

PRELIMINARY JUNE 2019 EXCEL SWIM SCHEDULE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 June SWIM 9:00-10:30AM long course meters	3 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	4 AM LITC track workout SWIM 7:00-8:15PM SCM + LCM lanes	5 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	6 AM LITC bike intervals SWIM 7:00-8:15PM long course meters	7 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	8 June LITC/TRE weekend bike rides and runs
9 June SWIM 9:00-10:30AM in FREEDOM POOL TENTATIVE – TBD	10 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	11 AM LITC track workout SWIM 7:00-8:15PM SCM + LCM lanes	12 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	13 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	14 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	15 June LITC/TRE weekend bike rides and runs
16 June SWIM 9:00-10:30AM short course lanes Happy Father's Day!	17 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	18 AM LITC track workout SWIM 7:00-8:15PM short course lanes	19 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	20 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	21 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes First Day of Summer	22 June LITC/TRE weekend bike rides and runs
23 June SWIM 9:00-10:30AM short course lanes	24 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	25 AM LITC track workout SWIM 7:00-8:15PM SCM + LCM lanes	26 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	27 AM LITC bike intervals SWIM 7:00-8:15PM long course lanes	28 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	29 June LITC/TRE weekend bike rides and runs
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 July AM LITC track workout SWIM 7:00-8:15PM SCM + LCM lanes	3 July SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	4 July NO evening workout. Pool closed for holiday. Happy Fourth of July!	5 July ONE WORKOUT SWIM 7:00-8:30AM long course meters extra lanes rented	6 July LITC/TRE weekend bike rides and runs