

May 2017

WOODLANDS MASTERS SWIM TEAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
April 30	May 1	2	3	4	5	6
200 free	100 Stroke	50 free	Choice free	Aerobic Stroke/IM	200 free	100 combo
	5:30 am - Tom	5:30 am - Janis/NH	5:30 am - Phil	5:30 am - Janis/NH	5:30 am - Mike	
	LC3	8:30 am - Janis	LC3	8:30 am - Phil	SC5	
		LC3		LC3		
1 pm - Megan	12:00 pm - Heather	12:00 pm -Phil	12:00 pm - Ross	12:00 pm - Sabine	12:00 pm - Phil	11:00 am - Greg
LC5	LC5	LC5	LC5	LC5	SC8	SC8
	7:00 pm - Laura/NH	7:00 pm - Greg	7:00 pm - Laura/NH	7:00 pm - Greg		
		SC4		SC4		
						Marlins
7	8	9	10	11	12	13
50 Combo	Aerobic free	200 free	100 stroke/IM	50 free	Choice free	Aerobic stroke/IM
	5:30 am - Janis	5:30 am - Janis/NH	5:30 am - Phil	5:30 am - Janis/NH	5:30 am - Mike	
	LC3	8:30 am - Janis	LC3	8:30 am - Phil	SC5	
1 pm - Steve		LC3		LC3		
LC5	12:00 pm - Heather	12:00 pm -Phil	12:00 pm - Ross	12:00 pm - Sabine	12:00 pm - Phil	11:00 am - Greg
	LC5	LC5	LC5	LC5	SC8	SC8
	7:00 pm - Laura/NH	7:00 pm - Greg	7:00 pm - Laura/NH	7:00 pm - Greg		
		SC4		SC4		
						Marlins
14	15	16	17	18	19	20
200 free	100 free	50 stroke/IM	Choice free	Aerobic free	200 Stroke/IM	100 free
	5:30 am - Tom	5:30 am - Janis/NH	5:30 am - Phil	5:30 am - Janis/NH	5:30 am - Mike	
	LC3	8:30 am - Janis	LC3	8:30 am - Phil	SC5	
1 pm - Megan		LC3		LC3		
LC5	12:00 pm - Heather	12:00 pm -Phil	12:00 pm - Ross	12:00 pm - Sabine	12:00 pm - Phil	10:00 am - Greg/NH
	LC5	LC5	LC5	LC5	SC8	Inway Pool
	7:00 pm - Laura/NH	7:00 pm - Greg	7:00 pm - Laura/NH	7:00 pm - Greg		Note: special time
		SC4		SC4		
						TWST Meet
21	22	23	24	25	26	27
50 free	Choice free	Aerobic Stroke/IM	200 Free	100 free	50 Stroke/IM	Choice
	5:30 am - Tom	5:30 am - Janis/NH	5:30 am - Phil	5:30 am - Janis/NH	5:30 am - Mike	
	LC3	8:30 am - Janis	LC3	8:30 am - Phil	SC5	
		LC3		LC3		
1 pm - Steve	12:00 pm - Heather	12:00 pm -Phil	12:00 pm - Ross	12:00 pm - Tom	12:00 pm - Quinton	11:00 am - Greg
LC5	LC5	LC5	LC5	LC5	SC8	SC8
	7:00 pm - Laura/NH	7:00 pm - Greg	7:00 pm - Laura/NH	7:00 pm - Greg		
		SC4		SC4		
						Marlins
28	29	30	31			
Aerobic free	200 stroke/IM	100 free	50 free			
		5:30 am - Janis/NH	5:30 am - Phil			POOL KEY
		8:30 am - Janis	LC3			CISD Natatorium
	10:00 am - Carolyn/NH	LC3				NORTHAMPTON
1 pm - Megan		12:00 pm -Phil	12:00 pm - Ross			Swim 101
LC5		LC5	LC5			Problem
		7:00 pm - Greg	7:00 pm - Laura/NH			Special Notes
	Memorial Day	SC4				
	NAT closed					