

September 2019

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3	4	5	6	7
8	9	10	11	12	13	14 RAMS Begins! 8:10-9:55am RIT General Sets 3200 yds
15 NO PRACTICE	16 5:45-7:15am MCC Free 3500 yds	17 6:30-8 pm MCC Free 3500 yds	18 5:45-7:15am MCC Backstroke 3500 yds	19 6:30-8 pm MCC Backstroke 3500 yds	20 5:45-7:15am MCC Streamline 3600 yds	21 8:10-9:55 am RIT Long Axis 4000 yds
22 NO PRACTICE	23 5:45-7:15am MCC Bilateral / NPS 3800 yds	24 6:30-8 pm MCC Bilateral / NPS 3800 yds	25 5:45-7:15am MCC Short Axis 3800yds	26 6:30-8 pm MCC Exhale/Sculling 3800 yds	27 5:45-7:15am MCC Exhale/Sculling 3800 yds	28 8:10-9:55 am RIT Stroke 4200yds
29 NO PRACTICE	30 5:45-7:15am MCC Middle Distance 4000 yds					

Birthdays

Bob C 9/6
Tim 9/21
Rob Hilton 9/26
Mike D 9/27
Ken 9/29