

**MOR PRACTICE SCHEDULE – February 2021**

\*updated 2/7\*

North Raleigh							
Jan25-31	Mon. 1/25	Tues. 1/26	Wed. 1/27	Thurs. 1/28	Fri. 1/29	Sat. 1/30	Sun. 1/31
Senior Elite	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	6:00-8:30am RAV	No Practice
	3:30-5:30pm OPT	3:30-5:30pm OPT	3:30-5:30pm OPT	3:30-5:30pm OPT	3:30-5:00pm OPT	Liberty U Meet	Liberty U Meet
College	5:00-6:50am GWC	5:00-6:45am GWC	5:00-6:50am GWC	5:00-6:45am GWC	5:00-6:50am GWC		
Senior A	5:30-7:00pm RAV	5:00-6:45am GWC	No Practice	3:45-5:30pm WV	3:45-5:30pm WV	1:00-3:00pm RAV	6:00-8:00am GWC
Senior B	7:00-8:30pm RAV	3:45-5:30pm WV	No Practice	5:00-6:45am GWC	5:30-7:15pm WV	3:00-5:00pm RAV	8:00-10:00am GWC
Pre-Senior	No Practice	5:00-6:30am RAV	5:30-7:00pm RAV	5:00-6:30am RAV	6:50-8:20pm RAV	11:00a-12:30p GWC	11:00a-12:30p GWC
AG3 Black	No Practice	7:00-8:20pm RAV	7:00-8:20pm RAV	7:00-8:20pm RAV	5:30-6:50pm RAV	12:40-2:00pm GWC	12:40-2:00pm GWC
AG3 Silver A	4:00-5:25pm GWC	6:35-8:00pm GWC	4:00-5:25pm GWC	6:35-8:00pm GWC	4:00-5:25pm GWC	8:40-10:05am RAV	No Practice
AG3 Silver B	6:35-8:00pm GWC	4:00-5:25pm GWC	6:35-8:00pm GWC	4:00-5:25pm GWC	6:35-8:00pm GWC	10:05-11:30am RAV	No Practice
AG 2 A	5:25-6:35pm GWC	No Practice	5:25-6:35pm GWC	No Practice	5:25-6:35pm GWC	11:30a-12:40p RAV	No Practice
AG 2 B	No Practice	5:25-6:35pm GWC	No Practice	5:25-6:35pm GWC	5:25-6:35pm GWC	11:30a-12:40p RAV	No Practice
AG 1 A	No Practice	5:30-6:15pm RAV	No Practice	5:30-6:15pm RAV	No Practice	9:10-9:55am GWC	No Practice
AG 1 B	No Practice	6:15-7:00pm RAV	No Practice	6:15-7:00pm RAV	No Practice	9:10-9:55am GWC	No Practice
Swim League						10:00-10:45am GWC	10:00-10:45am GWC
Feb1-7	Mon. 2/1	Tues. 2/2	Wed. 2/3	Thurs. 2/4	Fri. 2/5	Sat. 2/6	Sun. 2/7
Senior Elite	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	5:45-7:45am GWC SAT	No Practice
	3:30-5:30pm OPT	3:30-5:30pm OPT	3:30-5:30pm OPT	3:30-5:30pm OPT	3:30-5:30pm OPT		
Senior A	5:30-7:00pm RAV	5:00-6:45am GWC	No Practice	3:45-5:30pm WV	3:45-5:30pm WV	12:30-2:00pm GWC	6:00-8:00am RAV SAT
Senior B	7:00-8:30pm RAV	3:45-5:30pm WV	No Practice	5:00-6:45am GWC	5:30-7:15pm WV	2:00-3:30pm GWC	8:00-10:00am RAV SAT
Pre-Senior	No Practice	5:00-6:30am RAV	5:30-7:00pm RAV	5:00-6:30am RAV	6:50-8:20pm RAV	8:00-10:00am RAV SAT	11:00a-12:30p RAV
AG3 Black	No Practice	7:00-8:20pm RAV	7:00-8:20pm RAV	7:00-8:20pm RAV	5:30-6:50pm RAV	8:00-10:00am RAV SAT	12:40-2:00pm RAV
AG3 Silver A	4:00-5:25pm GWC	6:35-8:00pm GWC	4:00-5:25pm GWC	6:35-8:00pm GWC	4:00-5:25pm GWC	11:30a-1:30p RAV SAT	No Practice
AG3 Silver B	6:35-8:00pm GWC	4:00-5:25pm GWC	6:35-8:00pm GWC	4:00-5:25pm GWC	6:35-8:00pm GWC	3:30a-5:30p RAV SAT	No Practice
AG 2 A	5:25-6:35pm GWC	No Practice	5:25-6:35pm GWC	No Practice	5:25-6:35pm GWC	1:30-3:30pm RAV SAT	No Practice
AG 2 B	No Practice	5:25-6:35pm GWC	No Practice	5:25-6:35pm GWC	5:25-6:35pm GWC	1:30-3:30pm RAV SAT	No Practice
AG 1 A	No Practice	5:30-6:15pm RAV	No Practice	5:30-6:15pm RAV	No Practice	8:00-10:00am GWC SAT	No Practice
AG 1 B	No Practice	6:15-7:00pm RAV	No Practice	6:15-7:00pm RAV	No Practice	10:15a-12:15p GWC SAT	No Practice
Swim League						10:30-11:15am RAV	10:00-10:45am RAV
Swim Lessons						3:30-5:30pm GWC	3:30-5:30pm RAV

