

**NORTH RALEIGH March 2020**

Feb. 24- Mar. 1	Mon 02/24	Tue 02/25	Wed 02/26	Thu 02/27	Fri 02/28	Sat 02/29	Sun 03/01
SR ELITE	NO AM 3:30-6pm+wts OPT	3:30-6:00pm GWC	5-6:30am RAV 3:30-6pm+wts OPT	3:30-6:00pm GWC	5-6:30am RAV 3:30-5:30pm OPT	6-8:30am+wts OPT	
Senior	4:00-6:00pm RAV	4:00-6:00pm RAV	4:00-6:00pm RAV	4:00-6:00pm RAV	4:00-6:00pm RAV	9:30-11:30am PULLEN	
PRE SR	7:00-8:30pm GWC	4:00-5:30pm OPT	4:00-5:30pm GWC	4:00-5:30pm OPT	4:00-5:30pm GWC	10:15a-11:45a RAV	
AG3 SILVER	4:30-6:00pm GWC	6:30-8:00pm RAV	6:30-8:15pm RAV	6:30-8:00pm RAV	6:00-7:30pm RAV	10:30a-12:30p OPTIMIST	
AG3 BLACK	7:00-8:30pm GWC	6:00-7:30pm GWC	5:30-7:00pm GWC	6:00-7:30pm GWC	5:30-7:00pm GWC	10:15-11:45am RAV	
AG2	6:00-7:00pm GWC		5:45-7:00pm RAV		6:00-7:15pm RAV	8:00-9:15am GWC	
AG1		5:30-6:30pm RAV		5:30-6:30pm RAV		8:30-9:30am RAV	
Winter Swim League					5:30-6:15pm GWC	9:30-10:15am RAV	
March 2 - 8	Mon 03/02	Tue 03/03	Wed 03/04	Thu 03/05	Fri 03/06	Sat 03/07	Sun 03/08
SR ELITE	5-6:30am RAV 3:30-6pm+wts OPT	3:30-6:00pm GWC	5-6:30am RAV 3:30-6pm+wts OPT	4:00-6:00pm RAV Sr. Sectionals	5-6:30aRAV 4:00-6:00pm RAV Sr. Sectionals	6:30-8:30a+wt GWC Sr. Sectionals	Sr. Sectionals
Senior	4:00-6:00pm RAV	4:00-6:00pm RAV	4:00-6:00pm RAV	4:00-6:00pm RAV	4:00-6:00pm RAV	6:30-8:30am GWC	
Pre Sr	4:00-5:30pm GWC	4:00-5:30pm OPT	4:00-5:30pm GWC	4:00-5:30pm GWC	4:00-5:30pm GWC	B/C States	B/C States
AG3 SILVER	6:30-8:15pm RAV	6:30-8:00pm RAV	6:30-8:15pm RAV	6:30-8:00pm RAV	6:00-7:30pm RAV	9:00-10:45am GWC	
AG3 BLACK	5:30-7:00pm GWC	6:00-7:30pm GWC	5:30-7:00pm GWC	5:30-7:00pm GWC	5:30-7:00pm GWC	B/C States	B/C States
AG2	5:30-7:00pm RAV		5:30-7:00pm RAV		6:00-7:15pm RAV	B/C States	B/C States
AG1		5:30-6:30pm RAV		5:30-6:30pm RAV		B/C States	B/C States
Swim League					No Swim League	No Swim League	
March 9 - 15	Mon 03/09	Tue 03/10	Wed 03/11	Thu 03/12	Fri 03/13	Sat 03/14	Sun 03/15
SR ELITE	5-6:30am RAV 3:30-6pm+wts OPT	3:30-6:00pm GWC	5-6:30am RAV 3:30-6pm+wts OPT	No Practice	NO AM 3:30-5:30pm OPT	6-7:45a(no wts) GWC	
Senior	4:00-6:00pm RAV	4:00-6:00pm RAV	4:00-6:00pm RAV	No Practice	4:00-6:00pm RAV	7:30-9:15am GWC	
PRE SR	4:00-5:30pm GWC	4:00-5:30pm OPT	4:00-5:30pm GWC	No Practice	6:45-8:15pm GWC	11:00a-12:30p GWC	
AG3 SILVER	6:30-8:15pm RAV	6:30-8:00pm RAV	6:30-8:15pm RAV	No Practice	6:00-7:30pm RAV	10:30a-12:00p NC STATE	
AG3 BLACK	5:30-7:00pm GWC	6:00-7:30pm GWC	5:30-7:00pm GWC	No Practice	6:45-8:15pm GWC	11:00a-12:30p GWC	
AG2	5:30-7:00pm RAV		5:30-7:00pm RAV		6:00-7:15pm RAV	12:30-1:30pm GWC	
AG1		5:30-6:30pm RAV		No Practice		9:15-10:15am GWC	
Winter Swim League					6:00-6:45pm GWC	10:15-11:00am GWC	

