

PRELIMINARY OCTOBER 2022 EXCEL SWIMMING SCHEDULE

Regularly check the Excel "Swim Schedule" website section for updates (posted 07-28-22)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Saturday 1 October SWIM 8:00-9:30AM Substitution for no Sun 2 Oct workout (facility special event) Mighty Montauk Tri	3 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	4 SWIM 6:30-7:45PM short course lanes	5 SWIM 6:00-7:30AM SWIM 7:30-9:00AM short course lanes Yom Kippur	6 SWIM 6:30-7:45PM short course lanes	7 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	8 October Race Awesome Fall Duathlon in Seaford
9 October SWIM 9:00-10:30AM short course lanes	10 ONE WORKOUT SWIM 7:00-8:30AM extra lanes rented Columbus Day	11 SWIM 6:30-7:45PM short course lanes	12 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	13 SWIM 6:30-7:45PM short course lanes	14 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	15 October
16 October SWIM 9:00-10:30AM short course lanes in FREEDOM POOL	17 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	18 SWIM 6:30-7:45PM short course lanes	19 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	20 SWIM 6:30-7:45PM short course lanes	21 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	22 October Suffolk County Marathon
23 October SWIM 9:00-10:30AM short course lanes in FREEDOM POOL	24 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	25 <i>Facility special event alternate swim option TBD – stay tuned . . .</i>	26 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	27 <i>Facility special event alternate swim option TBD – stay tuned . . .</i>	28 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	29 October IM 70.3 World Champs
30 October SWIM 8:30-10:00AM short course lanes	31 SWIM 6:00-7:30AM SWIM 7:30-9:00AM short course lanes Happy Halloween!	1 November <i>SWIM 6:30-7:45PM</i> short course lanes	2 November <i>SWIM 6:00-7:30AM</i> short course lanes <i>SWIM 7:30-9:00AM</i> short course lanes	3 November <i>SWIM 6:30-7:45PM</i> short course lanes	4 November <i>SWIM 6:00-7:30AM</i> short course lanes <i>SWIM 7:30-9:00AM</i> short course lanes	5 November DST ends – turn clocks BACK one hour at night