

# NOVEMBER 2018

## Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="color: green; text-align: center;">Daylight Savings time ends Sunday November 4</p> <p style="color: purple; text-align: center;">4 RAMS &amp; RIT MASTERS SWIM MEET</p> 				<p style="text-align: center;">1 6:30-8 pm <b>MCC</b> Breath Control/Finishes 3,500yds</p>	<p style="text-align: center;">2 5:45-7:15 am <b>MCC</b> Breath Control/Finishes 3,500yds</p>	<p style="text-align: center;">3 8:10-9:55 am <b>RIT</b> Starts, Turns, Finish 3,000yds</p>
	<p style="text-align: center;">5 5:45-7:15 am <b>MCC</b> Short Axis 4,500 yds</p>	<p style="text-align: center;">6 30-8 pm <b>MCC</b> General Sets Videotaping 3,800yds</p>	<p style="text-align: center;">7 45-7:15 am <b>MCC</b> General Sets Videotaping 3,800yds</p>	<p style="text-align: center;">8 6:30-8 pm <b>MCC</b> Free 4,500yds</p>	<p style="text-align: center;">9 5:45-7:15 am <b>MCC</b> Free 4,500yds</p>	<p style="text-align: center;">10 8:10-9:55 am <b>RIT</b> Middle Distance 5,200yds</p>
<p style="text-align: center;">11 <b>NO PRACTICE</b></p>	<p style="text-align: center;">12 5:45-7:15 am <b>MCC</b> Streamline 4,200 yds</p>	<p style="text-align: center;">13 6:30-8 pm <b>MCC</b> Sculling/fly 4,000</p>	<p style="text-align: center;">14 5:45-7:15 am <b>MCC</b> Sculling/fly 4,000</p>	<p style="text-align: center;">15 6:30-8 pm <b>MCC</b> Backstroke 4,200 yds</p>	<p style="text-align: center;">16 5:45-7:15 am <b>MCC</b> Backstroke 4,200 yds</p>	<p style="text-align: center;">17 8:10-9:55 am <b>RIT</b> Pulling 5,400yds</p>
<p style="text-align: center;">18 <b>NO PRACTICE</b></p>	<p style="text-align: center;">19 5:45-7:15 am <b>MCC</b> Distance 5,400 yds</p>	<p style="text-align: center;">20 6:30-8 pm <b>MCC</b> IM Turns 4,000yds</p>	<p style="text-align: center;">21 5:45-7:15 am <b>MCC</b> IM 4,000yds</p>	<p style="text-align: center;">22 <b>NO PRACTICE</b></p> 	<p style="text-align: center;">23 <b>NO PRACTICE</b></p> 	<p style="text-align: center;">24 8:10-9:55 am <b>RIT</b> Bilateral 4,800yds</p>
<p style="text-align: center;">25 <b>NO PRACTICE</b></p>	<p style="text-align: center;">26 5:45-7:15am <b>MCC</b> Kicking 4,500yds</p>	<p style="text-align: center;">27 6:30-8 pm <b>MCC</b> Kicking 4,500yds</p>	<p style="text-align: center;">28 5:45-7:15 am <b>MCC</b> Breaststroke 3,900 yds</p>	<p style="text-align: center;">29 6:30-8 pm <b>MCC</b> Breaststroke 3,900 yds</p>	<p style="text-align: center;">30 45-7:15 am <b>MCC</b> Pace 5,200yds</p>	
	<p style="text-align: center;"><b>Birthdays</b></p> 	<p style="text-align: center;">Tae S. 11/04 Pat 11/05 Dale 11/7 Terry P. 11/10 Coach Dana 11/13 Lucas 11.19</p>	<p style="text-align: center;">Kay 11/19 Eric S. 11/24 George C 11/24 Kelly Mulvehill 11/25</p>	<p style="text-align: center;">Andy S. 11/27</p>		

