

**USMS Swim Log 2006**  
Personal Record of Scott Harris

JANUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
			3700	3800		3800
8	9	10	11	12	13	14
		3550	3800		3700	
15	16	17	18	19	20	21
					3650	
22	23	24	25	26	27	28
	Cancun	Cancun	Cancun	Cancun	Cancun	
29	30	31				
		3600				

Yards / Month **29,600**  
YTD Yards **29,600**

JULY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
			4100			
15	16	17	18	19	20	21
	Scotland	Scotland	Scotland	Scotland	Scotland	
22	23	24	25	26	27	28
	Scotland	Iceland	Iceland	Iceland		3400
29	30	31				
		2000	3700		3300	

Yards / Month **16,500**  
YTD Yards **240,300**

FEBRUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
			3700		3600	
8	9	10	11	12	13	14
		3200	3800		4150	
15	16	17	18	19	20	21
		3250	3100		3000	
22	23	24	25	26	27	28
		3800			2400	
29	30	31				
		4300				

Yards / Month **38,300**  
YTD Yards **67,900**

AUGUST						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		2800	3400		3000	
8	9	10	11	12	13	14
		1500	1500			
15	16	17	18	19	20	21
	pool closed					
22	23	24	25	26	27	28
	pool closed					
29	30	31				
	pool closed					

Yards / Month **12,200**  
YTD Yards **252,500**

MARCH						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
			2500		3600	
8	9	10	11	12	13	14
		4100	3200		3700	
15	16	17	18	19	20	21
		3200	3600		2300	
22	23	24	25	26	27	28
		3250	3550	4000		
29	30	31				
		3400	1400		3750	

Yards / Month **45,550**  
YTD Yards **113,450**

SEPTEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
		3800	3450		3450	
15	16	17	18	19	20	21
		2000	2000		3050	
22	23	24	25	26	27	28
		2250		2500	2200	
29	30	31				
		2450	2500		2500	

Yards / Month **32,150**  
YTD Yards **284,650**

APRIL						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
		4250	3850		4000	
15	16	17	18	19	20	21
		3100	3300		4200	
22	23	24	25	26	27	28
		4000	1650		2000	2000
29	30	31				
		1200	3300		4100	

Yards / Month **40,950**  
YTD Yards **154,400**

OCTOBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
		1850		1650	1750	
15	16	17	18	19	20	21
		pool closed			1650	
22	23	24	25	26	27	28
		1850		1750	3050	
29	30	31				
		1900		1650	3600	
		2250				

Yards / Month **22,950**  
YTD Yards **307,600**

MAY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		1650	3500		3200	
8	9	10	11	12	13	14
		4000	4300		4000	
15	16	17	18	19	20	21
		2000	3800		3600	
22	23	24	25	26	27	28
		1800		1800	4000	
29	30	31				
		3600	2700			

Yards / Month **43,950**  
YTD Yards **198,350**

NOVEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
				1600		1850
8	9	10	11	12	13	14
		3550		1650	2450	
15	16	17	18	19	20	21
		3450			2400	
22	23	24	25	26	27	28
				3500		
29	30	31				
		1000				

Yards / Month **21,450**  
YTD Yards **329,050**

JUNE						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
					2750	
8	9	10	11	12	13	14
		3600	3650		3300	
15	16	17	18	19	20	21
		1800	1800		1800	
22	23	24	25	26	27	28
		1500				
29	30	31				
		1850	3400			

Yards / Month **25,450**  
YTD Yards **223,800**

DECEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
					3200	
8	9	10	11	12	13	14
		3500		2250	2250	
15	16	17	18	19	20	21
				3200	4000	
22	23	24	25	26	27	28
		3250		2150	2000	
29	30	31				
	Christmas	Christmas	Christmas	Christmas	Christmas	

Yards / Month **25,800**  
YTD Yards **354,850**

YTD Miles **201.6**  
YTD Feet **1,064,550**