

## November 2019 Tech Masters swimming workout -updated Sept. 11

Date	6:15a-7:30a	12p-1:15p	7:15 p-8:30p
Monday October 28th	6	4	4
Tuesday October 29th	5	none	4
Wednesday October 30th	6	4	4
Thursday October 31st	<b>none - varisty workout</b>	none	4
Friday Nov. 1st	6	4	4
Saturday Nov. 2nd	<b>none</b>	<b>none</b>	<b>none</b>
Sun Nov. 3rd	<b>No workouts scheduled due to Varsity polo match</b>		
Monday Nov. 4th	6	4	4
Tuesday Nov. 5th	5	none	4
Wednesday Nov. 6th	6	4	4
Thursday Nov. 7th	<b>none - varisty workout</b>	none	4
Friday Nov. 8	6	4	4
Saturday Nov. 9	<b>none</b>	<b>none</b>	<b>none</b>
Sun Nov. 10	5 lanes for the 10:00 AM to 11:15 am workout		
Monday Nov. 11	No workout due to MIT Holiday (Veteran's day)		
Tuesday Nov. 12	5	4	4
Wednesday Nov. 13	6	4	4
Thursday Nov. 14	<b>none - varisty workout</b>	none	4
Friday Nov. 15th	6	4	4
<b>Saturday Nov. 16th</b>	<b>none</b>	<b>none</b>	<b>none</b>
<b>Sun. Nov. 17th</b>	<b>No workout due to Swim Meet</b>		

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday Nov. 18th	6	4	4
Tuesday November 19th	5	none	4
Wednesday November 20	6	4	4
Thursday November 21st	<b>none - varisty</b>	4	4
Friday November 22nd	6	one -polo match	4
Saturday November 23rd	<b>none</b>	<b>none</b>	<b>none</b>
Sun November 24th	<b>No workouts scheduled due to Varsity polo match</b>		
Monday November 25th	6	4	4
Tuesday November 26th	5	none	4
Wednesday Nov. 27th	<b>none</b>	4	<b>none</b>
Thursday November 28th	No workout due to MIT Holiday (American Thanksgiving)		
Friday November 29th	No workout holiday (MIT pool open in the afternoon)		
Saturday Nov. 30th	<b>none</b>	<b>none</b>	<b>none</b>

### Notes:

1. No Thursday am workouts continue through the month of November
2. No workout on Sunday November 3rd due to a polo match
3. No workouts on Monday November 11th due to MIT holiday - we have added a Tuesday noon workout on the 12th
4. No workout on Sunday November 17th due to Swim meet
5. No workout on Sunday November 24th due to Varsity water polo match
6. Thanksgiving break - no workout on Wednesday November 27th in the morning or evening. No workouts on Thursday Nov. 28th, and Friday November 29th. We are in on Sun. Dec 1.