

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 N2/1-OFF T2/1-C-6:30-7:45 A2/1-M-6:00-7:30 S4-OFF S3-E-5:30-7:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w M-E-6:30-8:00	2 N2/1-E-5:30-6:30 T2/1-C-6:30-7:45 A2/1-E-6:30-8:00 S4-C-7:00-8:15 S3-M-6:00-7:30 S2/1-C-3:30-5:00	3 N2/1-E-7:00-8:00 T2/1-OFF A2/1-OFF S4-M-6:00-7:30 S3-E-4:30-5:00 d S3-E-5:00-6:30 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00 M-C-6:30-8:00	4 N2/1-C-7:00-8:00 T2/1-E-6:45-8:00 A2/1-E-5:30-7:00 S4-C-6:45-8:00 S3-C-5:30-7:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w	5 S2/1-E-7:00-8:30 am
6	7 N2/1-M-6:00-7:00 T2/1-M-7:00-8:00 A2/1-E-6:45-8:00 S4-OFF S3-E-5:00-5:30 d S3-E-5:30-7:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00	8 N2/1-OFF T2/1-C-6:30-7:45 A2/1-M-6:00-7:30 S4-E-5:30-7:00 S3-OFF S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w M-E-6:30-8:00	9 N2/1-E-5:30-6:30 T2/1-C-6:30-7:45 A2/1-E-6:30-8:00 S4-C-7:00-8:15 S3-M-6:00-7:30 S2/1-C-3:30-5:00	10 N2/1-E-7:00-8:00 T2/1-OFF A2/1-OFF S4-M-6:00-7:30 S3-5:00-5:30 d S3-E-5:30-7:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00 M-C-6:30-8:00	11 N2/1-C-7:00-8:00 T2/1-E-6:45-8:00 A2/1-E-5:30-7:00 S4-C-6:45-8:00 S3-C-5:30-7:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w	12 N2/1@SHOR T2/1@SHOR A2/1@SHOR S2/1-E-7:00-8:30 am
13	14 N2/1-E-7:00-8:00 T2/1-M-6:30-7:45 A2/1-E-6:00-7:30 S4-E-4:30-6:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:00	15 N2/1-E-5:30-6:30 T2/1-OFF A2/1-M-6:00-7:30 S4-E-4:30-6:00 S3-E-3:30-5:00 S2/1-C-3:30-5:30 M-E-6:30-8:00	16 N2/1-E-5:00-6:00 T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4-E-3:30-5:00 S3-M-6:00-7:30 S2/1-C-3:30-5:30	17 N2/1-OFF T2/1-E-5:00-6:15 A2/1-OFF S4-M-6:00-7:30 S3-E-3:30-5:00 S2/1-C-3:30-5:30 M-E-6:30-8:00	18 N2/1-E-6:00-7:00** T2/1-E-6:00-7:00** A2/1-E-6:00-7:00** S4-C-4:00-5:30 S3@WEST S2@WEST S1@FMC	19 S4@WEST S3@WEST S2@WEST S1@FMC
20 S4@WEST S3@WEST S2@WEST S1@FMC	21 N2/1-E-7:00-8:00 T2/1-M-6:30-7:45 A2/1-E-6:00-7:30 S4-E-4:30-6:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:00	22 N2/1-E-5:30-6:30 T2/1-OFF A2/1-M-6:00-7:30 S4-E-4:30-6:00 S3-E-3:30-5:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w M-E-6:30-8:00	23 S2/1-C-8:30-10:30	24 All Groups Off	25 S2/1-C-9:00-11:00	26
27	28 N2/1-E-7:00-8:00 T2/1-M-6:30-7:45 A2/1-E-6:00-7:30 S4-E-4:30-6:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:00	29 N2/1-E-5:30-6:30 T2/1-OFF A2/1-M-6:00-7:30 S4-E-4:30-6:00 S3-E-3:30-5:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w M-E-6:30-8:00	30 N2/1-E-5:00-6:00 T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4-E-3:30-5:00 S3-M-6:00-7:30 S2/1-C-3:30-5:30 US Open			** Turkey Relays

Revised – 11/11/22