

USMS Swim Log 2001
Personal Record of Scott Harris

JANUARY 2001						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3900	3	2800	4
					5	2400
7	8	9		10	11	12
						2600
14	15	16	4200	17	2500	18
					19	1900
21	22	23	2650	24	3600	25
					26	2400
28	29	30	4000	31	3000	
Yards / Month		35,950				
YTD Yards		35,950				

JULY 2001						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4000	4	5	6
						2750
8	9	10	3800	11	2850	12
						3000
15	16	17	2500	18	3650	19
						3100
22	23	24	2800	25	2550	26
						3100
29	30	31	4100			
Yards / Month		38,200				
YTD Yards		270,615				

FEBRUARY 2001						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
						2800
4	5	6	3400	7	2850	8
						2350
11	12	13		14	2500	15
						2600
18	19	20	3750	21	2850	22
						3100
25	26	27	4300	28	2600	
Yards / Month		33,100				
YTD Yards		69,050				

AUGUST 2001						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
						2700
5	6	7		8	3000	9
						3100
12	13	14	2500	15	3300	16
						2800
19	20	21	2200	22	3300	23
						3300
26	27	28		29	30	31
Yards / Month		25,750				
YTD Yards		296,365				

MARCH 2001						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
						2700
4	5	6	4350	7	3000	8
						3000
11	12	13	2700	14	3100	15
						17
18	19	20	3800	21	2600	22
						2600
25	26	27	3300	28	3000	29
						2800
Yards / Month		36,950				
YTD Yards		106,000				

SEPTEMBER 2001						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	3450	5	3000	6
						2750
9	10	11	3350	12	2750	13
						2450
16	17	18	3150	19	2850	20
						3000
23	24	25	3850	26	2000	27
						2750
30						
Yards / Month		38,870				
YTD Yards		335,235				

APRIL 2001						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	3850	4	2850	5
						4000
8	9	10	3800	11	2365	12
						14
15	16	17	3650	18	2750	19
						2800
22	23	24	4400	25	2550	26
						2600
29	30					
Yards / Month		35,615				
YTD Yards		141,615				

OCTOBER 2001						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
						2050
7	8	9	3500	10	3300	11
						2250
14	15	16	4200	17	3050	18
						2800
21	22	23	3900	24	3050	25
						2100
28	29	30	3500	31	4200	
						1875
Yards / Month		42,275				
YTD Yards		377,510				

MAY 2001						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
						2500
6	7	8	4500	9	3150	10
						2750
13	14	15	3650	16	3300	17
						3850
20	21	22	4150	23	2600	24
						3500
27	28	29	3300	30	3500	31
						2650
Yards / Month		53,700				
YTD Yards		195,315				

NOVEMBER 2001						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
						2850
4	5	6	2650	7	3400	8
						2500
11	12	13	4150	14	3300	15
						1650
18	19	20	3050	21	3300	22
						3000
25	26	27	2500	28	4000	29
						3000
Yards / Month		35,850				
YTD Yards		413,360				

JUNE 2001						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
						3050
3	4	5	3900	6	2900	7
						2500
10	11	12	4400	13	2600	14
						3200
17	18	19	3250	20	3100	21
						23
24	25	26	2700	27	2650	28
						2850
Yards / Month		37,100				
YTD Yards		232,415				

DECEMBER 2001						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	4300	5	2950	6
						2650
9	10	11	3950	12	3300	13
						2800
16	17	18	4100	19	2700	20
						2800
23	24	25	3500	26	3150	27
						3000
30	31					
						5000
Yards / Month		44,100				
YTD Yards		457,460				

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