

# Practice Schedule MOR - Riverwood

	5/28/2023	5/29/2023	5/30/2023	5/31/2023	6/1/2023	6/2/2023	6/3/2023
<b>SR 3,Elite</b>		Memorial Dav	5:15-6:15 AM 6:00-6:30 dl	6:15-7 W 3:45-4:00 DL	5:15-6:15 AM 6:00-6:30 dl	6:15-7 W 3:45-4:00 DL	7-9 AM
<b>SR2</b>		Memorial Day	4-6:00 PM 4:00-6:00 pm	4-6:00 PM 4:00-6:00 pm	4-6:00 PM 4:00-6:00 pm	4-6:00 PM 4:00-6:00 pm	7-9 AM
<b>SR1</b>		Memorial Day	4:00-6:00 pm 6:00-6:30 dl	4:00-6:00 pm 3:45-4:00 DL	4:00-6:00 pm 6:00-6:30 dl	4:00-6:00 pm 3:45-4:00 DL	7-9 AM 7 lakes
<b>AG4</b>		Memorial Day	4:00-6:00 pm 6:00-6:30 dl	4:00-6:00 pm 3:45-4:00 DL	4:00-6:00 pm 6:00-6:30 dl	4:00-6:00 pm 3:45-4:00 DL	7-9 AM
<b>AGIII</b>		Memorial Day	6:00-7:30PM 5:45-6:15 pm	6:15-7:30pm 5:45-6:15 pm	6:00-7:30PM 5:45-6:15 pm	6:15-7:30pm 5:45-6:15 pm	9-10:15 AM
<b>AGII</b>		Memorial Day	6:15-7:30pm 5:45-6:15 DL	6:15-7:30pm 5:45-6:15 DL		6:15-7:30pm	9-10:15 AM
<b>AGI</b>		Memorial	6-7 pm	6-7 pm	6-7 pm		9-10:00 AM
	6/4/2023 Sunday	6/5/2023 Monday	6/6/2023 Tuesday	6/7/2023 Wednesday	6/8/2023 Thursday	6/9/2023 Friday	6/10/2023 Saturday
<b>SR 3,Elite</b>		6:15-7 W 3:45-4:00 DL	5:15-6:15 AM 6:00-6:30 dl	6:15-7 W 3:45-4:00 DL	5:15-6:15 AM 6:00-6:30 dl	6:15-7 W 3:45-4:00 DL	7-9 AM
<b>SR2</b>		4:00-6:00 pm 3:45-4:00 DL	4:00-6:00 pm 6:00-6:30 dl	4:00-6:00 pm 3:45-4:00 DL	4:00-6:00 pm 6:00-6:30 dl	4:00-6:00 pm 3:45-4:00 DL	7-9 AM
<b>SR1</b>		4:00-6:00 pm 3:45-4:00 DL	4:00-6:00 pm 6:00-6:30 dl	4:00-6:00 pm 3:45-4:00 DL	4:00-6:00 pm 6:00-6:30 dl	4:00-6:00 pm 3:45-4:00 DL	7-9 AM
<b>AG4</b>		4:00-6:00 pm 3:45-4:00 DL	4:00-6:00 pm 6:00-6:30 dl	4:00-6:00 pm 3:45-4:00 DL	4:00-6:00 pm 6:00-6:30 dl	4:00-6:00 pm 3:45-4:00 DL	7-9 AM
<b>AGIII</b>		6:15-7:30pm 5:45-6:15 pm	6:00-7:30PM 5:45-6:15 pm	6:15-7:30pm 5:45-6:15 pm	6:00-7:30PM 5:45-6:15 pm	6:15-7:30pm 5:45-6:15 pm	9-10:15 AM
<b>AGII</b>		6:15-7:30pm 5:45-6:15 DL	6:00-7:30PM 5:45-6:15 DL	6:15-7:30pm 5:45-6:15 DL	6:00-7:30PM 5:45-6:15 DL	6:15-7:30pm	9-10:15 AM
<b>AGI</b>			6-7 pm	6-7 pm	6-7 pm		9-10:00 AM
	6/11/2023	6/12/2023	6/13/2023	6/14/2023	6/15/2023	6/16/2023	6/17/2023
<b>SR Elite</b>		6-8 AM 4-5:30 PM 5:30-6:30 PM	6-8 AM	6-8 AM 4-5:30 PM 5:30-6:30 PM	6-8 AM	Commonwealth Games Lynchburg VA	Commonwealth Games Lynchburg VA
<b>SR 2/3</b>		6-8 AM 4-5:30 PM	6-8 AM	6-8 AM 4-5:30 PM	6-8 AM	or MOR Liberty	or MOR Liberty
<b>senior 1</b>		6-8 AM 4-5:30 PM	6-8 AM	6-8 AM 4-5:30 PM	6-8 AM	Raleigh Commonwealth	Raleigh Commonwealth
<b>AG4</b>		6-8 AM	6-8 AM	6-8 AM 4-5:30 PM	6-8 AM	Games Lynchburg VA	Games Lynchburg VA
