

JULY 2018 EXCEL SWIMMING SCHEDULE

check the Excel "Schedule & News" website section for details and updates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 July 8AM open water swim at West Neck Beach 2XU NYC Oly Triathlon	2 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	3 AM LITC track workout SWIM 7:00-8:15PM short course lanes	4 <i>NO AM pool workouts</i> <i>(federal holiday)</i> <i>Happy 4th of July</i>	5 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	6 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	7 July Fire Island National 5K Championship & 1 Mile open water swim races
8 July <i>8am open water swim West Neck Beach no coach unsupervised</i> Jamesport Sprint Tri	9 SWIM 6:00-7:30AM SWIM 7:30-9:00AM long course lanes 6:45PM Open Water swim Tobay bay side	10 AM LITC track workout SWIM 7:00-8:15PM LCM + SCM lanes	11 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes PM track workout	12 AM LITC bike intervals SWIM 7:00-8:15PM long course lanes	13 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes MF Cross Bay Swim	14 July 7AM open water swim at Heckscher State Park in the Great South Bay LITC/TRE weekend bike rides and runs
15 July 8AM open water swim at West Neck Beach	16 SWIM 6:00-7:30AM SWIM 7:30-9:00AM long course lanes 6:45PM Open Water swim Tobay bay side	17 AM LITC track workout SWIM 7:00-8:15PM LCM + SCM lanes	18 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes PM track workout	19 AM LITC bike intervals <i>NO PM pool workout due to Senior Mets at the Aquatic Center</i>	20 SWIM 6:00-7:30AM <i>ONE workout due to Senior Mets being held at the Aquatic Center</i>	21 July 7AM open water swim at Heckscher / GSB LITC/TRE weekend bike rides and runs
22 July <i>8am open water swim West Neck Beach no coach unsupervised</i> Ironman Lake Placid Long Beach Biathlon Maryland LCM meet	23 SWIM 6:00-7:30AM SWIM 7:30-9:00AM long course lanes 6:45PM Open Water swim Tobay bay side	24 AM LITC track workout SWIM 7:00-8:15PM LCM + SCM lanes	25 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes PM track workout	26 AM LITC bike intervals SWIM 7:00-8:15PM long course lanes	27 SWIM 6:00-7:30AM <i>ONE workout due to Junior Olympics being held at Aquatic Center</i>	28 July 7AM open water swim at Heckscher / GSB LITC/TRE weekend bike rides and runs
29 July 8AM open water swim at West Neck Beach	30 SWIM 6:00-7:30AM SWIM 7:30-9:00AM long course lanes 6:45PM Open Water swim Tobay bay side	31 AM LITC track workout SWIM 7:00-8:15PM LCM + SCM lanes	1 August SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes PM track workout	2 August AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	3 August SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	4 August 7AM open water swim at Heckscher / GSB LITC/TRE weekend bike rides and runs