

USMS Swim Log 2002
Personal Journal of Scott Harris

JANUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
			3100		2750	
6	7	8	9	10	11	12
		4600	2600		2800	
13	14	15	16	17	18	19
		4150	2900		2250	
20	21	22	23	24	25	26
		4000	2800		2850	
27	28	29	30	31		
			3500			

Yards / Month **38,300**
YTD Yards **38,300**

JULY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		4150	2650		3150	
7	8	9	10	11	12	13
		4000	2550		3150	3600
14	15	16	17	18	19	20
		1800		1800		
21	22	23	24	25	26	27
3600	2500					
28	29	30	31			
		4200	3300			

Yards / Month **40,450**
YTD Yards **291,965**

FEBRUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
	3300		2970		3410	
10	11	12	13	14	15	16
		3900	3000		2200	
17	18	19	20	21	22	23
	3750	2650			2550	
24	25	26	27	28		
		4100	2950			

Yards / Month **34,780**
YTD Yards **73,080**

AUGUST						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
						3000
4	5	6	7	8	9	10
1250		4000	2600		3300	
11	12	13	14	15	16	17
		4200	4200		3600	
18	19	20	21	22	23	24
	2600		3250		3300	
25	26	27	28	29	30	31

Yards / Month **35,300**
YTD Yards **327,265**

MARCH						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
						2850
3	4	5	6	7	8	9
		4450	2950		2000	
10	11	12	13	14	15	16
		5000	3000		2750	
17	18	19	20	21	22	23
		3400	4100		2300	
24	25	26	27	28	29	30
		4000	4250		3700	
31						

Yards / Month **44,750**
YTD Yards **117,830**

SEPTEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		3600	2400		3000	3600
8	9	10	11	12	13	14
		2600	2800		2700	
15	16	17	18	19	20	21
		4000	2900		1950	
22	23	24	25	26	27	28
		3400		2640		
29	30					

Yards / Month **35,590**
YTD Yards **362,855**

APRIL						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	3000		3250		3200	
7	8	9	10	11	12	13
	3000		2600		3000	
14	15	16	17	18	19	20
		3700	2600		3250	
21	22	23	24	25	26	27
		4000	3800		3400	
28	29	30				
		4600				

Yards / Month **43,400**
YTD Yards **161,230**

OCTOBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		4600	3900		2750	
6	7	8	9	10	11	12
		4400	2850		2800	
13	14	15	16	17	18	19
		3300	2700		2900	
20	21	22	23	24	25	26
		1800	2750			
27	28	29	30	31		
		4125	3300			

Yards / Month **42,175**
YTD Yards **405,030**

MAY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	
		2600		3000		
5	6	7	8	9	10	11
		2695		4070		
12	13	14	15	16	17	18
		4100	2650		3650	
19	20	21	22	23	24	25
		3600	2900		4650	
26	27	28	29	30	31	
3520	4350	2800		2850		

Yards / Month **47,435**
YTD Yards **208,665**

NOVEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
						3800
3	4	5	6	7	8	9
		2200	2200	2750		1600
10	11	12	13	14	15	16
		4400	2550		3200	
17	18	19	20	21	22	23
		1450	2550		2800	
24	25	26	27	28	29	30
		4100	2900		3000	

Yards / Month **39,500**
YTD Yards **444,530**

JUNE						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
		3800	3450		3950	
9	10	11	12	13	14	15
		4600	2650		2750	1800
16	17	18	19	20	21	22
		3850	3400		3200	
23	24	25	26	27	28	29
		2400	3850		3150	
30						

Yards / Month **42,850**
YTD Yards **251,515**

DECEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		3550			3750	
8	9	10	11	12	13	14
		2650			3650	
15	16	17	18	19	20	21
		2150	4800		3500	
22	23	24	25	26	27	28
		3700			4000	
29	30	31				
		2850				

Yards / Month **34,600**
YTD Yards **479,130**