

OCTOBER 2018 EXCEL SWIM SCHEDULE

Check the Excel "Schedule & News" website section for details and updates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 September SWIM 9:00-10:30AM short course lanes in the Freedom Pool Mighty Montauk Tri	1 October SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	2 October AM LITC track workout SWIM 7:00-8:15PM short course lanes	3 October SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	4 October AM LITC bike intervals SWIM 7:00-8:15PM short course yards	5 October SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	6 October LITC/TRE weekend bike rides and runs Race Awesome Fall Duathlon in Seaford at Cedar Creek Park
7 October NO AM pool workout DIVA Half Marathon in Eisenhower Park Pool opens at 12noon	8 >ONE WORKOUT< SWIM 7:00-8:30AM short course lanes Columbus Day	9 AM LITC track workout SWIM 7:00-8:15PM short course lanes	10 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	11 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	12 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	13 October LITC/TRE weekend bike rides and runs
14 October SWIM 9:00-10:30AM short course lanes	15 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	16 AM LITC track workout SWIM 7:00-8:15PM short course lanes	17 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	18 AM LITC bike intervals 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 October LITC/TRE weekend bike rides and runs
21 October SWIM 9:00-10:30AM short course lanes in the Freedom Pool	22 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	23 AM LITC track workout SWIM 7:00-8:15PM short course lanes	24 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	25 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	26 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	27 October LITC/TRE weekend bike rides and runs Race Awesome Dark Strides 5K & 10K Run at Cedar Creek Park
28 October SWIM 9:00-10:30AM short course lanes Suffolk Marathon	29 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	30 AM LITC track workout SWIM 7:00-8:15PM short course lanes	31 SWIM 6:00-7:30AM SWIM 7:30-9:00AM short course lanes Happy Halloween!	1 November AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	2 November SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	3 November LITC/TRE weekend bike rides and runs Daylight Saving Time ends - turn your clocks back one hour tonight!