

# PRELIMINARY NOVEMBER 2020 EXCEL SWIM SCHEDULE

for *updates/changes* regularly check the Excel "Swim Schedule" website section

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 November  SWIM 9:00-10:30AM short course yards DST ends turn your clocks back an hour	2  SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	3  SWIM 5:45-7:00PM short course yards Facility closes 7PM due to Election Day	4  SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	5  AM LITC bike intervals  SWIM 7:00-8:15PM short course yards	6  SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	7 November  LITC/TRE weekend bike rides and runs
8 November  SWIM 9:00-10:30AM short course yards in Freedom Pool	9  SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	10  SWIM 5:45-7:00PM short course yards Facility closes 7PM due to Veterans Day	11  SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	12  AM LITC bike intervals  SWIM 7:00-8:15PM short course yards	13  SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	14 November  LITC/TRE weekend bike rides and runs
15 November  SWIM 9:00-10:30AM short course yards	16  SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	17  AM LITC track workout  SWIM 7:00-8:15PM short course yards	18  SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	19  AM LITC bike intervals  SWIM 7:00-8:15PM short course yards	20  SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	21 November  LITC/TRE weekend bike rides and runs
22 November  ***PENDING*** Either masters swim meet at our facility or SWIM 9:00-10:30AM	23  SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	24  AM LITC track workout  SWIM 7:00-8:15PM short course yards	25  SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	26  NO SWIMMING Facility is CLOSED  Happy Thanksgiving	27  Butterball Burn-Off SWIM 7:00-8:30AM short course yards extra lanes rented	28 November  LITC/TRE weekend bike rides and runs
29 November  SWIM 9:00-10:30AM short course yards	30  SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	1 December  Daily schedule details posted mid-November	2  Daily schedule details posted mid-November	3  Daily schedule details posted mid-November	4  Daily schedule details posted mid-November	5 December