

CONFIRMED SEPTEMBER 2022 EXCEL SWIMMING SCHEDULE

Regularly check [Excel Swim Schedule website section](#) for updates (*posted 07-28-22*)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>28 August</p> <p>Tobay Sprint Triathlon</p>	<p>29 August</p> <p>Aquatic Center closed for annual maintenance. Team training break.</p>	<p>30 August</p> <p>Aquatic Center closed for annual maintenance. Team training break.</p>	<p>31 August</p> <p>Aquatic Center closed for annual maintenance. Team training break.</p>	<p>1 September</p> <p>Aquatic Center closed for annual maintenance. Team training break.</p>	<p>2 September</p> <p>Aquatic Center closed for annual maintenance. Team training break.</p>	<p>4 September</p> <p>Aquatic Center closed</p> <p>Main Street Mile</p> <p>Labor Day weekend</p>
<p>4 September</p> <p>Aquatic Center closed</p> <p>Labor Day weekend</p>	<p>5</p> <p>Aquatic Center closed</p> <p>Long Beach 5 mile run</p> <p>Happy Labor Day!</p>	<p>6</p> <p>No pool workouts</p>	<p>7</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>8</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>9</p> <p>No pool workouts</p>	<p>10 September</p> <p>IM 70.3 Atlantic City</p> <p>Art Figur Memorial 2K OWS New Rochelle</p>
<p>11 September</p> <p>SWIM 9:00-10:30AM short course lanes</p> <p>Mighty Hamptons Tri Ironman Wisconsin</p>	<p>12</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>13</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>14</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>15</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>16</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>17 September</p> <p>Pt. Lookout Sprint Tri</p>
<p>18 September</p> <p>SWIM 9:00-10:30AM short course lanes</p>	<p>19</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>20</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>21</p> <p>SWIM 6:00-7:30AM SWIM 7:30-9:00AM short course lanes</p>	<p>22</p> <p>SWIM 6:30-7:45PM short course lanes</p> <p>First Day of Fall</p>	<p>23</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>24 September</p> <p>GSB Half Marathon</p>
<p>25 September</p> <p>SWIM 9:00-10:30AM short course lanes in FREEDOM POOL Toughman Triathlon GLIRC O2S run relay</p>	<p>26</p> <p>SWIM 6:00-7:30AM SWIM 7:30-9:00AM short course lanes Rosh Hashanah</p>	<p>27</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>28</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>29</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>30</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>1 October</p>