

# Practice Schedule MOR - Riverwood

	10/25/2020	10/26/2020	10/27/2020	10/28/2020	10/29/2020	10/30/2020	10/31/2020
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SR Elite</b>		6:15-7 W		6:15-7 W		6:15-7 W	TAC Halloween
		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	Meet
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	TAC Halloween
<b>SR</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	Meet
		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	TAC Halloween
							Meet
<b>pre senior</b>		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	TAC Halloween
		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	Meet
<b>AGIII Silver</b>		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	TAC Halloween
		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	Meet
<b>AGIII Black</b>		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	TAC Halloween
<b>AGII</b>		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	Meet
		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	TAC Halloween
		5:45-6:15 DL		5:45-6:15 DL			Meet
<b>AGI</b>			6-7 pm		6-7 pm		TAC Halloween
	11/1/2020	11/2/2020	11/3/2020	11/4/2020	11/5/2020	11/6/2020	11/7/2020
<b>SR Elite</b>		6:15-7 W		6:15-7 W		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	8-10 AM
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
<b>SR</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	8-10 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>pre senior</b>		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	8-10 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>AGIII Silver</b>		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	8-10 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>AGIII Black</b>		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	8-10 AM
<b>AGII</b>		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	10-11:15 AM
		5:45-6:15 DL		5:45-6:15 DL			
<b>AGI</b>			6-7 pm		6-7 pm		10-11:00 AM
	11/8/2020	11/9/2020	11/10/2020	11/11/2020	11/12/2020	11/13/2020	11/14/2020
<b>SR Elite</b>		6:15-7 W		6:15-7 W		MOR Quad	MOR Quad
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	MOR Quad	MOR Quad
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	MOR Quad	MOR Quad
<b>SR</b>		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	MOR Quad	MOR Quad
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	MOR Quad	MOR Quad
						MOR Quad	MOR Quad
<b>pre senior</b>		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	MOR Quad	MOR Quad
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	MOR Quad	MOR Quad
<b>AGIII Silver</b>		4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	MOR Quad	MOR Quad
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	MOR Quad	MOR Quad
<b>AGIII Black</b>		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	MOR Quad	MOR Quad
<b>AGII</b>		5:45-6:15 pm		5:45-6:15 pm		MOR Quad	MOR Quad
		6:15-7:30pm		6:15-7:30pm		MOR Quad	MOR Quad
		5:45-6:15 DL		5:45-6:15 DL		MOR Quad	MOR Quad
<b>AGI</b>			6-7 pm		6-7 pm		
	11/15/2020	11/16/2020	11/17/2020	11/18/2020	11/19/2020	11/20/2020	11/21/2020
<b>SR Elite</b>	mor quad	6:15-7 W		6:15-7 W		6:15-7 W	
	mor 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	8-10 AM
	mor quad	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
<b>SR</b>	mor 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	8-10 AM
	mor 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	
	mor quad						
<b>pre senior</b>	mor quad	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	8-10 AM
	mor 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	
<b>AGIII Silver</b>	mor quad	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	8-10 AM
	mor 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	
<b>AGIII Black</b>	mor quad	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	8-10 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	10-11:15 AM
		5:45-6:15 DL		5:45-6:15 DL			
<b>AGI</b>			6-7 pm		6-7 pm		10-11:00 AM
	11/22/2020	11/23/2020	11/24/2020	11/25/2020	11/26/2020	11/27/2020	11/28/2020
<b>SR Elite</b>		6:15-7 W			Thanksgiving		
		3:45-4:00 DL	6:00-6:30 dl		Thanksgiving		8-10 AM
		4-6:00 PM	4-6:00 PM	1:30-3:30 PM	Thanksgiving	1:30-3:30 PM	
<b>SR</b>		4:00-6:00 pm	4:00-6:00 pm	1:30-3:30 PM	Thanksgiving	1:30-3:30 PM	8-10 AM
		3:45-4:00 DL	6:00-6:30 dl		Thanksgiving		
					Thanksgiving		
<b>pre senior</b>		4:00-5:45 pm	4:00-5:45 pm	1:30-3:30 PM	Thanksgiving	1:30-3:30 PM	8-10 AM
		3:45-4:00 DL	6:00-6:30 dl		Thanksgiving		
<b>AGIII Silver</b>		4:00-5:45 pm	4:00-5:45 pm	1:30-3:30 PM	Thanksgiving	1:30-3:30 PM	8-10 AM
		3:45-4:00 DL	6:00-6:30 dl		Thanksgiving		
<b>AGIII Black</b>		6:15-7:30pm	6:00-7:30PM	3:30-5:00pm	Thanksgiving	3:30-5:00pm	8-10 AM

<b>AGII</b>		5:45-6:15 pm			Thanksgiving		
		6:15-7:30pm		3:30-4:45pm	Thanksgiving	3:30-4:45pm	10-11:15 AM
		5:45-6:15 DL			Thanksgiving		
<b>AGI</b>			6-7 pm		Thanksgiving		10-11:00 AM
All practices at Riverwood unless noted.			Swim Meet	DL = Dry Land	Water	W=Weights	special event