

Practice Schedule MOR - Riverwood

	11/27/2022	11/28/2022	11/29/2022	11/30/2022	12/1/2022	12/2/2022	12/3/2022
SR 3,Elite		6:15-7 W		US open	Greensboro	US Open	Greensboro
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	6:00-6:30 dl	or
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	ATOM Invite	Arctic Blast
SR2		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	ATOM Invite	Atom invite
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	ATOM Invite	or
						ATOM Invite	Arctic Blast
SR1		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	ATOM Invite	Atom invite
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	ATOM Invite	or
AG4		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	ATOM Invite	Arctic Blast
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	ATOM Invite	Atom invite
AGIII		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	ATOM Invite	or
		5:45-6:15 pm		5:45-6:15 pm		ATOM Invite	Arctic Blast
AGII		6:15-7:30pm		6:15-7:30pm		ATOM Invite	Atom invite
		5:45-6:15 DL		5:45-6:15 DL		ATOM Invite	or
AGI			6-7 pm		6-7 pm		
	12/4/2022	12/5/2022	12/6/2022	12/7/2022	12/8/2022	12/9/2022	12/10/2022
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR 3,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	7-9 AM
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR2		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	7-9 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	
SR1		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	7-9 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	
AG4		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	7-9 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		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 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	9-10:15 AM
		5:45-6:15 DL		5:45-6:15 DL			
AGI			6-7 pm		6-7 pm		9-10:00 AM
	12/11/2022	12/12/2022	12/13/2022	12/14/2022	12/15/2022	12/16/2022	12/17/2022
SR 3,Elite		6:15-7 W	5:15-6:15 AM	6:15-7 W	5:15-6:15 AM	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	7-9 AM
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR2		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	7-9 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	
SR1		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	7-9 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	
AG4		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	7-9 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		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 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	9-10:15 AM
		5:45-6:15 DL		5:45-6:15 DL			
AGI			6-7 pm		6-7 pm		9-10:00 AM
	12/18/2022	12/19/2022	12/20/2022	12/21/2022	12/22/2022	12/23/2022	12/24/2022
SR 3,Elite		7-8:30AM	7-8:30AM	7-8:30AM	7-8:30AM	Christmas	Christmas
		6:15-7 W		6:15-7 W		Christmas	Christmas
		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm		Christmas	Christmas
SR2		7-8:30AM	7-8:30AM	7-8:30AM	7-8:30AM	Christmas	Christmas
		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm		Christmas	Christmas
SR1		7-8:30AM	7-8:30AM	7-8:30AM	7-8:30AM	Christmas	Christmas
		6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm		Christmas	Christmas
		7-8:30AM	7-8:30AM	7-8:30AM	7-8:30AM	Christmas	Christmas
AG4		4:15-5:45 pm	4:15-5:45 pm	4:15-5:45 pm	7-8:30AM	Christmas	Christmas
						Christmas	Christmas
AGIII		6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm		Christmas	Christmas
						Christmas	Christmas
AGII		6:00-7:15 pm		6:00-7:15 pm		Christmas	Christmas
						Christmas	Christmas
AGI			6-7 pm			Christmas	Christmas
	12/25/2022	12/26/2022	12/27/2022	12/28/2022	12/29/2022	12/30/2022	12/31/2022
SR 3,Elite	Christmas	2-4:00 PM	7-8:30AM	7-8:30AM	7-8:30AM	6:15-7 W	
	Christmas	2-4:00 PM		6:15-7 W		3:45-4:00 DL	7-8:30 AM
	Christmas	2-4:00 PM	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4-6:00 PM	
SR2	Christmas	2-4:00 PM	7-8:30AM	7-8:30AM	7-8:30AM	4:00-6:00 pm	7-8:30 AM
	Christmas		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	3:45-4:00 DL	
	Christmas		7-8:30AM	7-8:30AM	7-8:30AM		
SR1	Christmas	2-4:00 PM	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	4:00-6:00 pm	7-8:30 AM
	Christmas		7-8:30AM	7-8:30AM	7-8:30AM	3:45-4:00 DL	
AG4	Christmas	2-4:00 PM	4:15-5:45 pm	4:15-5:45 pm	4:15-5:45 pm	4:00-6:00 pm	7-8:30 AM
	Christmas					3:45-4:00 DL	
AGIII	Christmas	3:45-5:00 pm	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	6:15-7:30pm	7-8:30 AM
	Christmas					5:45-6:15 pm	
AGII	Christmas	3:45-5:00 pm		6:00-7:15 pm		6:15-7:30pm	7-8:30 AM
	Christmas						
AGI	Christmas		6-7 pm		6-7 pm		7-8:30 AM
	1/1/2023	1/2/2023	1/3/2023	1/4/2023	1/5/2023	1/6/2023	1/7/2023
SR 3,Elite	New Year's day	6:15-7 W		6:15-7 W	5:15-6:15 AM	6:15-7 W	
	New Year's day	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	7-9 AM
	New Year's day	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR2	New Year's day	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	7-9 AM
	New Year's day	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	
	New Year's day						
SR1	New Year's day	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	7-9 AM
	New Year's day	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	
AG4	New Year's day	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	7-9 AM
	New Year's day	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	New Year's day	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 AM
	New Year's day	5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
AGII	New Year's day	6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	9-10:15 AM
	New Year's day	5:45-6:15 DL		5:45-6:15 DL			
AGI	New Year's day		6-7 pm		6-7 pm		9-10:00 AM

All practices at Riverwood unless noted.

Swim Meet

DL = Dry Land

Water

W=Weights

special event