

SEPTEMBER 2010

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Labor Day	7	8	9	10	11 8-9:45am RIT General Sets 3,500yds
12 8-9:45am RIT Free 3,500yds	13	14 6:30-8:00pm MCC Sculling 3,800yds	15	16 6:30-8:00pm MCC Streamline 3,800yds	17	18 8-9:45am RIT Free 4,000yds
19 8-9:45am RIT Back 4,500yds	20 5:45-7:15 am MCC Free 3,500 yds	21 6:30-8:00pm MCC Free 3,800yds	22 5:45-7:15am MCC Back 3,500yds	23 6:30-8:00pm MCC Back 3,800yds	24 5:45-7:15am MCC Free/Back 3,500yds	25 8-9:45am RIT Breast 4,500yds
26 8-9:45am RIT Fly 4,800yds	27 5:45-7:15 am MCC Fly 4,200yds	28 6:30-8:00pm MCC Fly 4,200yds	29 5:45-7:15 am MCC Breast 4,000 yds	30 6:30-8:00pm MCC Breast 4,000yds		