

Practice Schedule MOR - Riverwood

	1/31/2021	2/1/2021	2/2/2021	2/3/2021	2/4/2021	2/5/2021	2/6/2021
	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
	2/7/2021	2/8/2021	2/9/2021	2/10/2021	2/11/2021	2/12/2021	2/13/2021
SR Elite		6:15-7 W		6:15-7 W		Qualifier	Qualifier
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Goldsboro	Goldsboro
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	Qualifier
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	Goldsboro
		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	Qualifier
							Goldsboro
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	Qualifier
		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	Goldsboro
AGIII Silver		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	Qualifier	Qualifier
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Goldsboro	Goldsboro
AGIII Black		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	Qualifier	Qualifier
AGII		5:45-6:15 pm		5:45-6:15 pm		Goldsboro	Goldsboro
		6:15-7:30pm		6:15-7:30pm		Goldsboro	Goldsboro
		5:45-6:15 DL		5:45-6:15 DL			Qualifier
AGI			6-7 pm		6-7 pm		Goldsboro
	2/14/2021	2/15/2021	2/16/2021	2/17/2021	2/18/2021	2/19/2021	2/20/2021
SR Elite	Qualifier	6:15-7 W		6:15-7 W	Senior	Champs	Senior
	Goldsboro	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
	Qualifier	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR	Goldsboro	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
	Qualifier	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	
	Goldsboro						
pre senior	Qualifier	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
	Goldsboro	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	Qualifier	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
	Goldsboro	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	Qualifier	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	8-10 AM
AGII	Goldsboro	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
	2/21/2021	2/22/2021	2/23/2021	2/24/2021	2/25/2021	2/26/2021	2/27/2021
SR Elite	Senior	6:15-7 W		6:15-7 W		6:15-7 W	
	champs	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	Age Group	Champs	Age Group
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	Age Group	Champs	Age Group
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	Age Group	Champs	Age Group
AGI			6-7 pm		6-7 pm		10-11:00 AM
	2/28/2021	3/1/2021	3/2/2021	3/3/2021	3/4/2021	3/5/2021	3/6/2021
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
	Age Group	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	Champs	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