

Practice Schedule MOR - Riverwood

	5/1/2022	5/2/2022	5/3/2022	5/4/2022	5/5/2022	5/6/2022	5/7/2022
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR 3,Elite		6:15-7 W	5:15 to 6:15 AM	6:15-7 W	5:15 to 6:15 AM	6:15-7 W	GCY
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	GCY	Greensboro
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	Cinco de Mayo
SR2		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	Cary
		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	GCY
						Greensboro	Greensboro
SR1		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	Cinco de Mayo
		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
AG4		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	GCY
		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	Greensboro
AGIII		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	Cinco de Mayo
AGII		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	Cary
		6:15-7:15pm		6:15-7:15pm		6:15-7:30pm	Cinco de Mayo
		5:45-6:15 DL		5:45-6:15 DL			Cary
AGI			6-7 pm		6-7 pm		
	5/8/2022	5/9/2022	5/10/2022	5/11/2022	5/12/2022	5/13/2022	5/14/2022
SR 3,Elite	Cinco de Mayo	6:15-7 W	5:15 to 6:15 AM	6:15-7 W	5:15 to 6:15 AM	6:15-7 W	7-9 AM
	Cary	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	
	Cinco de Mayo	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
SR2	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	
	Cinco de Mayo	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						7-9 AM
SR1	Cinco de Mayo	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	
	Cary	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
AG4	Cinco de Mayo	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	
	Cary	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	
AGIII	Cinco de Mayo	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 AM
AGII	Cary	5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
		6:15-7:15pm		6:15-7:15pm		6:15-7:30pm	9-10:15 AM
		5:45-6:15 DL		5:45-6:15 DL			
AGI			6-7 pm		6-7 pm		9-10:00 AM
	5/15/2022	5/16/2022	5/17/2022	5/18/2022	5/19/2022	5/20/2022	5/21/2022
SR 3,Elite		6:15-7 W	5:15 to 6:15 AM	6:15-7 W	Ultraswim	Charlotte	Ultraswim
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Meet on Hill	Chapel Hill
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	Meet on Hill	Chapel Hill
SR2		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	Meet on Hill	Chapel Hill
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Meet on Hill	Chapel Hill
						Meet on Hill	Chapel Hill
SR1		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	Meet on Hill	Chapel Hill
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Meet on Hill	Chapel Hill
AG4		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	Chapel Hill	YBAC
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Chapel Hill	Greensboro
AGIII		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	Chapel Hill	YBAC
AGII		5:45-6:15 pm		5:45-6:15 pm		Chapel Hill	Greensboro
		6:15-7:15pm		6:15-7:15pm		Chapel Hill	YBAC
		5:45-6:15 DL		5:45-6:15 DL		Chapel Hill	Greensboro
AGI			6-7 pm		6-7 pm		
	5/22/2022	5/23/2022	5/24/2022	5/25/2022	5/26/2022	5/27/2022	5/28/2022
SR 3,Elite	Charlotte	6:15-7 W	5:15 to 6:15 AM	6:15-7 W	5:15 to 6:15 AM	6:15-7 W	7-9 AM
	Chapel Hill	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	
	Chapel Hill	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	7-9 AM
SR2	Chapel Hill	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	
	Chapel Hill	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	
	Chapel Hill						7-9 AM
SR1	Chapel Hill	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	
	Chapel Hill	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
AG4	YBAC	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	
	Greensboro	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	
AGIII	YBAC	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	4:00-5:45 pm	9-10:15 AM
	Greensboro	5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
AGII	YBAC	6:15-7:15pm		6:15-7:15pm		4:00-5:45 pm	9-10:15 AM
	Greensboro	5:45-6:15 DL		5:45-6:15 DL			
AGI			6-7 pm		6-7 pm		9-10:00 AM
	5/29/2022	5/30/2022	5/31/2022	6/1/2022	6/2/2022	6/3/2022	6/4/2022
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
		Day		5:45-6:15 pm		5:45-6:15 pm	
AGII		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

All practices at Riverwood unless noted.

Swim Meet

DL = Dry Land

Water

W=Weights

special event