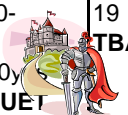



May 2008

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8-9:30pm Harley General Sets 4,500yds	2 5:45-7:15am MCC Open Water 4,500yds	3 NO PRACTICE
USMS SC Nationals - Texas - Good Luck - Jack, George, Bruce, Bill, Randy, Mike, Ken						
4 8:00-9:45am RIT Streamline/Free 5,000yds	5 5:45-7am MCC Distance 5,500yds	6 8-9:30pm Harley Free 4,500yds	7 5:45-7:15am MCC Free 4,500yds	8 8-9:30pm Harley Free 4,500yds	9 5:45-7:15am MCC Free 4,500yds	10 8-9:45am RIT Free 6,000yds
11 8:00-9:45am RIT Back 5,000yds	12 5:45-7am MCC Distance 5,500yds	13 8-9:30pm Back 5,000yds	14 5:45-7am MCC Back 5,000yds	15 8-9:30pm Harley Back 5,000yds	16 5:45-7am MCC Back 5,000yds	17 8am-9:45am RIT Back 5,500yds
18 8:00-9:45am Breast 5,000yds TEAM BANQUET	19 TBA 	20 8-9:30pm Harley Breast 4,500yds	21 5:45-7am MCC Open Water 5,000yds	22 8-9:30pm Harley Breast 4,500yds	23 5:45-7am MCC Open Water 5,000yds	24 PRACTICE NO
25 NO PRACTICE	26 NO PRACTICE 	27 8-9:30pm Harley Fly 4,000yds	28 5:45-7:15am HARLEY Distance 5,500yds	29 8-9:30pm Harley Fly 4,000yds	30 NO PRACTICE	31 TBA