Feb 8-14	Mon. 2/8	Tues. 2/9	Wed. 2/10	Thurs. 2/11	Fri. 2/12	Sat. 2/13	Sun. 2/14
Senior Elite	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	6:00-8:30am RAV	No Practice
	3:30-5:30pm OPT	3:30-5:30pm OPT	3:30-5:30pm OPT	3:30-5:30pm OPT	3:30-5:30pm OPT	Qualifier	Qualifier
Senior A	5:30-7:00pm RAV	5:00-6:45am GWC	5:30-7:15pm WV	3:45-5:30pm WV	6:50-8:20pm RAV	6:00-8:30am RAV	No Practice
Senior B	7:00-8:30pm RAV	3:45-5:30pm WV	3:45-5:30pm WV	5:00-6:45am GWC	6:50-8:20pm RAV	6:00-8:30am RAV	No Practice
Pre-Senior	No Practice	5:00-6:30am RAV	5:30-7:00pm RAV	5:00-6:30am RAV	6:50-8:20pm RAV	No Practice	No Practice
AG3 Black	No Practice	7:00-8:20pm RAV	7:00-8:20pm RAV	7:00-8:20pm RAV	5:30-6:50pm RAV	No Practice	No Practice
AG3 Silver A	4:00-5:25pm GWC	5:25-6:50pm GWC	6:35-8:00pm GWC	5:25-6:50pm GWC	4:00-5:25pm GWC AGState only	8:40-10:05am RAV AGState only	No Practice
AG3 Silver B	6:35-8:00pm GWC	4:00-5:25pm GWC	4:00-5:25pm GWC	4:00-5:25pm GWC	4:00-5:25pm GWC AGState only	8:40-10:05am RAV AGState only	No Practice
AG 2 A & B	5:25-6:35pm GWC	No Practice	5:25-6:35pm GWC	No Practice	5:25-6:35pm GWC	10:05-11:15am RAV	No Practice
AG 1 A	No Practice	5:30-6:15pm RAV	No Practice	5:30-6:15pm RAV	No Practice	9:10-9:55am GWC	No Practice
AG 1 B	No Practice	6:15-7:00pm RAV	No Practice	6:15-7:00pm RAV	No Practice	9:10-9:55am GWC	No Practice
Swim League						No Swim League	No Swim League
Swim Lessons						3:30-5:30pm GWC	3:30-5:30pm GWC
Feb15-21	Mon. 2/15	Tues. 2/16	Wed. 2/17	Thurs. 2/18	Fri. 2/19	Sat. 2/20	Sun. 2/21
Senior Elite	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	No Practice	No Practice	2:00-3:30pm GWC	No Practice
	3:30-5:30pm OPT	3:30-5:30pm GWC	3:30-5:30pm OPT	3:30-5:30pm GWC	3:45-5:30pm WV	Senior Champs	Senior Champs
Senior A	4:00-5:30pm GWC	5:00-6:45am GWC	No Practice	3:45-5:30pm WV	3:45-5:30pm WV	3:00-5:00pm RAV	8:00-10:00am GWC
Senior B	5:30-7:00pm GWC	3:45-5:30pm WV	No Practice	5:00-6:45am GWC	5:30-7:15pm WV	1:00-3:00pm RAV	6:00-8:00am GWC
Pre-Senior	No Practice	5:00-6:30am RAV	4:00-5:30pm GWC	5:00-6:30am RAV	6:50-8:20pm GWC	11:00a-12:30p GWC	11:00a-12:30p GWC
AG3 Black	No Practice	7:00-8:20pm GWC	5:30-6:50pm GWC	7:00-8:20pm GWC	5:30-6:50pm GWC	12:40-2:00pm GWC	12:40-2:00pm GWC
AG3 Silver A	4:00-5:25pm RAV	5:25-6:50pm RAV	6:35-8:00pm RAV	5:25-6:50pm RAV	4:00-5:25pm RAV	8:40-10:05am RAV	No Practice
AG3 Silver B	6:35-8:00pm RAV	4:00-5:25pm RAV	4:00-5:25pm RAV	4:00-5:25pm RAV	6:35-8:00pm RAV	10:05-11:30am RAV	No Practice
AG 2 A & B	5:25-6:35pm RAV	No Practice	5:25-6:35pm RAV	No Practice	5:25-6:35pm RAV	11:30a-12:40p RAV	No Practice
AG 1 A	No Practice	5:30-6:15pm GWC	No Practice	5:30-6:15pm GWC	No Practice	9:10-9:55am GWC	No Practice
AG 1 B	No Practice	6:15-7:00pm GWC	No Practice	6:15-7:00pm GWC	No Practice	9:10-9:55am GWC	No Practice
Swim League						10:00-10:45am GWC	10:00-10:45am GWC
Swim Lessons						3:30-5:30pm GWC	3:30-5:30pm GWC

