

Practice: Tuesday, June 1 through Friday, June 18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini Mites Mites Midgets 5pm-6pm	Mini Mites Mites Midgets 5pm-6pm	Mini Mites Mites Midgets 5pm-6pm	Mini Mites Mites Midgets 5pm-6pm		
Juniors Intermediates Seniors 6pm-7pm	Juniors Intermediates Seniors 6pm-7pm	Juniors Intermediates Seniors 6pm-7pm	Juniors Intermediates Seniors 6pm-7pm		



MIDLOTHIAN ATHLETIC CLUB

Questions? Contact the Aquatics Department at 330-2222 option #9 or visit our website at macrichmond.com

Practice as of Monday, June 21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini Mites Mites Midgets 830am-930am	Mini Mites Mites Midgets 830am-930am		Mini Mites Mites Midgets 830am-930am	Mini Mites Mites Midgets 830am-930am	
Juniors Intermediates Seniors 930am-1045am	Juniors Intermediates Seniors 930am-1045am		Juniors Intermediates Seniors 930am-1045am	Juniors Intermediates Seniors 930am-1045am	
Mini Mites Mites Midgets 615pm-7pm		Mini Mites Mites Midgets 615pm-7pm	Mini Mites Mites Midgets 615pm-7pm		
Juniors Intermediates Seniors 7pm-8pm		Juniors Intermediates Seniors 7pm-8pm	Juniors Intermediates Seniors 7pm-8pm		

Champs Practice: Only for those swimmers who have qualified to swim

Monday	Tuesday July 20	Wednesday July 21	Thursday July 22	Friday July 23	Saturday July 24
	All Qualified 9am-1030am	All Qualified 9am-1030am	All Qualified 9am-1030am	All Qualified 9am-1030am	All Qualified 9am-1030am
	All Qualified 615pm-745pm	All Qualified 615pm-745pm	All Qualified 615pm-745pm		
Monday July 26	Tuesday July 27	Wednesday	Thursday	Friday	Saturday
All Qualified 9am-10am	11 and Over Only 9am-10am				

Meet Schedule

- Meet #1 Friday, June 18 MAC @ Bon Air
- Meet #2 Tuesday, June 22 MAC @ Smoketree
- Meet #3 Tuesday, June 29 MAC @ Stonehenge
- **Meet #4 Tuesday, July 6 Willow Oaks @ MAC**
- Meet #5 Tuesday, July 13 MAC @ Settler's Landing
- **Meet #6 Monday, July 19 Brandermill @ MAC**

*Meets in Bold are Home Meets! All meets start promptly at 6pm

Meets in **Bold** are Home Meets! All meets start promptly at 6pm.
Warm-up time is 4pm for home meets and 5pm for away meets.

Championships:

10 and under: Monday, July 26 th-6pm

@ Bon Air

11 and over: Tuesday, July 27th-6pm

@Bon Air

