

**USMS Swim Log 2003**  
Personal Journal of Scott Harris

| JANUARY       |     |        |      |     |      |     |
|---------------|-----|--------|------|-----|------|-----|
| Sun           | Mon | Tue    | Wed  | Thu | Fri  | Sat |
|               |     |        | 1    | 2   | 3    | 4   |
|               |     |        |      |     | 3850 |     |
| 5             | 6   | 7      | 8    | 9   | 10   | 11  |
|               |     | 3520   |      |     | 3100 |     |
| 12            | 13  | 14     | 15   | 16  | 17   | 18  |
|               |     | 3000   |      |     | 3700 |     |
| 19            | 20  | 21     | 22   | 23  | 24   | 25  |
|               |     | 2300   |      |     |      |     |
| 26            | 27  | 28     | 29   | 30  | 31   |     |
|               |     | 2300   | 4300 |     | 3500 |     |
| Yards / Month |     | 29,570 |      |     |      |     |
| YTD Yards     |     | 29,570 |      |     |      |     |

| JULY          |     |         |      |     |     |     |
|---------------|-----|---------|------|-----|-----|-----|
| Sun           | Mon | Tue     | Wed  | Thu | Fri | Sat |
|               |     | 1       | 2    | 3   | 4   | 5   |
|               |     |         |      |     |     |     |
| 6             | 7   | 8       | 9    | 10  | 11  | 12  |
|               |     | 2700    | 3750 |     |     |     |
| 13            | 14  | 15      | 16   | 17  | 18  | 19  |
|               |     | 3050    | 4250 |     |     |     |
| 20            | 21  | 22      | 23   | 24  | 25  | 26  |
|               |     |         |      |     |     |     |
| 27            | 28  | 29      | 30   | 31  |     |     |
|               |     | 3100    | 4200 |     |     |     |
| Yards / Month |     | 21,050  |      |     |     |     |
| YTD Yards     |     | 222,530 |      |     |     |     |

| FEBRUARY      |     |        |      |     |      |     |
|---------------|-----|--------|------|-----|------|-----|
| Sun           | Mon | Tue    | Wed  | Thu | Fri  | Sat |
|               |     |        |      |     |      | 1   |
| 2             | 3   | 4      | 5    | 6   | 7    | 8   |
|               |     | 4000   | 4500 |     | 3050 |     |
| 9             | 10  | 11     | 12   | 13  | 14   | 15  |
|               |     |        | 2250 |     | 3750 |     |
| 16            | 17  | 18     | 19   | 20  | 21   | 22  |
|               |     |        | 1550 |     | 3700 |     |
| 23            | 24  | 25     | 26   | 27  | 28   |     |
|               |     | 2700   | 3900 |     |      |     |
| Yards / Month |     | 29,400 |      |     |      |     |
| YTD Yards     |     | 58,970 |      |     |      |     |

| AUGUST        |     |         |      |     |      |     |
|---------------|-----|---------|------|-----|------|-----|
| Sun           | Mon | Tue     | Wed  | Thu | Fri  | Sat |
|               |     |         |      |     | 1    | 2   |
|               |     |         |      |     | 3700 |     |
| 3             | 4   | 5       | 6    | 7   | 8    | 9   |
| 1650          |     | 2600    | 4000 |     | 4600 |     |
| 10            | 11  | 12      | 13   | 14  | 15   | 16  |
|               |     | 3000    |      |     | 4350 |     |
| 17            | 18  | 19      | 20   | 21  | 22   | 23  |
|               |     |         |      |     |      |     |
| 24/31         | 25  | 26      | 27   | 28  | 29   | 30  |
|               |     |         |      |     | 3900 |     |
| Yards / Month |     | 27,800  |      |     |      |     |
| YTD Yards     |     | 250,330 |      |     |      |     |

| MARCH         |     |        |      |     |      |      |
|---------------|-----|--------|------|-----|------|------|
| Sun           | Mon | Tue    | Wed  | Thu | Fri  | Sat  |
|               |     |        |      |     |      | 1    |
|               |     |        |      |     |      | 1650 |
| 2             | 3   | 4      | 5    | 6   | 7    | 8    |
|               |     | 2450   | 5200 |     | 3000 |      |
| 9             | 10  | 11     | 12   | 13  | 14   | 15   |
|               |     |        | 3100 |     | 3600 |      |
| 16            | 17  | 18     | 19   | 20  | 21   | 22   |
|               |     | 2450   | 4300 |     | 3300 |      |
| 23            | 24  | 25     | 26   | 27  | 28   | 29   |
|               |     | 2600   | 3300 |     | 4000 |      |
| 30            | 31  |        |      |     |      |      |
| Yards / Month |     | 38,950 |      |     |      |      |
| YTD Yards     |     | 97,920 |      |     |      |      |

| SEPTEMBER     |     |         |      |      |      |     |
|---------------|-----|---------|------|------|------|-----|
| Sun           | Mon | Tue     | Wed  | Thu  | Fri  | Sat |
|               |     |         |      |      |      |     |
|               |     |         |      |      |      |     |
| 7             | 8   | 9       | 10   | 11   | 12   | 13  |
|               |     | 2200    | 3600 |      | 3050 |     |
| 14            | 15  | 16      | 17   | 18   | 19   | 20  |
|               |     |         |      | 1800 |      |     |
| 21            | 22  | 23      | 24   | 25   | 26   | 27  |
|               |     | 3650    | 4600 |      | 3600 |     |
| 28            | 29  | 30      |      |      |      |     |
|               |     | 2850    |      |      |      |     |
| Yards / Month |     | 39,600  |      |      |      |     |
| YTD Yards     |     | 289,930 |      |      |      |     |

