

# Practice Schedule MOR - Riverwood

	3/1/2020	3/2/2020	3/3/2020	3/4/2020	3/5/2020	3/6/2020	3/7/2020
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SR Elite</b>			5-15-6:15 AM		Senior	Sectionals	Cary
		3:45-4:10 DL		3:45-4:10 DL		3:45-4:10 DL	BC
		4:15-6:15 pm	4-6pm	4:15-6:15 pm	4-6pm	4:15-6:15 pm	States
		6:15-6:30 DL	6:15-7 W	6:15-6:30 DL	6:15-7 W	6:15-6:30 DL	Pullen
<b>SR</b>		4:15-6:15 pm	4-6pm	4:15-6:15 pm	4-6pm	4:15-6:15 pm	BC
			6:15-7 W		6:15-7 W		States
<b>SRD1</b>		6:15-7:45 pm	6:15-7:45 pm	6:15-7:45 pm	6:15-7:45 pm	6:15-7:45 pm	Pullen
<b>SRD2</b>		4:15-5:45 pm	4-5:30 pm	4:15-5:45 pm	4-5:30 pm	4:15-5:45 pm	BC
<b>AGIII Silver</b>		5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL		States
		5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL		Pullen
<b>AGIII Black</b>		6:15-7:45PM	6:00-7:45PM	6:15-7:45PM	6:00-7:45PM	6:15-7:45PM	BC
<b>AGII</b>		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	States
		5:45-6:15 DL		5:45-6:15 DL			Pullen
<b>AGI</b>			6-7 pm		6-7 pm		BC
	3/8/2020	3/9/2020	3/10/2020	3/11/2020	3/12/2020	3/13/2020	3/14/2020
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SR Elite</b>	Senior		5-15-6:15 AM		5-15-6:15 AM		
	Sectionals	3:45-4:10 DL		3:45-4:10 DL		3:45-4:10 DL	9-10am W
	Cary	4:15-6:15 pm	4-6pm	4:15-6:15 pm	4-6pm	4:15-6:15 pm	7-9am
	Pullen	6:15-6:30 DL	6:15-7 W	6:15-6:30 DL	6:15-7 W	6:15-6:30 DL	at RIV
<b>SR</b>	BC	4:15-6:15 pm	4-6pm	4:15-6:15 pm	4-6pm	4:15-6:15 pm	7-9am
	States		6:15-7 W		AG	Sectionals	Atlanta
<b>Pre-Senior</b>	Pullen	6:15-7:45 pm	6:15-7:45 pm	6:15-7:45 pm	6:15-7:45 pm	6:15-7:45 pm	7-8:30am
<b>AGIII Silver</b>	BC	4:15-5:45 pm	4-5:30 pm	4:15-5:45 pm	4-5:30 pm	4:15-5:45 pm	7-8:30am
	States	5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL	AG	Sectionals	Atlanta
	Pullen	5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL		at RIV
<b>AGIII Black</b>	BC	6:15-7:45PM	6:00-7:45PM	6:15-7:45PM	6:00-7:45PM	6:15-7:45PM	7-8:30am
<b>AGII</b>	States	6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	at RIV
	Pullen	5:45-6:15 DL		5:45-6:15 DL			7-8:15am
<b>AGI</b>	BC		6-7 pm		6-7 pm		7-8am
	3/15/2020	3/16/2020	3/17/2020	3/18/2020	3/19/2020	3/20/2020	3/21/2020
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SR Elite</b>			5-15-6:15 AM				
		3:45-4:10 DL		3:45-4:10 DL		3:45-4:10 DL	9-10am W
		4:15-6:15 pm	4-6pm	4:15-6:15 pm	4-6pm	4:15-6:15 pm	7-9am
		6:15-6:30 DL	6:15-7 W	6:15-6:30 DL	6:15-7 W	6:15-6:30 DL	at RIV
<b>SR</b>	AG	4:15-6:15 pm	4-6pm	4:15-6:15 pm	4-6pm	4:15-6:15 pm	7-9am
	Sectionals		6:15-7 W		6:15-7 W		9-10am W
<b>Pre-Senior</b>	Atlanta	6:15-7:45 pm	6:15-7:45 pm	6:15-7:45 pm	6:15-7:45 pm	6:15-7:45 pm	7-8:30am
