

Practice Schedule MOR - Riverwood

	4/30/2023	5/1/2023	5/2/2023	5/3/2023	5/4/2023	5/5/2023	5/6/2023
SR 3,Elite	NCAC Quad Chapel Hill	6:15-7 W	5:15-6:15 AM	6:15-7 W	5:15-6:15 AM	6:15-7 W	
	NCAC Quad 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
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR2	Chapel Hill NCAC Quad	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	
SR1	Chapel Hill NCAC Quad	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
	Chapel Hill NCAC Quad	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	
AG4	Chapel Hill NCAC Quad	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
	Chapel Hill NCAC Quad	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		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	
AGII		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			
AGI			6-7 pm		6-7 pm		9-10:00 AM
	5/7/2023	5/8/2023	5/9/2023	5/10/2023	5/11/2023	5/12/2023	5/13/2023
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR 3,Elite		6:15-7 W	5:15-6:15 AM	6:15-7 W	5:15-6:15 AM	6:15-7 W	
		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	
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	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	
SR1		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	
AG4		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	Star meet
AGIII		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		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	Greensboro
		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			
AGI			6-7 pm		6-7 pm		9-10:00 AM
	5/14/2023	5/15/2023	5/16/2023	5/17/2023	5/18/2023	5/19/2023	5/20/2023
SR 3,Elite		6:15-7 W	5:15-6:15 AM	6:15-7 W	Martha McKee	Martha McKee	Martha McKee
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	Charlotte	Mckee	Mckee
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	Charlotte	Charlotte
SR2		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	Meet on the Hill	Meet on the Hill
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Chapel Hill	Chapel Hill
SR1		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	ECA	ECA
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Beach meet	Beach meet
AG4		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	Morehead	Morehead
	Star meet	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	City	City
AGIII		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	ECA	ECA
	Greensboro	5:45-6:15 pm		5:45-6:15 pm		Beach meet	Beach meet
AGII		6:15-7:30pm		6:15-7:30pm		Morehead	Morehead
		5:45-6:15 DL		5:45-6:15 DL		City	City
AGI			6-7 pm		6-7 pm		
	5/21/2023	5/22/2023	5/23/2023	5/24/2023	5/25/2023	5/26/2023	5/27/2023
SR 3,Elite		Martha McKee	5:15-6:15 AM	6:15-7 W	5:15-6:15 AM	6:15-7 W	
		Charlotte	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	7-9 AM
		Charlotte	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR2		Meet on the Hill	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		Chapel Hill	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
SR1		ECA	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		Beach meet	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AG4		Morehead	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		City	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AGIII		ECA	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 AM
		Beach meet		5:45-6:15 pm		5:45-6:15 pm	
AGII		Morehead		6:15-7:30pm		6:15-7:30pm	9-10:15 AM
		City		5:45-6:15 DL			
AGI			6-7 pm		6-7 pm		9-10:00 AM
	5/28/2023	5/29/2023	5/30/2023	5/31/2023	6/1/2023	6/2/2023	6/3/2023
SR 3,Elite		Memorial Day	5:15-6:15 AM	6:15-7 W	5:15-6:15 AM	6:15-7 W	
		Day	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	7-9 AM
		Memorial Day	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR2		Day	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		Memorial Day	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	Open water Champs
SR1		Memorial Day	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		Day	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	7 lakes
AG4		Memorial Day	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		Day	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AGIII		Memorial Day	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 Day		6:15-7:30pm		6:15-7:30pm	9-10:15 AM
		Day		5:45-6:15 DL			
AGI		Memorial Day	6-7 pm		6-7 pm		9-10:00 AM
	6/4/2023	6/5/2023	6/6/2023	6/7/2023	6/8/2023	6/9/2023	6/10/2023
SR 3,Elite		6:15-7 W	5:15-6:15 AM	6:15-7 W	5:15-6:15 AM	6:15-7 W	
		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	
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	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	
SR1		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	
AG4		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	
AGIII		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	
AGII		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			
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