

Practice Schedule MOR - Riverwood

	1/29/2023	1/30/2023	1/31/2023	2/1/2023	2/2/2023	2/3/2023	2/4/2023
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	
							MOR
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	Swim A Thon
		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	8-10:15 AM
AG4	Distance 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	MOR
		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	Swim A Thon
AGIII	Distance Day	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	8-10:15 AM
		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	MOR
AGII	Distance Day	6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	Swim A Thon
		5:45-6:15 DL		5:45-6:15 DL			8-10:15 AM
AGI			6-7 pm		6-7 pm		MOR
	2/5/2023	2/6/2023	2/7/2023	2/8/2023	2/9/2023	2/10/2023	2/11/2023
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	
						Qualifier	
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	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	Qualifier
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	Qualifier
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Qualifier	Qualifier
AGIII		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	Qualifier
AGII		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	Qualifier
		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	Qualifier
		5:45-6:15 DL		5:45-6:15 DL			Qualifier
AGI			6-7 pm		6-7 pm		
	2/12/2023	2/13/2023	2/14/2023	2/15/2023	2/16/2023	2/17/2023	2/18/2023
SR 3,Elite	Qualifier	6:15-7 W	5:15-6:15 AM	6:15-7 W	5:15-6:15 AM	6:15-7 W	
	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	7-9 AM
	Qualifier	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR2	Qualifier	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
	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	
	Qualifier						
SR1	Qualifier	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
	Qualifier	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	4 Under champ	Charlotte
AG4	Qualifier	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
	Qualifier	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	4 Under champ	Charlotte
AGIII	Qualifier	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 AM
	Qualifier	5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
AGII	Qualifier	6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	9-10:15 AM
	Qualifier	5:45-6:15 DL		5:45-6:15 DL			
AGI			6-7 pm		6-7 pm		9-10:00 AM
	2/19/2023	2/20/2023	2/21/2023	2/22/2023	2/23/2023	2/24/2023	2/25/2023
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	senior champ
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	Senior Champs	Charlotte	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 under champ	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
	Charlotte	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	Charlotte	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
	2/26/2023	2/27/2023	2/28/2023	3/1/2023	3/2/2023	3/3/2023	3/4/2023
SR 3,Elite	senior Champs	6:15-7 W	5:15-6:15 AM	6:15-7 W	5:15-6:15 AM	6:15-7 W	
	Charlotte	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
	senior Champs	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR2	Charlotte	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
	senior 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	
	Charlotte						
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	Reagan Rocks
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	BC States
		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	Reagan Rocks
AGIII		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	BC States
		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	Reagan Rocks
AGII		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	BC States
		5:45-6:15 DL		5:45-6:15 DL			Reagan Rocks
AGI			6-7 pm		6-7 pm		BC States
	3/5/2023	3/6/2023	3/7/2023	3/8/2023	3/9/2023	3/10/2023	3/11/2023
SR 3,Elite		6:15-7 W		6:15-7 W	5:15-6:15 AM	Atlanta Invite	Atlanta Invite
		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
	Reagan Rocks	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	BC States	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
	Reagan Rocks	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	BC States	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 AM
	Reagan Rocks	5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
AGII	BC States	6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	9-10:15 AM
	Reagan Rocks	5:45-6:15 DL		5:45-6:15 DL			
AGI	BC States		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