

Practice Schedule MOR - Riverwood

	7/3/2022	7/4/2022	7/5/2022	7/6/2022	7/7/2022	7/8/2022	7/9/2022
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR 3,Elite		9-10:30 AM	6-8 AM	4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
				6-7 PM		6-7 PM	
SR2		9-10:30 AM	6-8 AM	4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
			6-8 AM				
SR1		9-10:30 AM		4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
			6-8 AM			LC Qualifier	LC Qualifier
AG4		July 4th!		4-6:00 PM	4-6:00 PM	Optimist	Optimist
		July 4th!	8 to 9:15 AM	5:45-6:15 pm		LC Qualifier	LC Qualifier
AGIII		July 4th!		6:00-7:30pm	6:00-7:30PM	Optimist	Optimist
AGII		July 4th!		5:45-6:15 pm		LC Qualifier	LC Qualifier
		July 4th!		6:00-7:15pm		Optimist	Optimist
		July 4th!				LC Qualifier	LC Qualifier
AGI		July 4th!			6-7 pm	Optimist	Optimist
	7/10/2022	7/11/2022	7/12/2022	7/13/2022	7/14/2022	7/15/2022	7/16/2022
SR Elite		6-8 AM	6-8 AM		6-8 AM		
		4-6:00 PM		4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
		6-7 PM		6-7 PM		6-7 PM	
SR 2		6-8 AM	6-8 AM		6-8 AM		
		4-6:00 PM		4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
senior 1			6-8 AM		AG Champs	Greensboro	AG Champs
		4-6:00 PM		4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
AG4	LC Qualifier		6-8 AM		AG Champs	Greensboro	AG Champs
	Optimist	4-6:00 PM		4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
AG3	LC Qualifier	5:45-6:15 pm	8 to 9:15 AM	5:45-6:15 pm		5:45-6:15 pm	9-10:15 AM
	Optimist	6:00-7:30pm		6:00-7:30pm	6:00-7:30PM	6:00-7:30pm	
AG2	LC Qualifier	5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
	Optimist	6:00-7:15pm		6:00-7:15pm		6:00-7:15pm	9-10:15 AM
	LC Qualifier	5:45-6:15 DL					
AGI	Optimist	6-7 pm			6-7 pm		9-10:00 AM
	7/17/2022	7/18/2022	7/19/2022	7/20/2022	7/21/2022	7/22/2022	7/23/2022
SR Elite		6-8 AM	6-8 AM		Senior champs	Charlotte	Senior Champs
		4-6:00 PM		4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
		6-7 PM		6-7 PM		6-7 PM	
SR 2		6-8 AM	6-8 AM		Senior champs	Charlotte	Senior Champs
		4-6:00 PM		4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
senior 1	AG Champs		6-8 AM				
		4-6:00 PM		4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
AG4	AG Champs		6-8 AM				
		4-6:00 PM		4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
AG3		5:45-6:15 pm	8 to 9:15 AM	5:45-6:15 pm		5:45-6:15 pm	9-10:15 AM
		6:00-7:30pm		6:00-7:30pm	6:00-7:30PM	6:00-7:30pm	
AG2		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
		6:00-7:15pm		6:00-7:15pm		6:00-7:15pm	9-10:15 AM
		5:45-6:15 DL					
AGI		6-7 pm			6-7 pm		9-10:00 AM
	7/24/2022	7/25/2022	7/26/2022	7/27/2022	7/28/2022	7/29/2022	7/30/2022
SR Elite	Senior Champs		6-8 AM	Futures	Cary	Futures	Cary
		4-6:00 PM		4-6:00 PM	Tarheel States	Chapel Hill	Tarheel States
	Charlotte	6-7 PM		6-7 PM			
SR 2			6-8 AM				
		4-6:00 PM		4-6:00 PM			
senior 1			6-8 AM				
		4-6:00 PM		4-6:00 PM			
AG4			6-8 AM				
		4-6:00 PM		4-6:00 PM			
AG3		5:45-6:15 pm	8 to 9:15 AM	5:45-6:15 pm			
		6:00-7:30pm		6:00-7:30pm			
AG2		5:45-6:15 pm		5:45-6:15 pm			
		6:00-7:15pm		6:00-7:15pm			
		5:45-6:15 DL					
AGI		6-7 pm					
	7/31/2022	8/1/2022	8/2/2022	8/3/2022	8/4/2022	8/5/2022	8/6/2022
SR Elite							
SR 2							
senior 1							
AG4							
AG3							
AG2							
AGI		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