

Masters Swimming Calendar

.May 2008

Not Sprint Month

Sunday	Monday 5:45-7am 12 Noon-1 5:45-6:45pm	Tuesday . . 5:45-6:45pm	Wednesday 5:45-7am 12 Noon-1 5:45-6:45pm	Thursday . . 5:45-6:45pm	Friday 5:45-7am 12 Noon-1 4:45-6pm	Saturday . 8:30-10am
	28	29	30	May 1, 2008	2	3
	Coach's Choice	1. Middle Distance 2. Bk	Short Distance Meet Your Neighbor	1. Middle Distance 2. Br	Distance Day	1. Short Distance 2. Fly
4	5	6	7	8	9	10
	Distance Day	1. Short Distance 2. Bk	Distance Day	1. Middle Distance 2. Br	1. Middle Distance 2. Fly	Distance Day
11	12	13	14	15	16	17
	1. Middle Distance 2. Bk	Distance Day	1. Short Distance 2. Br	Distance Day	1. Middle Distance 2. Fly	Coach's Choice: All Swim
18	19	20	21	22	23	24
	Distance Day	1. Short Distance 2. Bk	Distance Day	1. Short Distance 2. Br	Distance Day	1. Middle Distance 2. Fly
25	26	27	28	29	30	31
	1. Middle Distance 2. Bk	Distance Day	1. Short Distance 2. Br	Distance Day	1. Short Distance 2. Fly	Distance Day

For further information contact NRCSwim@mac.com

All Swim at NRC on the 17th

Open Water Swims are coming up quickly (hence distance month)

Get ready for Lake Berryessa- June 7th (early entries in May)