

USMS Swim Log 2007
Personal Record of Scott Harris

JANUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		2800		3800	2800	
7	8	9	10	11	12	13
					2750	
14	15	16	17	18	1850	3100
		1500				
21	22	23	24	25	26	27
		3250			4000	
28	29	30	31			
		3500				
Yards / Month		29,350				
YTD Yards		29,350				

JULY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	summer vacation					
8	9	10	11	12	13	14
	summer vacation					
15	16	17	18	19	20	21
	summer vacation					
22	23	24	25	26	27	28
	summer vacation					
29	30	31				
	summer vacation					
Yards / Month		0				
YTD Yards		108,425				

FEBRUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				3500	2000	
4	5	6	7	8	9	10
		1500				
11	12	13	14	15	16	17
		1850				
18	19	20	21	22	23	24
		3350		1500	3050	
25	26	27	28			
Yards / Month		16,750				
YTD Yards		46,100				

AUGUST						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
	summer vacation					
12	13	14	15	16	17	18
	summer vacation					
19	20	21	22	23	24	25
	summer vacation					
26	27	28	29	30	31	
	summer vacation					
Yards / Month		0				
YTD Yards		108,425				

MARCH						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
		2450		1650	3400	
11	12	13	14	15	16	17
		1800		3325		
18	19	20	21	22	23	24
		3600		2100	3300	
25	26	27	28	29	30	31
		2100	2000			
Yards / Month		25,725				
YTD Yards		71,825				

SEPTEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
		1500		1500		
23	24	25	26	27	28	29
		1550		1500		
30						
Yards / Month		6,050				
YTD Yards		114,475				

APRIL						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		2000		3000		
8	9	10	11	12	13	14
		1750	3950			
15	16	17	18	19	20	21
22	23	24	25	26	27	28
	3100				1500	
29	30					
Yards / Month		15,300				
YTD Yards		87,125				

OCTOBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
				1900		
14	15	16	17	18	19	20
21	22	23	24	25	26	27
		2000		1650		
28	29	30	31			
		2400				
Yards / Month		7,950				
YTD Yards		122,425				

MAY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		2000			3000	
6	7	8	9	10	11	12
		1500			2100	
13	14	15	16	17	18	19
20	21	22	23	24	25	26
				3500		
27	28	29	30	31		
3300		4000		1900		
Yards / Month		21,300				
YTD Yards		108,425				

NOVEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				1650		
4	5	6	7	8	9	10
11	12	13	14	15	16	17
		2050				
18	19	20	21	22	23	24
25	26	27	28	29	30	
		2200		1500		
Yards / Month		7,400				
YTD Yards		129,825				

JUNE						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	
3	4	5	6	7	8	9
	summer vacation					
10	11	12	13	14	15	16
	summer vacation					
17	18	19	20	21	22	23
	summer vacation					
24	25	26	27	28	29	30
	summer vacation					
Yards / Month		0				
YTD Yards		108,425				

DECEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
					1500	
9	10	11	12	13	14	15
		1500		1500		
16	17	18	19	20	21	22
23	24	25	26	27	28	29
	Christmas	Christmas	Christmas	Christmas	Christmas	
30	31					
Yards / Month		4,500				
YTD Yards		134,325				

YTD Miles 76.3
YTD Feet 402,975