

# Practice Schedule MOR - Riverwood

	2/26/2023	2/27/2023	2/28/2023	3/1/2023	3/2/2023	3/3/2023	3/4/2023
<b>SR 3,Elite</b>	senior Champs Charlotte	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		6:15-7 W 3:45-4:00 DL	7-9 AM
	senior Champs	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
<b>SR2</b>	Charlotte	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	7-9 AM
	senior Champs Charlotte	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>SR1</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	7-9 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	Reagan Rocks
<b>AG4</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	BC States
		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	Reagan Rocks
<b>AGIII</b>		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	BC States
		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	Reagan Rocks
<b>AGII</b>		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	BC States
		5:45-6:15 DL		5:45-6:15 DL			Reagan Rocks
<b>AGI</b>			6-7 pm		6-7 pm		BC States
	3/5/2023	3/6/2023	3/7/2023	3/8/2023	3/9/2023	3/10/2023	3/11/2023
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SR 3,Elite</b>		6:15-7 W	5:15-6:15 AM	6:15-7 W		Atlanta Invite	Atlanta Invite
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl		7-9 AM
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
<b>SR2</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	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl		
<b>SR1</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	7-9 AM
	Reagan Rocks	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl		
<b>AG4</b>	BC States	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	7-9 AM
	Reagan Rocks	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl		
<b>AGIII</b>	BC States	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 AM
<b>AGII</b>	Reagan Rocks	5:45-6:15 pm		5:45-6:15 pm			
	BC States	6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	9-10:15 AM
	Reagan Rocks	5:45-6:15 DL		5:45-6:15 DL			
<b>AGI</b>	BC States		6-7 pm		6-7 pm		9-10:00 AM
	3/12/2023	3/13/2023	3/14/2023	3/15/2023	3/16/2023	3/17/2023	3/18/2023
<b>SR 3,Elite</b>	Atlanta	6:15-7 W	5:15-6:15 AM	6:15-7 W	5:15-6:15 AM	6:15-7 W	
	Invite	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	7-9 AM
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
<b>SR2</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	7-9 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>SR1</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	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Age group	sectionals cary
<b>AG4</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	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl		Charlotte
<b>AGIII</b>		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 AM
		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
<b>AGII</b>		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	9-10:15 AM
		5:45-6:15 DL		5:45-6:15 DL			
<b>AGI</b>			6-7 pm		6-7 pm		9-10:00 AM
	3/19/2023	3/20/2023	3/21/2023	3/22/2023	3/23/2023	3/24/2023	3/25/2023
<b>SR 3,Elite</b>		6:15-7 W		6:15-7 W		Tarheel	Tarheel
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL		States	States
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	Cary	Cary
<b>SR2</b>		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	Tarheel	Tarheel
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	States	States
						Cary	Cary
<b>SR1</b>	Age Group	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	Tarheel	Tarheel
	Sectionals	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	States	States
<b>AG4</b>	Cary	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	Cary	Cary
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Tarheel	Tarheel
<b>AGIII</b>		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	States	States
		5:45-6:15 pm		5:45-6:15 pm		Cary	Cary
<b>AGII</b>		6:15-7:30pm		6:15-7:30pm		Tarheel	Tarheel
		5:45-6:15 DL		5:45-6:15 DL		States	States
<b>AGI</b>			6-7 pm		6-7 pm		
	3/26/2023	3/27/2023	3/28/2023	3/29/2023	3/30/2023	3/31/2023	4/1/2023
<b>SR 3,Elite</b>	Tarheel	6:15-7 W		6:15-7 W		6:15-7 W	
	States	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	7-9 AM
	Cary	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
<b>SR2</b>	Tarheel	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	7-9 AM
	States	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	
	Cary						
<b>SR1</b>	Tarheel	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	7-9 AM
	States	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>AG4</b>	Cary	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	
	Tarheel	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</b>	States	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	
	Cary	5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
<b>AGII</b>	Tarheel	6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	
	States	5:45-6:15 DL		5:45-6:15 DL			
<b>AGI</b>			6-7 pm		6-7 pm		
	4/7/2023	4/8/2023	4/9/2023	4/10/2023	4/11/2023	4/12/2023	4/13/2023
<b>SR 3,Elite</b>		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
<b>SR2</b>		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
<b>SR1</b>		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
<b>AG4</b>		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
<b>AGIII</b>		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
<b>AGII</b>		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
<b>AGI</b>		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break

All practices at Riverwood unless noted.

Swim Meet

DL = Dry Land

Water

W=Weights

special event