MOR PRACTICE SCHEDULE – July/August 2020

North Raleigh

July 27-Aug2	Mon. 7/27	Tues. 7/28	Wed. 7/29	Thurs. 7/30	Fri. 7/31	Sat. 8/1	Sun. 8/2
Nral Sr. Elite A	5:30-7:20am RAV	Cancelled	5:30-7:20am RAV	5:30-7:20am RAV	5:30-7:20am RAV	6:00-8:00am RAV	
	3:45-5:15pm RAV						
Nral Sr. Elite B	7:30-9:20am RAV	Cancelled	7:30-9:20am RAV	7:30-9:20am RAV	7:30-9:20am RAV	8:10-10:10am RAV	
			3:45-5:15pm RAV				
Nral Senior A	7:15-8:45am NRSC	8:10-9:40am NRSC	6:30-8:00am NRSC	8:10-9:40am NRSC	7:15-8:45am NRSC	6:45-8:30am GWC	
Nral Senior B	9:30-11:00am RAV	6:30-8:00am NRSC	11:00a-12:30p RAV	6:30-8:00am NRSC	9:30-11:00am RAV	6:45-8:30am GWC	
Nral Pre-Senior	11:15a-12:30p RAV	11:00a-12:30p RAV	2:10-3:30pm RAV	11:00a-12:30p RAV	11:15a-12:30p RAV	12-1:15pm RAV	
Nral AG2/3 A	6:00-7:15am GWC	7:30-8:45am GWC	6:00-7:15am GWC	7:30-8:45am GWC	6:00-7:15am GWC	6:30-8:00am NRSC	
Nral AG2/3 B	7:30-8:45am GWC	6:00-7:15am GWC	7:30-8:45am GWC	6:00-7:15am GWC	7:30-8:45am GWC	8:15-9:45am NRSC	
Nral AG2/3 C	No Practice	9:30-10:45am RAV	9:30-10:45am RAV	9:30-10:45am RAV	No Practice	10:20-11:50am RAV	
Nral AG2/3 D	12:45-2:00pm RAV	12:45-2:00pm RAV	12:45-2:00pm RAV	12:45-2:00pm RAV	12:45-2:00pm RAV	1:30-2:45pm RAV	
Nral AG1 A	9:00-9:55am NRSC		9:00-9:55am NRSC		9:00-9:55am NRSC		
Nral AG1 B	6:30-7:15pm NRSC	6:00-6:45pm NRSC			9:00-9:55am NRSC		
Aug3-9	**Mon. 8/3**	**Tues. 8/4**	**Wed. 8/5**	**Thurs. 8/6**	**Fri. 8/7**	**Sat. 8/8**	**Sun. 8/9**
Nral Sr. Elite A	5:30-7:20am RAV	5:30-7:20am RAV	5:30-7:20am RAV	5:30-7:20am RAV	Meet	Meet	Meet
Nral Sr. Elite B	7:30-9:20am RAV	7:30-9:20am RAV	7:30-9:20am RAV	7:30-9:20am RAV	Meet	Meet	Meet
Nral Senior A	7:15-8:45am NRSC	8:10-9:40am NRSC	7:15-8:45am NRSC	8:10-9:40am NRSC	Meet	Meet	Meet
Nral Senior B	9:30-11:00am RAV	6:30-8:00am NRSC	11:00a-12:30p RAV	6:30-8:00am NRSC	Meet	Meet	Meet
Nral Pre-Senior	11:15a-12:30p RAV	11:00a-12:30p RAV	2:10-3:30pm RAV	11:00a-12:30p RAV	Meet	Meet	Meet
Nral AG2/3 A	6:00-7:15am GWC	7:30-8:45am GWC	6:00-7:15am GWC	7:30-8:45am GWC	6:30-7:45am RAV	Meet	Meet
Nral AG2/3 B	7:30-8:45am GWC	6:00-7:15am GWC	7:30-8:45am GWC	6:00-7:15am GWC	8:00-9:15am RAV	Meet	Meet
Nral AG2/3 C	No Practice	9:30-10:45am RAV	9:30-10:45am RAV	9:30-10:45am RAV	No Practice		
Nral AG2/3 D	12:45-2:00pm RAV	12:45-2:00pm RAV	12:45-2:00pm RAV	12:45-2:00pm RAV	7:30-8:45am NRSC	Meet	Meet
Nral AG1 A	9:00-9:55am NRSC		9:00-9:55am NRSC				
Nral AG1 B	6:30-7:15pm NRSC		6:30-7:15pm NRSC				
Aug10-16	**Mon 8/10**	**Tues. 8/11**	**Wed. 8/12**	**Thurs. 8/13**	**Fri. 8/14**	**Sat. 8/15**	**Sun. 8/16**
Nral Sr. Elite A	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Nral Sr. Elite B	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Nral Senior A	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Nral Senior B	No Practice	No Practice	No Practice	No Practice	No Practice	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