





# NOVEMBER 2017

## Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="color: green; font-weight: bold;">Daylight Savings time ends Sunday November 5</p> <p style="color: purple; font-weight: bold;">5 RAMS &amp; RIT MASTERS SWIM MEET</p> 			<p style="color: red; font-weight: bold;">1</p> <p style="color: red; font-weight: bold;">5:45-7:15am MCC</p> <p>Turns 3,800yds</p>	<p style="color: green; font-weight: bold;">2</p> <p style="color: green; font-weight: bold;">6:30-8 pm MCC</p> <p>Breath Control/Finishes 3,500yds</p>	<p style="color: red; font-weight: bold;">3</p> <p style="color: red; font-weight: bold;">5:45-7:15 am MCC</p> <p>Breath Control/Finishes 3,500yds</p>	<p style="color: blue; font-weight: bold;">4</p> <p style="color: blue; font-weight: bold;">8:10-9:55 am RIT</p> <p>Starts, Turns, Finish 3,000yds</p>
	<p style="color: red; font-weight: bold;">6</p> <p style="color: red; font-weight: bold;">5:45-7:15 am MCC</p> <p>Short Axis 4,500yds</p>	<p style="color: green; font-weight: bold;">7</p> <p style="color: green; font-weight: bold;">6:30-8 pm MCC</p> <p>General Sets Videotaping 3,800yds</p>	<p style="color: red; font-weight: bold;">8</p> <p style="color: red; font-weight: bold;">7:15 am MCC</p> <p>General Sets Videotaping 3,800yds</p>	<p style="color: green; font-weight: bold;">9</p> <p style="color: green; font-weight: bold;">6:30-8 pm MCC</p> <p>Free 4,500yds</p>	<p style="color: red; font-weight: bold;">10</p> <p style="color: red; font-weight: bold;">5:45-7:15 am MCC</p> <p>Free 4,500yds</p>	<p style="color: blue; font-weight: bold;">11</p> <p style="color: blue; font-weight: bold;">8:10-9:55 am RIT</p> <p>Middle Distance 5,200yds</p>
<p style="color: red; font-weight: bold;">12</p> <p style="color: red; font-weight: bold;">NO PRACTICE</p>	<p style="color: red; font-weight: bold;">13</p> <p style="color: red; font-weight: bold;">5:45-7:15 am MCC</p> <p>Distance 5,400yds</p>	<p style="color: green; font-weight: bold;">14</p> <p style="color: green; font-weight: bold;">6:30-8 pm MCC</p> <p>Sculling/fly 4,000</p>	<p style="color: red; font-weight: bold;">15</p> <p style="color: red; font-weight: bold;">5:45-7:15 am MCC</p> <p>Sculling/fly 4,000</p>	<p style="color: green; font-weight: bold;">16</p> <p style="color: green; font-weight: bold;">6:30-8 pm MCC</p> <p>Backstroke 4,000yds</p>	<p style="color: red; font-weight: bold;">17</p> <p style="color: red; font-weight: bold;">5:45-7:15 am MCC</p> <p>Streamline/Exhale 4,200yds</p>	<p style="color: blue; font-weight: bold;">18</p> <p style="color: blue; font-weight: bold;">8:10-9:55 am RIT</p> <p>Pulling 5,400yds</p>
<p style="color: red; font-weight: bold;">19</p> <p style="color: red; font-weight: bold;">NO PRACTICE</p>	<p style="color: red; font-weight: bold;">20</p> <p style="color: red; font-weight: bold;">5:45-7:15 am MCC</p> <p>Backstroke 4,000yds</p>	<p style="color: green; font-weight: bold;">21</p> <p style="color: green; font-weight: bold;">6:30-8 pm MCC</p> <p>IM Turns 4,000yds</p>	<p style="color: red; font-weight: bold;">22</p> <p style="color: red; font-weight: bold;">5:45-7:15 am MCC</p> <p>IM 4,000yds</p>	<p style="color: red; font-weight: bold;">23</p> <p style="color: red; font-weight: bold;">NO PRACTICE</p> 	<p style="color: red; font-weight: bold;">24</p> <p style="color: red; font-weight: bold;">NO PRACTICE</p> 	<p style="color: blue; font-weight: bold;">25</p> <p style="color: blue; font-weight: bold;">8:10-9:55 am RIT</p> <p>Bilateral 4,800yds</p>
<p style="color: red; font-weight: bold;">26</p> <p style="color: red; font-weight: bold;">NO PRACTICE</p>	<p style="color: red; font-weight: bold;">27</p> <p style="color: red; font-weight: bold;">5:45-7:15am MCC</p> <p>Kicking 4,500yds</p>	<p style="color: green; font-weight: bold;">28</p> <p style="color: green; font-weight: bold;">6:30-8 pm MCC</p> <p>Kicking 4,500yds</p>	<p style="color: red; font-weight: bold;">29</p> <p style="color: red; font-weight: bold;">5:45-7:15 am MCC</p> <p>Breaststroke 3,900yds</p>	<p style="color: green; font-weight: bold;">30</p> <p style="color: green; font-weight: bold;">6:30-8 pm MCC</p> <p>Breaststroke 3,900yds</p>		
	<p style="color: purple; font-weight: bold;">Birthdays</p> 	<p>Ron P. 11/03 Tae S. 11/04 Pat 11/05 Dale 11/7 Terry P. 11/10</p>	<p>Coach Dana 11/13 Kay 11/19 Eric S. 11/24 George C 11/24 Kelly Mulvehill 11/25</p>	<p>Andy S. 11/27</p>		

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