

MARCH 2018 EXCEL SWIMMING SCHEDULE

Regularly check the Excel "Schedule & News" website section for updates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>25 February</p> <p><i>SWIM 9:00-11:00AM</i> special endurance two-hour workout short course lanes open to ALL current Excel team members</p>	<p>26 February</p> <p><i>SWIM 6:00-7:30AM</i> short course lanes</p> <p><i>SWIM 7:30-9:00AM</i> short course lanes</p>	<p>27 February</p> <p>AM LITC track workout</p> <p><i>SWIM 6:45-8:00PM</i> short course lanes</p>	<p>28 February</p> <p><i>SWIM 6:00-7:30AM</i> short course lanes</p> <p><i>SWIM 7:30-9:00AM</i> short course lanes</p>	<p>1 March</p> <p>AM LITC bike intervals</p> <p>NO PM WORKOUT Boys High School NY State Champs</p>	<p>2 March</p> <p>ONE WORKOUT <i>SWIM 6:00-7:30AM</i> short course lanes Boys High School NY State Champs</p>	<p>3 March</p> <p>LITC/TRE - weekend group runs/bike rides</p> <p><i>Masters Yard Swim Meet at Monmouth Univ. in NJ</i></p>
<p>4 March</p> <p><i>SWIM 9:00-11:00AM</i> special endurance two-hour workout short course lanes open to ALL current Excel team members</p>	<p>5</p> <p><i>SWIM 6:00-7:30AM</i> short course lanes</p> <p><i>SWIM 7:30-9:00AM</i> short course lanes</p>	<p>6</p> <p>AM LITC track workout</p> <p><i>SWIM 6:45-8:00PM</i> short course lanes</p>	<p>7</p> <p><i>SWIM 6:00-7:30AM</i> short course lanes</p> <p><i>SWIM 7:30-9:00AM</i> short course lanes</p>	<p>8</p> <p>AM LITC bike intervals</p> <p><i>SWIM 6:30-7:45PM</i> short course lanes</p>	<p>9</p> <p>NO AM Workouts</p> <p><i>Junior Olympics being held at our pool all day</i></p>	<p>10 March</p> <p>LITC/TRE - weekend group runs/bike rides <i>Daylight Saving Time begins – turn clocks ahead one hour before going to sleep tonight!</i></p>
<p>11 March</p> <p><i>SWIM 9:00-10:30AM</i> short course lanes in LIAC's auxiliary pool</p>	<p>12</p> <p><i>SWIM 6:00-7:30AM</i> short course lanes</p> <p><i>SWIM 7:30-9:00AM</i> short course lanes</p>	<p>13</p> <p>AM LITC track workout</p> <p><i>SWIM 6:45-8:00PM</i> short course lanes</p>	<p>14</p> <p><i>SWIM 6:00-7:30AM</i> short course lanes</p> <p><i>SWIM 7:30-9:00AM</i> short course lanes</p>	<p>15</p> <p>AM LITC bike intervals</p> <p><i>SWIM 6:30-7:45PM</i> short course lanes</p>	<p>16</p> <p><i>SWIM 6:00-7:30AM</i> short course lanes</p> <p><i>SWIM 7:30-9:00AM</i> short course lanes</p>	<p>17 March</p> <p>LITC/TRE - weekend group runs/bike rides</p> <p><i>St. Patrick's Day</i></p>
<p>18 March</p> <p><i>Excel's 5th Annual Workout Challenge Check-In at 7:00AM</i></p>	<p>19</p> <p>NO AM Workouts</p> <p><i>Workout Challenge</i></p> <p>RECOVERY DAY</p>	<p>20</p> <p>AM LITC track workout</p> <p><i>SWIM 6:45-8:00PM</i> short course lanes</p> <p><i>First Day of Spring</i></p>	<p>21</p> <p><i>SWIM 6:00-7:30AM</i> short course lanes</p> <p><i>SWIM 7:30-9:00AM</i> short course lanes</p>	<p>22</p> <p>AM LITC bike intervals</p> <p><i>SWIM 6:30-7:45PM</i> short course lanes</p>	<p>23</p> <p><i>SWIM 6:00-7:30AM</i> short course lanes</p> <p><i>SWIM 7:30-9:00AM</i> short course lanes</p>	<p>24 March</p> <p>LITC/TRE - weekend group runs/bike rides</p>
<p>25 March</p> <p><i>SWIM 9:00-10:30AM</i> short course lanes</p> <p><i>Palm Sunday</i></p>	<p>26</p> <p><i>SWIM 6:00-7:30AM</i> short course lanes</p> <p><i>SWIM 7:30-9:00AM</i> short course lanes</p>	<p>27</p> <p>AM LITC track workout</p> <p><i>SWIM 6:45-8:00PM</i> short course lanes</p>	<p>28</p> <p><i>SWIM 6:00-7:30AM</i> short course lanes</p> <p><i>SWIM 7:30-9:00AM</i> short course lanes</p>	<p>29 March</p> <p>AM LITC bike intervals</p> <p><i>SWIM 6:30-7:45PM</i> short course lanes</p>	<p>30 March</p> <p>ONE WORKOUT <i>SWIM 7:30-9:00AM</i> short course lanes <i>Online registration closes at NOON for Sun Apr 8 swim meet at FMCP pool</i></p>	<p>31 March</p> <p>LITC/TRE - weekend group runs/bike rides</p> <p><i>Happy Passover</i></p>