

# AUGUST 2024 EXCEL SWIMMING SCHEDULE

Check the Excel "Swim Schedule" website section for updates [posted 05-01-24]

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>28 July</b> <b>SWIM 9:00-10:30AM</b> short course lanes in Aquatic Center	<b>29</b> <b>SWIM 6:00-7:30AM</b> <b>SWIM 7:30-9:00AM</b> short course lanes  NYS SRS Heckscher	<b>30</b> <b>SWIM 6:30-7:45PM</b> short course lanes	<b>31</b> <b>SWIM 6:00-7:30AM</b> <b>SWIM 7:30-9:00AM</b> short course lanes ToH ocean lifeguard Tournament at Lido	<b>1 August</b> <b>SWIM 6:30-7:45PM</b> short course lanes	<b>2 August</b> <b>SWIM 6:00-7:30AM</b> short course lanes <b>SWIM 7:30-9:00AM</b> short course lanes	<b>3 August</b>  Swim Across America Team Carolyn & Team Excel STC Glen Cove
<b>4 August</b> <b>SWIM 9:00-10:30AM</b> short course lanes in Aquatic Center  Smith Point Sprint Tri	<b>5</b> <b>SWIM 6:00-7:30AM</b> <b>SWIM 7:30-9:00AM</b> short course lanes  NYS SRS Jones Beach	<b>6</b> <b>SWIM 6:30-7:45PM</b> short course lanes	<b>7</b> <b>SWIM 6:00-7:30AM</b> short course lanes <b>SWIM 7:30-9:00AM</b> short course lanes	<b>8</b> <b>SWIM 6:30-7:45PM</b> short course lanes	<b>9</b> <b>SWIM 6:00-7:30AM</b> short course lanes <b>SWIM 7:30-9:00AM</b> short course lanes	<b>10 August</b>  Masters Long Course Meters Swim Meet in Rahway, New Jersey
<b>11 August</b> <b>SWIM 9:00-10:30AM</b> short course lanes in Aquatic Center  Whisper Tri & Run	<i>Monday-Friday, August 12-16:</i>  AM & PM open water (WNB, Tobay & Crescent) group swim practices.  Nassau County Aquatic Center closed for routine annual maintenance.					<b>17 August</b>
<b>18 August</b> WNB open water swim	<i>Monday-Friday, August 19-23:</i>  AM & PM open water (WNB, Tobay & Crescent) group swim practices.  Nassau County Aquatic Center closed for routine annual maintenance.					<b>24 August</b>  Wed-Sun Aug 21-25 USMS National lcm championships in Mission Viejo, CA
<b>25 August</b> WNB open water swim  RE Tobay Sprint Triathlon	<i>Monday-Friday, August 26-30:</i>  AM & PM open water (WNB, Tobay & Crescent) group swim practices.  Nassau County Aquatic Center closed for routine annual maintenance.					<b>31 August</b>  Return to Aquatic Center pool training after Labor Day – enjoy the holiday!  The Main Street Mile