

MOR PRACTICE SCHEDULE – January 2021

updated 1/18

North Raleigh							
Dec28-Jan3	Mon. 12/28	Tues. 12/29	Wed. 12/30	Thurs. 12/31	Fri. 1/1	Sat. 1/2	Sun. 1/3
Senior Elite	5:00-7:00am GWC	5:00-7:00am GWC	5:00-7:00am GWC	5:00-7:00am GWC	No Practice	5:30-7:30am GWC	No Practice
	3:30-5:30pm OPT	3:30-5:30pm OPT	3:30-5:30pm OPT	No PM	No Practice	3:00-5:00pm GWC	
College	7:00-8:30am GWC	7:00-8:30am GWC	7:00-8:30am GWC	7:00-8:30am GWC	No Practice	7:30-9:00am GWC	
Senior A	No AM	9:00-10:30am RAV	No AM	8:30-10:30am GWC	No Practice	9:00-11:00am WV	No Practice
	3:00-5:00pm GWC	5:00-7:00pm GWC	3:00-5:00pm GWC	No PM	No Practice	No PM	No Practice
Senior B	9:00-10:30am RAV	No AM	9:00-10:30am RAV	10:30a-12:30p GWC	No Practice	11:00am-1:00pm WV	No Practice
	5:00-7:00pm GWC	3:00-5:00pm GWC	5:00-7:00pm GWC	No PM	No Practice	No PM	No Practice
Pre-Senior	6:00-7:30am RAV	6:00-7:30am RAV	6:00-7:30am RAV	6:00-7:30am RAV	No Practice	10:50a-12:20p GWC	No Practice
AG3 Black	7:40-9:00am RAV	7:40-9:00am RAV	7:40-9:00am RAV	7:40-9:00am RAV	No Practice	12:20-1:45pm GWC	No Practice
AG3 Silver A	4:05-5:30pm RAV	4:05-5:30pm RAV	4:05-5:30pm RAV	3:00-4:30pm RAV	No Practice	8:00-9:25am RAV	No Practice
AG3 Silver B	2:40-4:05pm RAV	2:40-4:05pm RAV	2:40-4:05pm RAV	1:30-3:00pm RAV	No Practice	9:25-10:50am RAV	No Practice
AG 2 A	1:30-2:40pm RAV	1:30-2:40pm RAV	1:30-2:40pm RAV	No Practice	No Practice	10:50a-12:00p RAV	No Practice
AG 2 B	1:30-2:40pm RAV	1:30-2:40pm RAV	1:30-2:40pm RAV	No Practice	No Practice	10:50a-12:00p RAV	No Practice
AG 1 A	8:40-9:25am GWC	8:40-9:25am GWC	8:40-9:25am GWC	No Practice	No Practice	9:05-9:55am GWC	No Practice
AG 1 B	9:25-10:10am GWC	9:25-10:10am GWC	9:25-10:10am GWC	No Practice	No Practice	9:05-9:55am GWC	No Practice
Swim League						10:00-10:45am GWC	10:00-10:45am GWC
Jan4-10	Mon. 1/4	Tues. 1/5	Wed. 1/6	Thurs. 1/7	Fri. 1/8	Sat. 1/9	Sun. 1/10
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		
College	7:00-8:30am GWC	9:00-10:30am GWC	7:00-8:30am GWC	9:00-10:30am GWC	7:00-8:30am 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

Jan11-17	Mon. 1/11	Tues. 1/12	Wed. 1/13	Thurs. 1/14	Fri. 1/15	Sat. 1/16	Sun. 1/17
Senior Elite	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	No Practice	No Practice	TAC Meet	TAC Meet
	3:30-5:30pm OPT	3:30-5:30pm OPT	3:30-5:30pm OPT	3:30-5:30pm OPT	TAC Meet		
College	7:00-8:30am GWC	9:00-10:30am GWC	7:00-8:30am GWC	9:00-10:30am GWC	5:30-7:00am GWC		
Senior A	5:30-7:00pm RAV	5:00-6:45am GWC	No Practice	3:45-5:30pm WV	TAC Meet	TAC Meet	TAC Meet
Senior B	7:00-8:30pm RAV	3:45-5:30pm WV	No Practice	5:00-6:45am GWC	TAC Meet	TAC Meet	TAC Meet
Pre-Senior	No Practice	5:00-6:30am RAV	5:30-7:00pm RAV	5:00-6:30am RAV	TAC Meet	TAC Meet	TAC Meet
AG3 Black	No Practice	7:00-8:20pm RAV	7:00-8:20pm RAV	7:00-8:20pm RAV	6:35-7:55pm GWC	TAC Meet	TAC Meet
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	TAC Meet	TAC Meet
AG3 Silver B	6:35-8:00pm GWC	4:00-5:25pm GWC	6:35-8:00pm GWC	4:00-5:25pm GWC	4:00-5:25pm GWC	TAC Meet	TAC Meet
AG 2 A	5:25-6:35pm GWC	No Practice	5:25-6:35pm GWC	No Practice	5:25-6:35pm GWC	10:05-11:15am GWC	No Practice
AG 2 B	No Practice	5:25-6:35pm GWC	No Practice	5:25-6:35pm GWC	5:25-6:35pm GWC	10:05-11:15am GWC	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
Jan18-24	Mon. 1/18	Tues. 1/19	Wed. 1/20	Thurs. 1/21	Fri. 1/22	Sat. 1/23	Sun. 1/24
Senior Elite	No Practice	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		
College	5:30-7:00am GWC	9:00-10:30am GWC	7:00-8:30am GWC	9:00-10:30am GWC	7:00-8:30am GWC		
Senior A	4:00-5:30pm RAV	5:00-6:45am GWC	No Practice	3:45-5:30pm WV	3:45-5:30pm WV	7:00-9:00am GWC	9:00-11:00am GWC
Senior B	5:30-7:00pm RAV	3:45-5:30pm WV	No Practice	5:00-6:45am GWC	5:30-7:15pm WV	9:00-11:00am GWC	7:00-9:00am GWC
Pre-Senior	11:30a-1:00p GWC	No Practice	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	10:00-11:20am GWC	No Practice	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	No Practice	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	No Practice	4:00-5:25pm GWC	6:35-8:00pm GWC	4:00-5:25pm GWC	6:35-8:00pm GWC	8:40-10:05am 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	10:05-11:15a 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	10:05-11:15a RAV	No Practice
AG 1 A	8:15-9:00am GWC	No Practice	No Practice	5:30-6:15pm RAV	No Practice	Snowflake Meet	Snowflake Meet
AG 1 B	9:00-9:45am GWC	No Practice	No Practice	6:15-7:00pm RAV	No Practice	Snowflake Meet	Snowflake Meet
Swim League						No Swim League	No Swim League

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