim 6:30a-8:30a								6:30			
8:30									8:30									8:30	GMU-D in water 8:30a-11a and on deck 8a		
12	Varsity Swim 12:30p-4:45p								12	Varsity Swim 12:30p-4:45p								12			
1									1									1			
5:30	Mako 5p-7p								5:30	Mako 5p-7p		FFX Aquatics 5p-7p					5:30	Centerville Swim Club 5p-6p			
7	Masters Swim Team 7p-8:30p								7	FFX Foxes 7p-8p		Club Swim 8p-9:30p					7	Dive Mason 6p-8:30p, on deck 5:30p, access 5:15p			
9:30									9:30									9:30			
10	Facility closes at 10p								10	Facility closes at 10p								10	Facility closes at 10p		

****Note swimmers on deck 2p 17/1h -- water time closer to 3p**

FRIDAY, February 3

LANES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
5	Mako 5a-6:30a								5	Mako 5a-6:30a		Mako 5:15a-6:30a		FFX Aquatics 5p-6:30a			5				
6:30	Varsity Swim 6:30a-8:30a								6:30	Varsity Swim 6:30a-8:30a								6:30	Open Swim 6:15a-8:30a		
8:30									8:30									8:30	GMU-D in water 8:30a-11a and on deck 8a		
12	Varsity Swim 12:30p-4:45p								12	Varsity 12:30p		Open swim 11a-1p						12	Club Swim 11:30a-1p		
1									1	Varsity Swim 1:15p-4:45p								1	Scuba class - set up 1:15p-2p, class 2p-3:45p, clean up 3:45p-4p (1/27-5/17)		
5:30	Mako 5p-6p								5:30	Mako 5p-6p		FFX Aquatics 5p-6:30p					5:30	FXA 5p-6p			
7	UWH 7:30p-9:30p								7	UWH 7:30p-9:30p		Foxes 6:30p-7:45p					7	Masters Swim 6p-7:30p			
8p	Facility closes at 8p								8p	Facility closes at 8p								8p	Facility closes at 8p		

SATURDAY, February 4

LANES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
6	Varsity Swim 6:30a-8:30a								6	Varsity Swim 6:30a-8:30a								6	Varsity Swim 6:30a-8:30a		
8	Mako Qualifier meet (access 8:35a)								8	Mako Qualifier meet (access 8:35a)								8	mass warm up 8:45a-9:05a		
9	warm up 1 8:45a-9:05a, session 1 9:15a-12:25p, warm up 2 12:25p-12:45p, session 2 12:45p-3:10p, warm up 3 3:10p-3:50p, session 3 3:50p-7p								9	warm up/cool down 9:05a-12:25p								9	Masters Swim 9:30a-11a		Masters Swim 9:30a-11a
10									10									10	mass warm up 12:25p-12:45p		
11									11									11	warm up/cool down 12:45-3:10		
12									12									12	mass warm up 3:10p-3:50p		
1									1									1	Warm up/cool down 3:50p-7p		
6	clean up 7p-8p								6	clean up 7p-8p								6	Facility closes at 6p		Facility closes at 6p

SUNDAY, February 5

LANES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
7	Mako Qualifier meet (access 8:35a)								7	Mako Qualifier meet (access 8:35a)								7			
9	warm up 1 8:45a-9:05a, session 1 9:05a-11:40a, warm up 2 11:40a-12:20p, session 2 12:20p-2:45p, warm up 3 2:45p-3:25p, session 3 3:25p-7:15p								9	warm up/cool down 9:05a-11:40a								9	Masters Swim 9:30a-11a		Masters Swim 9:30a-11a
10									10									10	mass warm up 11:40a-12:20p		
11									11									11	warm up/cool down 12:20p-2:45p		Dive Mason 12:30p-2:30p, on deck 12:20p, access 12:20p
12									12									12	mass warm up 2:45p-3:25p		
1									1									1	Warm up/cool down 3:25p-7:15p		
7	clean up 7:15p-9:15p								7	clean up 7:15p-9:15p								7	Facility closes at 8p		Facility closes at 8p