

Practice Schedule MOR - Riverwood

	5/29/2022	5/30/2022	5/31/2022	6/1/2022	6/2/2022	6/3/2022	6/4/2022
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR 3,Elite		Memorial	5:15 to 6:15 AM	6:15-7 W	5:15 to 6:15 AM	6:15-7 W	7-9 AM
		Day	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
		Memorial	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
SR2		Day	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	Open water Champs
		Memorial	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	seven lakes
		Day					7-9 AM
SR1		Memorial	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	Open water Champs
		Day	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	7-9 AM
AG4		Memorial	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	
		Day	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AGIII		Memorial	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 AM
AGII		Day		5:45-6:15 pm		5:45-6:15 pm	
		Memorial		6:15-7:15pm		6:15-7:30pm	9-10:15 AM
		Day		5:45-6:15 DL			
AGI		Memorial	6-7 pm		6-7 pm		9-10:00 AM
	6/5/2022	6/6/2022	6/7/2022	6/8/2022	6/9/2022	6/10/2022	6/11/2022
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 PVI		6-7 PVI		6-7 PVI	
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				
		4-6:00 PM		4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
AG4			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	9-10:15 AM
		6:00-7:30pm		4:00-5:30pm	6:00-7:30PM	6:00-7:30pm	
AG2		5:45-6:15 pm				5:45-6:15 pm	
		6:00-7:15pm		4:00-5:15pm		6:00-7:15pm	9-10:15 AM
		5:45-6:15 DL					
AGI		6-7 pm			6-7 pm		9-10:00 AM
	6/12/2022	6/13/2022	6/14/2022	6/15/2022	6/16/2022	6/17/2022	6/18/2022
SR Elite		6-8 AM	6-8 AM		6-8 AM	Commonwealth	Commonwealth
		4-6:00 PM		4-6:00 PM	4-6:00 PM	Games	Games
		6-7 PVI		6-7 PVI		Lynchburg	Lynchburg
SR 2		6-8 AM	6-8 AM		6-8 AM	Commonwealth	Commonwealth
		4-6:00 PM		4-6:00 PM	4-6:00 PM	Games	Games
						Lynchburg	Lynchburg
senior 1			6-8 AM				
		4-6:00 PM		4-6:00 PM	4-6:00 PM	Commonwealth	Commonwealth
AG4			6-8 AM			Games	Games
		4-6:00 PM		4-6:00 PM	4-6:00 PM	Lynchburg	Lynchburg
AG3		5:45-6:15 pm	8 to 9:15 AM	5:45-6:15 pm			Liberty
		6:00-7:30pm		6:00-7:30pm	6:00-7:30PM		Meet
AG2		5:45-6:15 pm		5:45-6:15 pm			Optimist
		6:00-7:15pm		6:00-7:15pm			Liberty
		5:45-6:15 DL					Meet
AGI		6-7 pm			6-7 pm		Optimist
	6/19/2022	6/20/2022	6/21/2022	6/22/2022	6/23/2022	6/24/2022	6/25/2022
SR Elite	Commonwealth		6-8 AM		6-8 AM		
	Games	4-6:00 PM		4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
	Lynchburg	6-7 PVI		6-7 PVI		6-7 PVI	
SR 2	Commonwealth		6-8 AM		6-8 AM		
	Games	4-6:00 PM		4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
	Lynchburg						
senior 1	Commonwealth		6-8 AM				
	Games	4-6:00 PM		4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
	Lynchburg						
AG4	Games		6-8 AM				
	Lynchburg	4-6:00 PM		4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
AG3	Liberty	5:45-6:15 pm	8 to 9:15 AM	5:45-6:15 pm		5:45-6:15 pm	9-10:15 AM
	Meet	6:00-7:30pm		6:00-7:30pm	6:00-7:30PM	6:00-7:30pm	
AG2	Optimist	5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
	Liberty	6:00-7:15pm		6:00-7:15pm		6:00-7:15pm	9-10:15 AM
	Meet	5:45-6:15 DL					
AGI	Optimist	6-7 pm			6-7 pm		9-10:00 AM
	6/26/2022	6/27/2022	6/28/2022	6/29/2022	6/30/2022	7/1/2022	7/2/2022
SR Elite		6-8 AM	6-8 AM		6-8 AM	Club Wolverine	Michigan
		4-6:00 PM		4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
		6-7 PVI		6-7 PVI		6-7 PVI	
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				
		4-6:00 PM		4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
AG4			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

All practices at Riverwood unless noted.

Swim Meet

DL = Dry Land

Water

W=Weights

special event