

## Practice Schedule MOR - Riverwood

	1/3/2021	1/4/2021	1/5/2021	1/6/2021	1/7/2021	1/8/2021	1/9/2021
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SR Elite</b>		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	
<b>SR</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>pre senior</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 Silver</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 Black</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	
		6:15-7:30pm		6:15-7:30pm		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
	1/10/2021	1/11/2021	1/12/2021	1/13/2021	1/14/2021	1/15/2021	1/16/2021
<b>SR Elite</b>		6:15-7 W		6:15-7 W		TAC MEET	TAC MEET
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	TAC MEET	TAC MEET
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	TAC MEET	TAC MEET
<b>SR</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	TAC 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	TAC MEET
							TAC MEET
<b>pre senior</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	TAC 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	TAC MEET
<b>AGIII Silver</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	TAC 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	TAC MEET
<b>AGIII Black</b>		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	TAC MEET
<b>AGII</b>		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	TAC MEET
		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			
<b>AGI</b>			6-7 pm		6-7 pm		10-11:00 AM
	1/17/2021	1/18/2021	1/19/2021	1/20/2021	1/21/2021	1/22/2021	1/23/2021
<b>SR Elite</b>		6:15-7 W		6:15-7 W		6:15-7 W	
		TAC 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
		TAC MEET	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM
<b>SR</b>		TAC MEET	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
		TAC 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
		TAC MEET					
<b>pre senior</b>		TAC MEET	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
		TAC 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>AGIII Silver</b>		TAC MEET	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	8-10 AM
		TAC 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>AGIII Black</b>		TAC MEET	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	8-10 AM
<b>AGII</b>		TAC MEET	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
			5:45-6:15 DL		5:45-6:15 DL		Snowflake
<b>AGI</b>			6-7 pm		6-7 pm		Meet
	1/24/2021	1/25/2021	1/26/2021	1/27/2021	1/28/2021	1/29/2021	1/30/2021
<b>SR Elite</b>		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	
<b>SR</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>pre senior</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
		Distance 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
<b>AGIII Silver</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	Distance Day
<b>AGIII Black</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	
		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	10-11:15 AM
		Snowflake	5:45-6:15 DL		5:45-6:15 DL		
<b>AGI</b>			6-7 pm		6-7 pm		10-11:00 AM
	1/31/2021	2/1/2021	2/2/2021	2/3/2021	2/4/2021	2/5/2021	2/6/2021
<b>SR Elite</b>		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	
<b>SR</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>pre senior</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 Silver</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 Black</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	
		6:15-7:30pm		6:15-7:30pm		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

All practices at Riverwood unless noted.

Swim Meet   DL = Dry Land   Water   W=Weights   special event