

SEPTEMBER 2016

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labor Day	6	7	8	9	10
11	12	13	14	15	16	17 8-9:45am RIT OPENING DAY General Sets 3,000yds
18 NO PRACTICE	19 5:45-7:15am MCC Free 3,500 yds	20 6:30-8 pm MCC Free 3,500yds	21 5:45-7:15 am MCC Back 3,500yds	22 6:30-8 pm MCC Back 3,500yds	23 5:45-7:15 am MCC Streamline 3,600yds	24 8-9:45am RIT Long Axis 4,000yds
25 NO PRACTICE	26 5:45-7:15 am MCC Breast 3,800yds	27 6:30-8 pm MCC Breast 3,800yds	28 5:45-7:15am MCC Body Position/Fly 3,800yds	29 6:30-8 pm MCC Body Position/Fly 3,800yds	30 5:45-7:15 am MCC Short Axis 3,800yds	

Birthdays



Bob C 9/6
Christina Dopp 9/15
Tim S 9/21
Rob H 9/26

Dr. Mike 9/27
Cady 9/29
Jennie 9/29
Ken K 9/29