

## Practice Schedule MOR - Riverwood

	1/2/2022	1/3/2022	1/4/2022	1/5/2022	1/6/2022	1/7/2022	1/8/2022
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SR 3,Elite</b>		6:15-7 W		6:15-7 W	5:15 Am to 6:15	6:15-7 W	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	
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
<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	
		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
<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	
		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
<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	
		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	CAT MEET
<b>AGIII</b>		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	Hillsborough
<b>AGII</b>		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	CAT MEET
		6:15-7:15pm		6:15-7:15pm		6:15-7:30pm	Hillsborough
		5:45-6:15 DL		5:45-6:15 DL			CAT MEET
<b>AGI</b>			6-7 pm		6-7 pm		Hillsborough
	1/9/2022	1/10/2022	1/11/2022	1/12/2022	1/13/2022	1/14/2022	1/15/2022
<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	GSA Jumpstart	GSA Jumpstart
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Greensboro or	Greensboro or
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	NOVA Invite	NOVA Invite
<b>SR2</b>		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	Richmond	Richmond
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	GSA Jumpstart	GSA Jumpstart
						Greensboro or	Greensboro or
<b>SR1</b>		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	NOVA Invite	NOVA Invite
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Richmond	Richmond
<b>AG4</b>		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	GSA Jumpstart	GSA Jumpstart
	CAT MEET	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Greensboro or	Greensboro or
<b>AGIII</b>	Hillsborough	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	NOVA Invite	NOVA Invite
<b>AGII</b>	CAT MEET	5:45-6:15 pm		5:45-6:15 pm		Richmond	Richmond
	Hillsborough	6:15-7:15pm		6:15-7:15pm		GSA Jumpstart	GSA Jumpstart
	CAT MEET	5:45-6:15 DL		5:45-6:15 DL		Greensboro or	Greensboro or
<b>AGI</b>	Hillsborough		6-7 pm		6-7 pm	NOVA Invite	NOVA Invite
	1/16/2022	1/17/2022	1/18/2022	1/19/2022	1/20/2022	1/21/2022	1/22/2022
<b>SR 3,Elite</b>	GSA Jumpstart	GSA Jumpstart		6:15-7 W	5:15 Am to 6:15	6:15-7 W	7-9 AM
	Greensboro or	Greensboro or	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
	NOVA Invite	NOVA Invite	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
<b>SR2</b>	Richmond	Richmond	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	
	GSA Jumpstart	GSA Jumpstart	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
	Greensboro or	Greensboro or					7-9 AM
<b>SR1</b>	NOVA Invite	NOVA Invite	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	
	Richmond	Richmond	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	7-9 AM
<b>AG4</b>	GSA Jumpstart	GSA Jumpstart	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	Distance Day
	Greensboro or	Greensboro or	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
<b>AGIII</b>	NOVA Invite	NOVA Invite	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	snowflake 8 - unde
<b>AGII</b>	Richmond	Richmond		5:45-6:15 pm		5:45-6:15 pm	Distance Day
	GSA Jumpstart	GSA Jumpstart		6:15-7:15pm		6:15-7:30pm	Snowflake 8 U
	Greensboro or	Greensboro or		5:45-6:15 DL			Snowflake 8 U
<b>AGI</b>	NOVA Invite	NOVA Invite	6-7 pm		6-7 pm		Snowflake 8 U
	1/23/2022	1/24/2022	1/25/2022	1/26/2022	1/27/2022	1/28/2022	1/29/2022
<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	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	
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
<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	
		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
<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	
		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
<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	
		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	9-10:15 AM
<b>AGIII</b>	snowflake 8 - unde	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	
	Distance Day	5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	9-10:15 AM
<b>AGII</b>	Snowflake 8 U	6:15-7:15pm		6:15-7:15pm		6:15-7:30pm	
	Snowflake 8 U	5:45-6:15 DL		5:45-6:15 DL			
<b>AGI</b>	Snowflake 8 U		6-7 pm		6-7 pm		9-10:00 AM
	1/30/2022	1/31/2022	2/1/2022	2/2/2022	2/3/2022	2/4/2022	2/5/2022
<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	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	
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
<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	
		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
<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	
		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
<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	
		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	9-10:15 AM
<b>AGIII</b>		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	
		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	9-10:15 AM
<b>AGII</b>		6:15-7:15pm		6:15-7:15pm		6:15-7:30pm	
		5:45-6:15 DL		5:45-6:15 DL			
<b>AGI</b>			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