

PRELIMINARY JULY 2019 EXCEL SWIM SCHEDULE

Check the Excel "Swim Schedule" website section for details and updates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 June NO AM pool workout. Special open water swim clinic & training session sponsored by SAA open to everyone.	1 July SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	2 AM LITC track workout SWIM 7:00-8:15PM SCM + LCM lanes	3 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	4 NO evening workout. Pool closed for holiday. Happy Fourth of July!	5 ONE WORKOUT SWIM 7:00-8:30AM long course meters extra lanes rented	6 July LITC/TRE weekend bike rides and runs
7 July SWIM 9:00-10:30AM in FREEDOM POOL TENTATIVE – TBD	8 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	9 AM LITC track workout SWIM 7:00-8:15PM SCM + LCM lanes	10 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	11 AM LITC bike intervals SWIM 7:00-8:15PM long course meters	12 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	13 July LITC/TRE weekend bike rides and runs
14 July SWIM 9:00-10:30AM in FREEDOM POOL TENTATIVE – TBD	15 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	16 AM LITC track workout SWIM 7:00-8:15PM SCM + LCM lanes	17 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	18 AM LITC bike intervals No PM pool workout. PM open water swim practice will be held. Sr. Mets Champs being held at Aquatic Center.	19 NO AM pool workouts. AM open water swim practices will be held. Sr. Mets Champs being held at Aquatic Center.	20 July LITC/TRE weekend bike rides and runs
21 July SWIM 9:00-10:30AM in FREEDOM POOL TENTATIVE – TBD	22 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	23 AM LITC track workout SWIM 7:00-8:15PM SCM + LCM lanes	24 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	25 AM LITC bike intervals SWIM 7:00-8:15PM long course meters	26 NO AM pool workouts. AM open water swim practices will be held. Junior Olympics being held at Aquatic Center.	27 July LITC/TRE weekend bike rides and runs
28 July SWIM 9:00-10:30AM in FREEDOM POOL TENTATIVE – TBD	29 July SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	30 July AM LITC track workout SWIM 7:00-8:15PM SCM + LCM lanes	31 July SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	1 August AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	2 August SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	3 August LITC/TRE weekend bike rides and runs