<b>AGIII Silver</b>	AG	4:15-5:45 pm	4-5:30 pm	4:15-5:45 pm	4-5:30 pm	4:15-5:45 pm	7-8:30am
	Sectionals	5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL		
	Atlanta	5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL		at RIV
<b>AGIII Black</b>		6:15-7:45PM	6:00-7:45PM	6:15-7:45PM	6:00-7:45PM	6:15-7:45PM	7-8:30am
<b>AGII</b>		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	at RIV
		5:45-6:15 DL		5:45-6:15 DL			7-8:15am
<b>AGI</b>			6-7 pm		6-7 pm		7-8am
	3/22/2020	3/23/2020	3/24/2020	3/25/2020	3/26/2020	3/27/2020	3/28/2020
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SR Elite</b>						Tarheel	States
		3:45-4:10 DL		3:45-4:10 DL		Cary	Tarheel
		4:15-6:15 pm	4-6pm	4:15-6:15 pm	4-6pm	Tarheel	States
		6:15-6:30 DL	6:15-7 W	6:15-6:30 DL	6:15-7 W	Cary	Tarheel
<b>SR</b>		4:15-6:15 pm	4-6pm	4:15-6:15 pm	4-6pm	Tarheel	States
			6:15-7 W		6:15-7 W	Cary	Tarheel
<b>Pre-Senior</b>		6:15-7:45 pm	6:15-7:45 pm	6:15-7:45 pm	6:15-7:45 pm	Tarheel	States
<b>AGIII Silver</b>		4:15-5:45 pm	4-5:30 pm	4:15-5:45 pm	4-5:30 pm	Cary	Tarheel
		5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL	Tarheel	States
		5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL	Cary	Tarheel
<b>AGIII Black</b>		6:15-7:45PM	6:00-7:45PM	6:15-7:45PM	6:00-7:45PM	Tarheel	States
<b>AGII</b>		6:15-7:30pm		6:15-7:30pm		Cary	Tarheel
		5:45-6:15 DL		5:45-6:15 DL		Tarheel	States
<b>AGI</b>			6-7 pm		6-7 pm	Cary	Tarheel
	3/29/2020	3/30/2020	3/31/2020	4/1/2020	4/2/2020	4/3/2020	4/4/2020
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SR Elite</b>	Tarheel						
	Cary	3:45-4:10 DL		3:45-4:10 DL		3:45-4:10 DL	9-10am W
	Tarheel	4:15-6:15 pm	4-6pm	4:15-6:15 pm	4-6pm	4:15-6:15 pm	7-9am
	Cary	6:15-6:30 DL	6:15-7 W	6:15-6:30 DL	6:15-7 W	6:15-6:30 DL	at RIV
<b>SR</b>	Tarheel	4:15-6:15 pm	4-6pm	4:15-6:15 pm	4-6pm	4:15-6:15 pm	7-9am
	Cary		6:15-7 W		6:15-7 W		9-10am W
<b>Pre-Senior</b>	Tarheel	6:15-7:45 pm	6:15-7:45 pm	6:15-7:45 pm	6:15-7:45 pm	6:15-7:45 pm	7-8:30am
<b>AGIII Silver</b>	Cary	4:15-5:45 pm	4-5:30 pm	4:15-5:45 pm	4-5:30 pm	4:15-5:45 pm	7-8:30am
	Tarheel	5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL		
	Cary	5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL	5:45-6:00 DL		at RIV
<b>AGIII Black</b>	Tarheel	6:15-7:45PM	6:00-7:45PM	6:15-7:45PM	6:00-7:45PM	6:15-7:45PM	7-8:30am
<b>AGII</b>	Cary	6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	at RIV
	Tarheel	5:45-6:15 DL		5:45-6:15 DL			7-8:15am
<b>AGI</b>	Cary		6-7 pm		6-7 pm		7-8am

All practices at Riverwood unless noted.

Swim Meet

DL = Dry Land

Water

W=Weights

special event