

MOR PRACTICE SCHEDULE – Aug/Sept 2020

North Raleigh							
Aug31-Sept6	Mon. 8/31	Tues. 9/1	Wed. 9/2	Thurs. 9/3	Fri. 9/4	Sat. 9/5	Sun. 9/6
Nral Sr. Elite A	No Practice	No Practice	5:00-6:50am GWC	5:00-6:50am GWC	5:00-6:50am GWC	No Practice	No Practice
Nral Senior A	No Practice	No Practice	5:15-6:45am NRSC	4:00-5:40pm RAV	4:00-5:40pm RAV	No Practice	No Practice
Nral Senior B	No Practice	No Practice	8:00-9:30pm NRSC	5:50-7:30pm RAV	5:50-7:30pm RAV	No Practice	No Practice
Nral Pre-Senior	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Nral AG2/3 A	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Nral AG2/3 B	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Nral AG2/3 C	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Nral AG2/3 D	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Nral AG1 A	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Nral AG1 B	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Sept7-13	Mon. 9/7	Tues. 9/8	Wed. 9/9	Thurs. 9/10	Fri. 9/11	Sat. 9/12	Sun. 9/13
Senior Elite	No Practice	5:00-6:50am GWC	5:00-6:50am GWC	5:00-6:50am GWC	5:00-6:50am GWC	6:00-8:00am RAV	No Practice
Senior A	No Practice	5:00-6:30am RAV	5:50-7:30pm NRSC	3:50-5:20pm NRSC	5:00-6:30am RAV	7:20-8:50am NRSC	No Practice
Senior B	No Practice	3:50-5:20pm NRSC	4:00-5:40pm NRSC	5:00-6:30am RAV	No Practice	5:40-7:10am NRSC	6:20-7:50am NRSC
Pre-Senior	No Practice	6:40-8:10pm RAV	6:40-8:10pm RAV	6:40-8:10pm RAV	6:40-8:10pm RAV	No Practice	8:00-9:30am RAV
AG3 Silver A	No Practice	6:40-8:00pm QH	4:00-5:20pm QH	6:45-8:00pm QH	No Practice	8:10-9:40am RAV	9:10-10:40am NRSC
AG3 Silver B	No Practice	4:00-5:20pm QH	6:40-8:00pm QH	4:00-5:15pm QH	No Practice	9:50-11:20am RAV	9:10-10:40am NRSC
AG3 Black A	No Practice	4:00-5:10pm RAV	4:00-5:10pm RAV	4:00-5:10pm RAV	4:00-5:10pm RAV	No Practice	9:40-11:00am RAV
AG3 Black B	No Practice	5:20-6:30pm RAV	5:20-6:30pm RAV	5:20-6:30pm RAV	5:20-6:30pm RAV	No Practice	11:10a-12:30p RAV
AG 2 A	No Practice	5:30-6:30pm QH	No Practice	5:15-6:00pm QH	No Practice	11:30a-12:30p RAV	8:00-9:00am NRSC
AG 2 B	No Practice	No Practice	5:30-6:30pm QH	6:00-6:45pm QH	No Practice	12:40-1:40pm RAV	8:00-9:00am NRSC
AG 1 A	No Practice	5:30-6:10pm NRSC	No Practice	5:30-6:10pm NRSC	No Practice	9:00-9:40am NRSC	No Practice
AG 1 B	No Practice	6:10-6:50pm NRSC	No Practice	6:10-6:50pm NRSC	No Practice	9:40-10:20a NRSC	No Practice
AG 1 C	No Practice	6:50-7:30pm NRSC	No Practice	6:50-7:30pm NRSC	No Practice	10:20-11am NRSC	No Practice

Sept14-20	Mon. 9/14	Tues. 9/15	Wed. 9/16	Thurs. 9/17	Fri. 9/18	Sat. 9/19	Sun. 9/20
Senior Elite	5:00-6:50am NRSC	5:00-6:50am NRSC	5:00-6:50am NRSC	5:00-6:50am NRSC	5:00-6:50am NRSC	6:00-8:00am RAV	No Practice
Senior A	4:00-5:40pm NRSC	5:00-6:30am RAV	5:50-7:30pm NRSC	3:50-5:20pm NRSC	5:00-6:30am RAV	7:20-8:50am NRSC	No Practice
Senior B	5:50-7:30pm NRSC	3:50-5:20pm NRSC	4:00-5:40pm NRSC	5:00-6:30am RAV	No Practice	5:40-7:10am NRSC	6:20-7:50am NRSC
Pre-Senior	6:40-8:10pm RAV	6:40-8:10pm RAV	6:40-8:10pm RAV	6:40-8:10pm RAV	6:40-8:10pm RAV	No Practice	8:00-9:30am RAV
AG3 Silver A	4:00-5:20pm QH	6:40-8:00pm QH	4:00-5:20pm QH	6:40-8:00pm QH	No Practice	8:10-9:40am RAV	No Practice
AG3 Silver B	6:40-8:00pm QH	4:00-5:20pm QH	6:40-8:00pm QH	4:00-5:20pm QH	No Practice	9:50-11:20am RAV	No Practice
AG3 Black A	4:00-5:10pm RAV	4:00-5:10pm RAV	4:00-5:10pm RAV	4:00-5:10pm RAV	4:00-5:10pm RAV	No Practice	9:40-11:00am RAV
AG3 Black B	5:20-6:30pm RAV	5:20-6:30pm RAV	5:20-6:30pm RAV	5:20-6:30pm RAV	5:20-6:30pm RAV	No Practice	11:10a-12:30p RAV
AG 2 A	No Practice	5:30-6:30pm QH	No Practice	5:30-6:30pm QH	No Practice	11:30a-12:30p RAV	8:00-9:00am NRSC
AG 2 B	5:30-6:30pm QH	No Practice	5:30-6:30pm QH	No Practice	No Practice	12:40-1:40pm RAV	9:10-10:10am NRSC
AG 1 A	No Practice	5:30-6:10pm NRSC	No Practice	5:30-6:10pm NRSC	No Practice	9:00-9:40am NRSC	No Practice
AG 1 B	No Practice	6:10-6:50pm NRSC	No Practice	6:10-6:50pm NRSC	No Practice	9:40-10:20a NRSC	No Practice
AG 1 C	No Practice	6:50-7:30pm NRSC	No Practice	6:50-7:30pm NRSC	No Practice	10:20-11am NRSC	No Practice