

USMS Swim Log 2005
Personal Record of Scott Harris

JANUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
		3800	2000		3800	
9	10	11	12	13	14	15
		3600	2000			
16	17	18	19	20	21	22
		2900				
23	24	25	26	27	28	29
			5000		3800	
30	31					

Yards / Month **26,900**
YTD Yards **26,900**

JULY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
		3600	3400		3000	
10	11	12	13	14	15	16
					1800	
17	18	19	20	21	22	23
24	25	26	27	28	29	30
		3600	3000		2500	
31						

Yards / Month **23,300**
YTD Yards **214,115**

FEBRUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		3650			3025	
6	7	8	9	10	11	12
		4100	1000		4100	
13	14	15	16	17	18	19
		3400	4000		3000	
20	21	22	23	24	25	26
		3150	4000		3000	
27	28					

Yards / Month **36,425**
YTD Yards **63,325**

AUGUST						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		2800	3000		2900	
7	8	9	10	11	12	13
		2800	3000		2750	
14	15	16	17	18	19	20
		2750			3300	
21	22	23	24	25	26	27
	2700		2000		2600	
28	29	30	31			
	2200					

Yards / Month **32,800**
YTD Yards **246,915**

Shawn's last week

MARCH						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
			3600		3600	
6	7	8	9	10	11	12
		3000	2600	2800		
13	14	15	16	17	18	19
		2400				
20	21	22	23	24	25	26
27	28	29	30	31		
		3850	2200			

Yards / Month **24,050**
YTD Yards **87,375**

SEPTEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
					1600	
4	5	6	7	8	9	10
		2500		2500	2400	
11	12	13	14	15	16	17
		3300	3450		3400	
18	19	20	21	22	23	24
		2200	2700		3000	
25	26	27	28	29	30	
		3300	3000	2300		

Yards / Month **35,650**
YTD Yards **282,565**

APRIL						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
					2550	
3	4	5	6	7	8	9
	4000	3100			2900	
10	11	12	13	14	15	16
		3200	4400		3500	
17	18	19	20	21	22	23
		3450	2700		2970	
24	25	26	27	28	29	30
			2860	2200	2860	

Yards / Month **40,690**
YTD Yards **128,065**

OCTOBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
		2400	2850		2000	
9	10	11	12	13	14	15
		3300	2600		2800	
16	17	18	19	20	21	22
				1000		
23	24	25	26	27	28	29
		2500	2500		2500	
30	31					

Yards / Month **24,450**
YTD Yards **307,015**

MAY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	3250	2450				
8	9	10	11	12	13	14
		3700	4350			
15	16	17	18	19	20	21
			2500		4150	
22	23	24	25	26	27	28
		1750	3600		2500	
29	30	31				
		4000				

Yards / Month **32,250**
YTD Yards **160,315**

NOVEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
			4300		4200	
6	7	8	9	10	11	12
		2860	2640	2860		
13	14	15	16	17	18	19
		2970	2860	2475	3025	
20	21	22	23	24	25	26
		3600	4150		3150	
27	28	29	30			
		3600	3100			

Yards / Month **45,790**
YTD Yards **352,805**

JUNE						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			3500		3700	
5	6	7	8	9	10	11
		3650	1250			
12	13	14	15	16	17	18
		3850	1500		3350	
19	20	21	22	23	24	25
					3200	
26	27	28	29	30		
		3500	3000			

Yards / Month **30,500**
YTD Yards **190,815**

DECEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
					4300	
4	5	6	7	8	9	10
		3750	3050			
11	12	13	14	15	16	17
		2450	2650			
18	19	20	21	22	23	24
		4975				
25	26	27	28	29	30	31

Yards / Month **21,175**
YTD Yards **373,980**

YTD Miles **212.5**
YTD Feet **1,121,940**