

M*C*A*L
2010-2011
PRACTICE SCHEDULE

LJCC Practice Schedule
Times subject to change

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Sunday</u> (When no meet)
Basic Training 4:00 – 4:30	Basic Training 4:00 – 4:30	Basic Training 4:00 – 4:30	Basic Training 4:00 – 4:30	Recruits 3:30-4:10	Captains 3:00-4:45
Recruits 4:00-4:40	Recruits 4:00-4:40	Recruits 4:00-4:40	Recruits 4:00-4:40	Sergeants 4:00-4:55	Lieutenants 3:30-4:45
Sergeants 4:45-5:40	Sergeants 4:45-5:40	Sergeants 4:45-5:40	Sergeants 4:45-5:40	Lieutenants 4:00-5:30	Sergeants 4:45-5:40
Lieutenants 5:45-7:00	Dry Lands 5:00-5:30	Lieutenants 5:45-7:00	Dry Lands 5:0- 5:30	Captains 4:00-5:45	Recruits 4:45-5:25
Lieutenants2 5:45-7:15	Lieutenants 5:45-7:00	Lieutenants2 5:45-7:15	Lieutenants 5:45-7:00		
Captains 5:45-7:30	Lieutenants2 5:45-7:15	Captains 5:45-7:30	Lieutenants2 5:45-7:15		
	Captains 5:45-7:30		Captains 5:45-7:30		

Sportplex 280 Practice Schedule
Times subject to change

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Basic Training 3:30-4:00	Recruits 4:00-4:40	Basic Training 3:30-4:00	Recruits 4:00-4:40	Lieutenants 4:00-5:30	Basic Training 9:00-9:30AM
Recruits 4:00-4:40	Sergeants 4:45-5:40	Recruits 4:00-4:40	Sergeants 4:45-5:40	Captains(1 LN) 4:00-5:45	Sergeants 9:00-9:55AM
Sergeants 4:45-5:40	Lieutenants 5:45-7:00	Sergeants 4:45-5:40	Lieutenants 5:45-7:00	Sergeants 5:30-6:25	Lieutenants 9:30-10:45AM
Lieutenants 5:45-7:00	Captains(1 LN) 5:15-7:00	Lieutenants 5:45-7:00	Captains(1 LN) 5:15-7:00		Captains(1 LN) 10:00-11:30
Captains(1 LN) 5:15-7:00		Captains(1 LN) 5:15-7:00			

Talladega Practice Schedule
Times To Be Announced