

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 IM 7:30 – 9pm Scott	2	3
4 Distance free 7:30 – 9pm Josh	5 Breast and free 7:30 – 9pm Michael	6	7 Short sprints 7:30 – 9pm Jackson	8 Mid distance 7:30 – 9pm Scott	9	10
11 IM 7:30 – 9pm Josh	12 Coach's Choice 7:30 – 9pm Michael	13	14 Distance free 7:30 – 9pm TBD	15 Fly and free 7:30 – 9pm Scott	16	17
18 Short sprints 7:30 – 9pm Josh	19 Mid distance 7:30 – 9pm Michael	20	21 IM 7:30 – 9pm TBD	22 Coach's Choice 7:30 – 9pm Scott	23	24
25 Distance free 7:30 – 9pm Josh	26 Back and free 7:30 – 9pm Michael	27	28 Thanksgiving 6:30AM – 8AM GLAD	29 NO PRACTICE	30	

REMINDER

Time to renew your USMS membership!
Punch cards expire at the end of May 2020.