

OCTOBER 2020 EXCEL SWIMMING SCHEDULE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 September SWIM 9:00-10:30AM short course yards	28 September SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	29 September AM LITC track workout SWIM 7:00-8:15PM short course yards	30 September SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	1 October AM LITC bike intervals SWIM 7:00-8:15PM short course yards	2 October SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	3 October LITC/TRE weekend bike rides and runs
4 October SWIM 9:00-10:30AM short course yards	5 SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	6 AM LITC track workout SWIM 7:00-8:15PM short course yards	7 SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	8 AM LITC bike intervals SWIM 7:00-8:15PM short course yards	9 SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	10 October LITC/TRE weekend bike rides and runs
11 October SWIM 9:00-10:30AM short course yards	12 >ONE WORKOUT< SWIM 7:00-8:30AM short course yards Columbus Day	13 AM LITC track workout SWIM 7:00-8:15PM short course yards	14 SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	15 AM LITC bike intervals SWIM 7:00-8:15PM short course yards	16 SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	17 October LITC/TRE weekend bike rides and runs
18 October SWIM 9:00-10:30AM short course yards in Freedom Pool	19 SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	20 AM LITC track workout SWIM 7:00-8:15PM short course yards	21 SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	22 AM LITC bike intervals SWIM 7:00-8:15PM short course yards	23 SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	24 October LITC/TRE weekend bike rides and runs
25 October SWIM 9:00-10:30AM short course yards	26 SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	27 AM LITC track workout SWIM 7:00-8:15PM short course yards	28 SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	29 October AM LITC bike intervals SWIM 7:00-8:15PM short course yards	30 October SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	31 October DST ends – turn your clocks back one hour tonight. Happy Halloween!