

MAY 2018 EXCEL SWIMMING SCHEDULE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 April SWIM 9:00-10:30AM short course lanes in LIAC's Freedom Pool	30 April SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	1 May AM LITC track workout SWIM 7:00-8:15PM LC + SC meter lanes	2 May SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	3 May AM LITC bike intervals SWIM 6:30-7:45PM short course lanes	4 May SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	5 May <i>LI Marathon Festival of Events Weekend</i>
6 May Swim 11AM-12:30PM NOTE TIME CHANGE! short course lanes <i>Long Island Marathon</i>	7 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	8 AM LITC track workout SWIM 7:00-8:15PM LC + SC meter lanes	9 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	10 AM LITC bike intervals SWIM 7:00-8:15PM long course lanes	11 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes USMS Nat'l Champs	12 May <i>LITC/TRE weekend bike rides and runs</i> <i>USMS Nat'l Champs at IU Natatorium Indy</i>
13 May SWIM 9:00-10:30AM short course lanes in LIAC's Freedom Pool USMS Nat'l Champs Happy Mother's Day!	14 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	15 AM LITC track workout SWIM 7:00-8:15PM LC + SC meter lanes	16 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	17 AM LITC bike intervals SWIM 6:30-7:45PM short course lanes	18 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	19 May <i>Race Awesome MTB & Trail Run at Stillwell Woods in Woodbury</i>
20 May SWIM 9:00-10:30AM short course lanes	21 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	22 AM LITC track workout SWIM 6:45-8:00PM short course lanes	23 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	24 AM LITC bike intervals SWIM 6:30-7:45PM short course lanes	25 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	26 May <i>LITC/TRE weekend bike rides and runs</i>
27 May 9:00-10:30AM SWIM short course = = = = = = = = 3 June 9:00-10:30AM SWIM long course Race Awesome Sprint Tri By The Bay in Islip	28 <i>NO morning workouts</i> <i>Happy Memorial Day!</i> <i>Enjoy the holiday with your family & friends!</i>	29 AM LITC track workout SWIM 6:45-8:00PM short course lanes	30 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	31 AM LITC bike intervals SWIM 7:00-8:15PM long course lanes	1 June SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	2 June <i>LITC/TRE weekend bike rides and runs</i>