

## Practice Schedule MOR - Riverwood

	11/28/2021	11/29/2021	11/30/2021	12/1/2021	12/2/2021	12/3/2021	12/4/2021
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SR 3,Elite</b>		6:15-7 W		6:15-7 W		Atom	Atom
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Meet	Meet
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	Charlotte	Charlotte
<b>SR2</b>		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	Atom	Atom
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Meet	Meet
						Charlotte	Charlotte
<b>SR1</b>		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	Atom	Atom
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Meet	Meet
<b>AG4</b>		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	Charlotte	Charlotte
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl		Arctic Blast
<b>AGIII</b>		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM		Goldsboro
<b>AGII</b>		5:45-6:15 pm		5:45-6:15 pm			Arctic Blast
		6:15-7:15pm		6:15-7:15pm			Goldsboro
		5:45-6:15 DL		5:45-6:15 DL			Arctic Blast
<b>AGI</b>			6-7 pm		6-7 pm		Goldsboro
	12/5/2021	12/6/2021	12/7/2021	12/8/2021	12/9/2021	12/10/2021	12/11/2021
<b>SR 3,Elite</b>	Atom	6:15-7 W	5:15 Am to 6:15	6:15-7 W	5:15 Am to 6:15	6:15-7 W	
	Meet	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
	Charlotte	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
<b>SR2</b>	Atom	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
	Meet	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	
	Charlotte						
<b>SR1</b>	Atom	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
	Meet	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	
<b>AG4</b>	Charlotte	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
	Arctic Blast	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	
<b>AGIII</b>	Goldsboro	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	8-10 AM
<b>AGII</b>	Arctic Blast	5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
	Goldsboro	6:15-7:15pm		6:15-7:15pm		6:15-7:30pm	10-11:15 AM
	Arctic Blast	5:45-6:15 DL		5:45-6:15 DL			
<b>AGI</b>	Goldsboro		6-7 pm		6-7 pm		10-11:00 AM
	12/12/2021	12/13/2021	12/14/2021	12/15/2021	12/16/2021	12/17/2021	12/18/2021
<b>SR 3,Elite</b>		6:15-7 W	5:15 Am to 6:15	6:15-7 W	5:15 Am to 6:15	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	
<b>SR2</b>		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	
<b>SR1</b>		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	
<b>AG4</b>		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	
<b>AGIII</b>		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	8-10 AM
<b>AGII</b>		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
		6:15-7:15pm		6:15-7:15pm		6:15-7:30pm	10-11:15 AM
		5:45-6:15 DL		5:45-6:15 DL			
<b>AGI</b>			6-7 pm		6-7 pm		10-11:00 AM
	12/19/2021	12/20/2021	12/21/2021	12/22/2021	12/23/2021	12/24/2021	12/25/2021
<b>SR 3,Elite</b>		7-8:30AM	7-8:30AM	7-8:30AM		Christmas	Holiday
		6:15-7 W		6:15-7 W		Holiday	Christmas
		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	Christmas	Holiday
<b>SR2</b>		7-8:30AM	7-8:30AM	7-8:30AM		Holiday	Christmas
		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	Christmas	Holiday
						Holiday	Christmas
<b>SR1</b>		6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	Christmas	Holiday
		6:15-7:45 pm		6:15-7:45 pm		Holiday	Christmas
<b>AG4</b>		4:15-5:45 pm	4:15-5:45 pm	4:15-5:45 pm	4:15-5:45 pm	Christmas	Holiday
						Holiday	Christmas
<b>AGIII</b>		6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	Christmas	Holiday
						Holiday	Christmas
<b>AGII</b>		6:00-7:15 pm		6:00-7:15 pm		Christmas	Holiday
			6-7 pm		6-7 pm	Holiday	Christmas
<b>AGI</b>			6-7 pm		6-7 pm	Christmas	Holiday
	12/26/2021	12/27/2021	12/28/2021	12/29/2021	12/30/2021	12/31/2021	1/1/2022
<b>SR 3,Elite</b>	Christmas	7-8:30AM	7-8:30AM	7-8:30AM		8-9:30 AM	New Years
	Holiday	6:15-7 W		6:15-7 W			Day
	Christmas	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	8-9:30 AM	New Years
<b>SR2</b>	Holiday	7-8:30AM	7-8:30AM	7-8:30AM			Day
	Christmas	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm		New Years
	Holiday					8-9:30 AM	Day
<b>SR1</b>	Christmas	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm		New Years
	Holiday	6:15-7:45 pm		6:15-7:45 pm		8-9:30 AM	Day
<b>AG4</b>	Christmas	4:15-5:45 pm	4:15-5:45 pm	4:15-5:45 pm	4:15-5:45 pm		New Years
	Holiday					8-9:30 AM	Day
<b>AGIII</b>	Christmas	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm		New Years
	Holiday					8-9:30 AM	Day
<b>AGII</b>	Christmas	6:00-7:15 pm		6:00-7:15 pm			New Years
	Holiday		6-7 pm		6-7 pm	8-9:30 AM	Day
<b>AGI</b>	Christmas		6-7 pm		6-7 pm	8-9:30 AM	New Years

All practices at Riverwood unless noted.

Swim Meet

DL = Dry Land

Water

W=Weights

special event