

Practice Schedule MOR - Riverwood

	3/28/2021	3/29/2021	3/30/2021	3/31/2021	4/1/2021	4/2/2021	4/3/2021
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR Elite		6:15-7 W		6:15-7 W		6:15-7 W	
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	8-10 AM
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	8-10 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
pre senior		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	8-10 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AGIII Silver		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	8-10 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AGIII Black		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	8-10 AM
AGII		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	10-11:15 AM
		5:45-6:15 DL		5:45-6:15 DL			
AGI			6-7 pm		6-7 pm		10-11:00 AM
	4/4/2021	4/5/2021	4/6/2021	4/7/2021	4/8/2021	4/9/2021	4/10/2021
SR Elite		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
SR		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
pre senior		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
AGIII Silver		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
AGIII Black		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
AGII		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
AGI		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
	4/11/2021	4/12/2021	4/13/2021	4/14/2021	4/15/2021	4/16/2021	4/17/2021
SR Elite		6:15-7 W		6:15-7 W		6:15-7 W	
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	8-10 AM
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	8-10 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
pre senior		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	8-10 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AGIII Silver		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	8-10 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AGIII Black		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	8-10 AM
AGII		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	10-11:15 AM
		5:45-6:15 DL		5:45-6:15 DL			
AGI			6-7 pm		6-7 pm		10-11:00 AM
	4/18/2021	4/19/2021	4/20/2021	4/21/2021	4/22/2021	4/23/2021	4/24/2021
SR Elite		6:15-7 W		6:15-7 W		6:15-7 W	
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	8-10 AM
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	8-10 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
pre senior		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	8-10 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AGIII Silver		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	8-10 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AGIII Black		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	8-10 AM
		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
AGII		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	10-11:15 AM
		5:45-6:15 DL		5:45-6:15 DL			
AGI			6-7 pm		6-7 pm		10-11:00 AM
	4/25/2021	4/26/2021	4/27/2021	4/28/2021	4/29/2021	4/30/2021	5/1/2021
SR Elite		6:15-7 W		6:15-7 W		6:15-7 W	
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	8-10 AM
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	8-10 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
pre senior		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	8-10 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AGIII Silver		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	8-10 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AGIII Black		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	8-10 AM
AGII		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	10-11:15 AM
		5:45-6:15 DL		5:45-6:15 DL			
AGI			6-7 pm		6-7 pm		10-11:00 AM

All practices at Riverwood unless noted.

Swim Meet

DL = Dry Land

Water

W=Weights

special event