

# May 2018

## Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:30-8 pm MCC Sprint 3,800 yds	2 5:45-7:15am MCC Sprint 3,800yds	3 6:30-8 pm MCC Open Turns 4,000yds	4 5:45-7:15am MCC Pace 5,000yds	5 8:10-9:55 am RIT Freestyle/starts 4,000yds
6 NO PRACTICE	7 5:45-7:15am MCC Bottom half Streamline 3,800yds	8 6:30-8 pm MCC Bottom half Streamline 3,800 yds	9 5:45-7:15am MCC Backstroke 4,000yds	10 6:30-8 pm MCC NO FINS Kicking 4,000yds	11 5:45-7:15am MCC No Fins Kicking 4,000yds	12 NO PRACTICE RIT Commencement
USMS SCY Nationals - 5/10-13 Indianapolis IN						
13 8:10-9:55am RIT Pulling 5,200yds	14 5:45-7:15am MCC Butterfly 4,000yds	15 6:30-8 pm MCC Butterfly 4,000yds	16 5:45-7:15am MCC Open Water 5,000yds	17 6:30-8 pm MCC Open Water 5,000yds	18 5:45-7:15am MCC Snorkle 4,200yds	19 8:10-9:55 am RIT Long Axis 5,200yds
20 NO PRACTICE	21 5:45-7:15am MCC Pace 4,400 yds	22 6:30-8 pm MCC Pace 4,400yds	23 5:45-7:15am MCC IM Turns 4,500yds	24 6:30-8 pm MCC Distance 5,500 yds	25 5:45-7:15am MCC Distance 5,500 yds	26 NO PRACTICE Memorial Day Weekend
27 NO PRACTICE Memorial Day Weekend	28 NO PRACTICE Memorial Day	29 6:30-8 pm MCC Middle Distance 4,300yds	30 5:45-7:15am MCC Middle Distance 4,300yds	31. 6:30-8pm MCC Sprint Kick 3,200yds		

### Birthdays

Tom Z 5/1  
Bill B 5/8  
Rob M 5/9  
Heather 5/12  
Jon 5/13

Ann Marie 5/14  
Carl 5/15  
Allie 5/20