

USMS Swim Log 2000
 Personal Journal of Scott Harris

| JANUARY | | | | | | |
|---------------|-----|-------|------|-----|------|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 30 | 31 | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | | 2700 | | 2000 | |
| Yards / Month | | 4,700 | | | | |
| YTD Yards | | 4,700 | | | | |

| JULY | | | | | | |
|---------------|-----|---------|------|------|------|------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 30 | 31 | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | | 2200 | 2700 | 2475 | 2900 |
| Yards / Month | | 25,925 | | | | |
| YTD Yards | | 162,250 | | | | |

| FEBRUARY | | | | | | |
|---------------|-----|--------|------|------|------|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 | 2 | 3 | 4 | 5 | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |
| | | | 2600 | 2550 | 2400 | |
| Yards / Month | | 23,100 | | | | |
| YTD Yards | | 27,800 | | | | |

| AUGUST | | | | | | |
|---------------|-----|---------|------|------|------|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 | 2 | 3 | 4 | 5 | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |
| | | | 2200 | 2650 | 2600 | |
| Yards / Month | | 23,510 | | | | |
| YTD Yards | | 185,760 | | | | |

| MARCH | | | | | | |
|---------------|-----|--------|------|------|------|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | 1 | 2 | 3 | 4 | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| | | | 3000 | 2300 | 2400 | |
| Yards / Month | | 25,650 | | | | |
| YTD Yards | | 53,450 | | | | |

| SEPTEMBER | | | | | | |
|---------------|-----|---------|------|------|------|------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | 2200 | 2450 | 2700 | 2365 |
| Yards / Month | | 26,615 | | | | |
| YTD Yards | | 212,375 | | | | |

| APRIL | | | | | | |
|---------------|-----|--------|------|------|------|------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 30 | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | | 2700 | 2300 | 3250 | 2650 |
| Yards / Month | | 23,275 | | | | |
| YTD Yards | | 76,725 | | | | |

| OCTOBER | | | | | | |
|---------------|-----|---------|------|------|------|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |
| | | | 2500 | 2350 | 2650 | |
| Yards / Month | | 24,600 | | | | |
| YTD Yards | | 236,975 | | | | |

| MAY | | | | | | |
|---------------|-----|---------|------|------|------|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |
| | | | 2350 | 2750 | 2450 | |
| Yards / Month | | 27,500 | | | | |
| YTD Yards | | 104,225 | | | | |

| NOVEMBER | | | | | | |
|---------------|-----|---------|------|------|------|------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |
| | | | 2500 | 2850 | 2400 | 2700 |
| Yards / Month | | 31,325 | | | | |
| YTD Yards | | 268,300 | | | | |

| JUNE | | | | | | |
|---------------|-----|---------|------|------|------|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| | | | 2500 | 2600 | 2600 | |
| Yards / Month | | 32,100 | | | | |
| YTD Yards | | 136,325 | | | | |

| DECEMBER | | | | | | |
|---------------|-----|---------|------|------|-----|------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 31 | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | 2750 | 2640 | | 3100 |
| Yards / Month | | 38,190 | | | | |
| YTD Yards | | 306,490 | | | | |

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