

# NOVEMBER 2019 EXCEL SWIM SCHEDULE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 October  SWIM 9:00-10:30AM short course lanes	28 October  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	29 October  AM LITC track workout  SWIM 7:00-8:15PM short course lanes	30 October  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	31 October  AM LITC bike intervals  SWIM 7:00-8:15PM short course lanes  Happy Halloween! 	1 November  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	2 November  <i>LITC/TRE weekend bike rides and runs</i>  <i>DST ends - turn clocks back one hour Sat nite</i>
3 November  SWIM 9:00-10:30AM short course lanes	4  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	5  <i>AM LITC track workout</i>  <i>NO PM SWIM - facility closes early Election Day</i>	6  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	7  AM LITC bike intervals  SWIM 7:00-8:15PM short course lanes	8  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	9 November  <i>LITC/TRE weekend bike rides and runs</i>
10 November  SWIM 9:00-10:30AM short course lanes	11  <b>ONE WORKOUT</b> SWIM 7:00-8:30AM short course lanes  Veterans Day 	12  AM LITC track workout  SWIM 7:00-8:15PM short course lanes	13  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	14  AM LITC bike intervals  SWIM 7:00-8:15PM short course lanes	15  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	16 November  <i>LITC/TRE weekend bike rides and runs</i>
17 November  SWIM 9:00-10:30AM short course lanes	18  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	19  AM LITC track workout  SWIM 7:00-8:15PM short course lanes	20  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	21  AM LITC bike intervals  SWIM 7:00-8:15PM short course lanes	22  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	23 November  <i>LITC/TRE weekend bike rides and runs</i>
24 November NO morning workout Masters swim meet at our pool TEAM event! ===== 1 December SWIM 9:00-10:30AM short course lanes	25  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	26  AM LITC track workout  SWIM 7:00-8:15PM short course lanes	27  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	28  NO swim-pool closed for Thanksgiving Day  	29  <b>ONE Special Workout</b> SWIM 7:15-8:45AM Butterball Burnoff Swim all training lanes rented	30 November  <i>LITC/TRE weekend bike rides and runs</i>  <i>DST ends - turn clocks back one hour Sat nite</i>