Feb22-28	Mon. 2/22	Tues. 2/23	Wed. 2/24	Thurs. 2/25	Fri. 2/26	Sat. 2/27	Sun. 2/28
Senior Elite	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	6:00-8:30am RAV	No Practice
	3:30-5:30pm OPT	3:30-5:30pm GWC	3:30-5:30pm OPT	3:30-5:30pm GWC	3:30-5:30pm GWC		
Senior A	400-5:30pm GWC	5:00-6:45am GWC	5:30-7:15pm WV	3:45-5:30pm WV	3:45-5:30pm WV	11:30a-1:30p RAV	No Practice
Senior B	5:30-7:00pm GWC	3:45-5:30pm WV	3:45-5:30pm WV	5:00-6:30am RAV	5:30-7:15pm WV	11:30a-1:30p RAV	No Practice
Pre-Senior	No Practice	5:00-6:30am RAV	4:00-5:30pm GWC	5:00-6:30am RAV	6:50-8:20pm GWC	11:00a-12:30p GWC	11:00a-12:30p GWC
AG3 Black	No Practice	7:00-8:20pm GWC	5:30-6:50pm GWC	7:00-8:20pm GWC	5:30-6:50pm GWC	12:40-2:00pm GWC	12:40-2:00pm GWC
AG3 Silver A	4:00-5:25pm RAV	5:25-6:50pm RAV	4:00-5:25pm RAV AG State Qualifiers	5:45-7:10pm RAV	4:00-5:25pm RAV	8:40-10:05am RAV	No Practice
AG3 Silver B	6:35-8:00pm RAV	4:00-5:25pm RAV	6:35-8:00pm RAV non AG Champs	5:45-7:10pm RAV	4:00-5:25pm RAV	8:40-10:05am RAV	No Practice
AG 2 A & B	5:25-6:35pm RAV	No Practice	5:25-6:35pm RAV non AG Champ	No Practice	5:25-6:35pm RAV	10:05-11:15am RAV	No Practice
AG 1 A	No Practice	5:30-6:15pm GWC	No Practice	5:30-6:15pm GWC	No Practice	9:10-9:55am GWC	No Practice
AG 1 B	No Practice	6:15-7:00pm GWC	No Practice	6:15-7:00pm GWC	No Practice	9:10-9:55am GWC	No Practice
Swim League						10:00-10:45am GWC	No Swim League
Swim Lessons						3:30-5:30pm GWC	3:30-5:30pm GWC