<b>AG3</b>		5:00-5:15 pm 5:15-6:30pm		5:00-5:15 pm 5:15-6:30pm	5:15-6:30pm	or MOR Liberty	or MOR Liberty
<b>AG2</b>		5:00-5:15 pm 5:15-6:30pm		5:00-5:15 pm 5:15-6:30pm		Raleigh MOR Liberty	Raleigh MOR Liberty
<b>AGI</b>		5:30-6:30 pm		5:30-6:30 pm	5:30-6:30 pm	Raleigh Raleigh	Raleigh
	6/18/2023	6/19/2023	6/20/2023	6/21/2023	6/22/2023	6/23/2023	6/24/2023
<b>SR Elite</b>		Commonwealth Games Lynchburg VA	6-8 AM	6-8 AM 4-5:30 PM 5:30-6:30 PM	6-8 AM	6-8 AM	7-9 AM
<b>SR 2/3</b>		or MOR Liberty	6-8 AM	6-8 AM 4-5:30 PM	6-8 AM	6-8 AM	7-9 AM
<b>senior 1</b>		Raleigh Commonwealth	6-8 AM	6-8 AM 4-5:30 PM	6-8 AM	6-8 AM	7-9 AM
<b>AG4</b>		Games Lynchburg VA	6-8 AM	6-8 AM 4-5:30 PM	6-8 AM	6-8 AM	7-9 AM
<b>AG3</b>		or MOR Liberty	5:00-5:15 pm 5:15-6:30pm	5:00-5:15 pm 5:15-6:30pm	5:15-6:30pm	5:00-5:15 pm 5:15-6:30pm	9-10:15 AM
<b>AG2</b>		Raleigh MOR Liberty	5:00-5:15 pm 5:15-6:30pm	5:00-5:15 pm 5:15-6:30pm		5:00-5:15 pm 5:15-6:30pm	9-10:15 AM
<b>AGI</b>		Raleigh	5:30-6:30 pm	5:30-6:30 pm	5:30-6:30 pm	5:30-6:30 pm	9-10:00 AM
	6/25/2023	6/26/2023	6/27/2023	6/28/2023	6/29/2023	6/30/2023	7/1/2023
<b>SR Elite</b>		6-8 AM 4-5:30 PM 5:30-6:30 PM	6-8 AM	6-8 AM 4-5:30 PM 5:30-6:30 PM	6-8 AM	6-8 AM	7-9 AM
<b>SR 2/3</b>		6-8 AM 4-5:30 PM	6-8 AM	6-8 AM 4-5:30 PM	6-8 AM	6-8 AM	7-9 AM
<b>senior 1</b>		6-8 AM 4-5:30 PM	6-8 AM	6-8 AM 4-5:30 PM	6-8 AM	6-8 AM	7-9 AM
<b>AG4</b>		6-8 AM	6-8 AM	6-8 AM 4-5:30 PM	6-8 AM	6-8 AM	7-9 AM
<b>AG3</b>		5:00-5:15 pm 5:15-6:30pm		5:00-5:15 pm 5:15-6:30pm	5:15-6:30pm	5:00-5:15 pm 5:15-6:30pm	9-10:15 AM
<b>AG2</b>		5:00-5:15 pm 5:15-6:30pm		5:00-5:15 pm 5:15-6:30pm		5:00-5:15 pm 5:15-6:30pm	9-10:15 AM
<b>AGI</b>		5:30-6:30 pm		5:30-6:30 pm	5:30-6:30 pm	5:30-6:30 pm	9-10:00 AM
	7/2/2023	7/3/2023	7/4/2023	7/5/2023	7/6/2023	7/7/2023	7/8/2023
<b>SR Elite</b>		6-8 AM 4-5:30 PM 5:30-6:30 PM	6-8 AM	6-8 AM 4-5:30 PM 5:30-6:30 PM	6-8 AM	6-8 AM	7-9 AM
<b>SR 2/3</b>		6-8 AM 4-5:30 PM	6-8 AM	6-8 AM 4-5:30 PM	6-8 AM	6-8 AM	7-9 AM
<b>senior 1</b>		6-8 AM 4-5:30 PM	6-8 AM	6-8 AM 4-5:30 PM	6-8 AM	6-8 AM	7-9 AM
<b>AG4</b>		6-8 AM	6-8 AM	6-8 AM 4-5:30 PM	6-8 AM	6-8 AM	7-9 AM
<b>AG3</b>		5:00-5:15 pm 5:15-6:30pm		5:00-5:15 pm 5:15-6:30pm	5:15-6:30pm	MOR Qualifier Raleigh	MOR Qualifier Raleigh
<b>AG2</b>		5:00-5:15 pm 5:15-6:30pm		5:00-5:15 pm 5:15-6:30pm		MOR Qualifier Raleigh	MOR Qualifier Raleigh
<b>AGI</b>		5:30-6:30 pm		5:30-6:30 pm	5:30-6:30 pm	MOR Qualifier Raleigh	MOR Qualifier Raleigh

All practices at Riverwood unless noted.

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