| APRIL         |     |         |      |     |      |     |
|---------------|-----|---------|------|-----|------|-----|
| Sun           | Mon | Tue     | Wed  | Thu | Fri  | Sat |
|               |     | 1       | 2    | 3   | 4    | 5   |
|               |     | 2350    | 4200 |     | 3600 |     |
| 6             | 7   | 8       | 9    | 10  | 11   | 12  |
|               |     | 2050    | 2400 |     |      |     |
| 13            | 14  | 15      | 16   | 17  | 18   | 19  |
| 1550          |     | 3000    | 4400 |     | 2650 |     |
| 20            | 21  | 22      | 23   | 24  | 25   | 26  |
|               |     | 2500    | 4000 |     | 3500 |     |
| 27            | 28  | 29      | 30   |     |      |     |
|               |     | 2600    | 4400 |     |      |     |
| Yards / Month |     | 43,200  |      |     |      |     |
| YTD Yards     |     | 141,120 |      |     |      |     |

| OCTOBER       |     |         |      |     |      |     |
|---------------|-----|---------|------|-----|------|-----|
| Sun           | Mon | Tue     | Wed  | Thu | Fri  | Sat |
|               |     |         | 1    | 2   | 3    | 4   |
|               |     |         | 4400 |     |      |     |
| 5             | 6   | 7       | 8    | 9   | 10   | 11  |
|               |     | 3400    | 4250 |     | 2400 |     |
| 12            | 13  | 14      | 15   | 16  | 17   | 18  |
|               |     | 3600    | 2900 |     | 3650 |     |
| 19            | 20  | 21      | 22   | 23  | 24   | 25  |
|               |     | 3450    | 3000 |     |      |     |
| 26            | 27  | 28      | 29   | 30  | 31   |     |
|               |     |         |      |     |      |     |
| Yards / Month |     | 31,050  |      |     |      |     |
| YTD Yards     |     | 320,980 |      |     |      |     |

| MAY           |     |         |      |     |      |     |
|---------------|-----|---------|------|-----|------|-----|
| Sun           | Mon | Tue     | Wed  | Thu | Fri  | Sat |
|               |     |         |      | 1   | 2    | 3   |
|               |     |         |      |     | 4050 |     |
| 4             | 5   | 6       | 7    | 8   | 9    | 10  |
|               |     | 3000    | 3550 |     | 4200 |     |
| 11            | 12  | 13      | 14   | 15  | 16   | 17  |
|               |     | 3800    |      |     | 3900 |     |
| 18            | 19  | 20      | 21   | 22  | 23   | 24  |
|               |     | 3100    | 2700 |     | 4000 |     |
| 25            | 26  | 27      | 28   | 29  | 30   | 31  |
|               |     |         |      |     | 3000 |     |
| Yards / Month |     | 35,300  |      |     |      |     |
| YTD Yards     |     | 176,420 |      |     |      |     |

| NOVEMBER      |     |         |      |     |      |     |
|---------------|-----|---------|------|-----|------|-----|
| Sun           | Mon | Tue     | Wed  | Thu | Fri  | Sat |
|               |     |         |      |     |      | 1   |
| 2             | 3   | 4       | 5    | 6   | 7    | 8   |
|               |     |         |      |     |      |     |
| 9             | 10  | 11      | 12   | 13  | 14   | 15  |
|               |     |         |      |     | 2100 |     |
| 16            | 17  | 18      | 19   | 20  | 21   | 22  |
|               |     | 2250    | 3350 |     |      |     |
| 23/30         | 24  | 25      | 26   | 27  | 28   | 29  |
|               |     | 3600    | 4800 |     | 3000 |     |
| Yards / Month |     | 19,100  |      |     |      |     |
| YTD Yards     |     | 340,080 |      |     |      |     |

| JUNE          |     |         |      |     |      |     |
|---------------|-----|---------|------|-----|------|-----|
| Sun           | Mon | Tue     | Wed  | Thu | Fri  | Sat |
| 1             | 2   | 3       | 4    | 5   | 6    | 7   |
|               |     |         |      |     | 4200 |     |
| 8             | 9   | 10      | 11   | 12  | 13   | 14  |
|               |     |         |      |     | 4510 |     |
| 15            | 16  | 17      | 18   | 19  | 20   | 21  |
|               |     | 3300    | 3850 |     | 3700 |     |
| 22            | 23  | 24      | 25   | 26  | 27   | 28  |
|               |     | 2700    | 2800 |     |      |     |
| 29            | 30  |         |      |     |      |     |
| Yards / Month |     | 25,060  |      |     |      |     |
| YTD Yards     |     | 201,480 |      |     |      |     |

| DECEMBER      |     |         |      |      |      |     |
|---------------|-----|---------|------|------|------|-----|
| Sun           | Mon | Tue     | Wed  | Thu  | Fri  | Sat |
|               | 1   | 2       | 3    | 4    | 5    | 6   |
|               |     | 3320    |      | 3320 | 3635 |     |
| 7             | 8   | 9       | 10   | 11   | 12   | 13  |
|               |     | 3850    | 3000 |      | 3600 |     |
| 14            | 15  | 16      | 17   | 18   | 19   | 20  |
|               |     | 4000    | 1700 |      | 4150 |     |
| 21            | 22  | 23      | 24   | 25   | 26   | 27  |
|               |     | 3000    | 3550 |      | 3350 |     |
| 28            | 29  | 30      | 31   |      |      |     |
|               |     | 3800    | 5400 |      |      |     |
| Yards / Month |     | 49,675  |      |      |      |     |
| YTD Yards     |     | 389,755 |      |      |      |     |