

## Practice Schedule MOR - Riverwood

	10/30/2022	10/31/2022	11/1/2022	11/2/2022	11/3/2022	11/4/2022	11/5/2022
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SR 3,Elite</b>		6:15-7 W		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	
<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	3:45-4:00 DL	
<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	3:45-4:00 DL	
<b>AGIII</b>		Halloween	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 AM
<b>AGII</b>		Halloween		5:45-6:15 pm		5:45-6:15 pm	
		Halloween		6:15-7:30pm		6:15-7:30pm	9-10:15 AM
		Halloween		5:45-6:15 DL			
<b>AGI</b>			6-7 pm		6-7 pm		9-10:00 AM
	11/6/2022	11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022	11/12/2022
<b>SR 3,Elite</b>		6:15-7 W	5:15-6:15 AM	6:15-7 W	5:15-6:15 AM	MOR Atlantic	MOR Atlantic
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Invite	Invite
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	Pullen	Pullen
<b>SR2</b>		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	MOR Atlantic	MOR Atlantic
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Invite	Invite
						Pullen	Pullen
<b>SR1</b>		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	MOR Atlantic	MOR Atlantic
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Invite	Invite
<b>AG4</b>		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	Pullen	Pullen
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	MOR Atlantic	MOR Atlantic
<b>AGIII</b>		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	Invite	Invite
		5:45-6:15 pm		5:45-6:15 pm		Pullen	Pullen
<b>AGII</b>		6:15-7:30pm		6:15-7:30pm		MOR Atlantic	MOR Atlantic
		5:45-6:15 DL		5:45-6:15 DL		Invite	Invite
<b>AGI</b>			6-7 pm		6-7 pm		
	11/13/2022	11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022	11/19/2022
<b>SR 3,Elite</b>	MOR Atlantic	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
	Pullen	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
<b>SR2</b>	MOR Atlantic	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
	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	
	Pullen		3				
<b>SR1</b>	MOR Atlantic	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
	Invite	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Yota Turkey	
<b>AG4</b>	Pullen	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	Goldsboro	7-9 AM
	MOR Atlantic	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Yota Turkey	
<b>AGIII</b>	Invite	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	Goldsboro	Yota Turkey
	Pullen	5:45-6:15 pm		5:45-6:15 pm		Yota Turkey	Goldsboro
<b>AGII</b>	MOR Atlantic	6:15-7:30pm		6:15-7:30pm		Goldsboro	Yota Turkey
	Invite	5:45-6:15 DL		5:45-6:15 DL			Goldsboro
<b>AGI</b>			6-7 pm		6-7 pm		AG1 Intrasquad
	11/20/2022	11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022	11/26/2022
<b>SR 3,Elite</b>		6:15-7 W	5:15-6:15 AM	1-3:00 PM	Thanksgiving	2-4:00 PM	
		3:45-4:00 DL	6:00-6:30 dl	1-3:00 PM	Thanksgiving	2-4:00 PM	7-9 AM
		4-6:00 PM	4-6:00 PM	1-3:00 PM	Thanksgiving	2-4:00 PM	
<b>SR2</b>		4:00-6:00 pm	4:00-6:00 pm	1-3:00 PM	Thanksgiving	2-4:00 PM	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl		Thanksgiving		
					Thanksgiving		
<b>SR1</b>	Yota Turkey	4:00-6:00 pm	4:00-6:00 pm	1-3:00 PM	Thanksgiving	2-4:00 PM	7-9 AM
	Goldsboro	3:45-4:00 DL	6:00-6:30 dl		Thanksgiving		
<b>AG4</b>	Yota Turkey	4:00-6:00 pm	4:00-6:00 pm	1-3:00 PM	Thanksgiving	2-4:00 PM	7-9 AM
	Goldsboro	3:45-4:00 DL	6:00-6:30 dl		Thanksgiving		
<b>AGIII</b>	Yota Turkey	6:15-7:30pm	6:00-7:30PM	3:00-4:00 pm	Thanksgiving	3:45-5:00 pm	9-10:15 AM
	Goldsboro	5:45-6:15 pm			Thanksgiving		
<b>AGII</b>	Yota Turkey	6:15-7:30pm		3:00-4:00 pm	Thanksgiving	3:45-5:00 pm	9-10:15 AM
	Goldsboro	5:45-6:15 DL			Thanksgiving		
<b>AGI</b>			6-7 pm		Thanksgiving		9-10:00 AM
	11/27/2022	11/28/2022	11/29/2022	11/30/2022	12/1/2022	12/2/2022	12/3/2022
<b>SR 3,Elite</b>		6:15-7 W		US open	Greensboro	US Open	Greensboro
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	ATOM Invite	or
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	ATOM Invite	Arctic Blast
<b>SR2</b>		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	ATOM Invite	Atom invite
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	ATOM Invite	or
						ATOM Invite	Arctic Blast
<b>SR1</b>		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	ATOM Invite	Atom invite
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	ATOM Invite	or
<b>AG4</b>		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	ATOM Invite	Arctic Blast
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	ATOM Invite	Atom invite
<b>AGIII</b>		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	ATOM Invite	or
		5:45-6:15 pm		5:45-6:15 pm		ATOM Invite	Arctic Blast
<b>AGII</b>		6:15-7:30pm		6:15-7:30pm		ATOM Invite	Atom invite
		5:45-6:15 DL		5:45-6:15 DL		ATOM Invite	or
<b>AGI</b>			6-7 pm		6-7 pm		

All practices at Riverwood unless noted.

Swim Meet

DL = Dry Land

Water

W=Weights

special event