MOR PRACTICE SCHEDULE – March 2021

updated 3/5

North Raleigh

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
March1-7	**Mon. 3/1**	**Tues. 3/2**	**Wed. 3/3**	**Thurs. 3/4**	**Fri. 3/5**	**Sat. 3/6**	**Sun. 3/7**
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 Sectional LC TT	3:30-5:30pm GWC Sectionals	Sectionals	Sectionals
Senior A	400-5:30pm GWC	5:00-6:45am GWC	No Practice	3:45-5:30pm WV	3:45-5:30pm WV	8:00-9:45am GWC	8:00-9:45am 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	8:00-9:45am GWC	8:00-9:45am 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	2:00-3:30pm GWC	2:00-3:30pm 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	2:00-3:30pm GWC	2:00-3:30pm 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	8:40-10:05am 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	B/C States	B/C States
AG 1 A	No Practice	5:30-6:15pm GWC	No Practice	5:30-6:15pm GWC	B/C States	B/C States	B/C States
AG 1 B	No Practice	6:15-7:00pm GWC	No Practice	6:15-7:00pm GWC	B/C States	B/C States	B/C States
Swim League						No Swim League	No Swim League
Swim Lessons						3:30-5:30pm GWC	3:30-5:30pm GWC

March8-14	Mon. 3/8	Tues. 3/9	Wed. 3/10	Thurs. 3/11	Fri. 3/12	Sat. 3/13	Sun. 3/14
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 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	1:00-3:00pm RAV	No Practice
Senior B	5:30-7:00pm GWC	3:45-5:30pm WV	3:45-5:30pm WV	5:00-6:45am GWC	5:30-7:15pm WV	3:00-5:00pm 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 AG Sect swimmers	5:25-6:50pm RAV AG Sect Swimmers	4:00-5:25pm RAV AG Sect Swimmers	4:00-5:25pm RAV	4:00-5:25pm RAV	8:40-10:05am RAV	No Practice
AG3 Silver B	6:35-8:00pm RAV non AGSect	4:00-5:25pm RAV non AG Sect	6:35-8:00pm RAV no AG Sect	4:00-5:25pm 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	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	10:00-10:45am GWC
Swim Lessons						3:30-5:30pm GWC	3:30-5:30pm GWC
March15-21	**Mon. 3/15**	**Tues. 3/16**	**Wed. 3/17**	**Thurs. 3/18**	**Fri. 3/19**	**Sat. 3/20**	**Sun. 3/21**
Senior Elite	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	No Practice	No Practice	No Practice	No Practice
	3:30-5:30pm OPT	3:30-5:30pm GWC	3:30-5:30pm OPT	3:30-5:30pm GWC	Tarheel States	Tarheel States	Tarheel States
Senior A	400-5:30pm GWC	5:00-6:45am GWC	5:30-7:15pm WV	3:45-5:00pm WV	Tarheel States	Tarheel States	Tarheel States
Senior B	5:30-7:00pm GWC	3:45-5:30pm WV	3:45-5:30pm WV	5:00-6:15pm WV	Tarheel States	Tarheel States	Tarheel States
Pre-Senior	No Practice	5:00-6:30am RAV	4:00-5:30pm GWC	5:00-6:30am RAV	Tarheel States	Tarheel States	Tarheel States
AG3 Black	No Practice	7:00-8:20pm GWC	5:30-6:50pm GWC	7:00-8:20pm GWC	Tarheel States	Tarheel States	Tarheel States
AG3 Silver A	4:00-5:25pm RAV	5:25-6:50pm RAV	6:35-8:00pm RAV	5:25-6:50pm RAV	Tarheel States	Tarheel States	Tarheel States
AG3 Silver B	6:35-8:00pm RAV	4:00-5:25pm RAV	4:00-5:25pm RAV	4:00-5:25pm RAV	Tarheel States	Tarheel States	Tarheel States
AG 2 A & B	5:25-6:35pm RAV	No Practice	5:25-6:35pm RAV	No Practice	5:25-6:35pm RAV	10:05-11:15am RAV	Tarheel States
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						No Swim League	No Swim League
Swim Lessons						3:30-5:30pm GWC	3:30-5:30pm GWC

March22-28	Mon. 3/22	Tues. 3/23	Wed. 3/24	Thurs. 3/25	Fri. 3/26	Sat. 3/27	Sun. 3/28
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	1:00-3:00pm RAV	No Practice
Senior B	5:30-7:00pm GWC	3:45-5:30pm WV	3:45-5:30pm WV	5:00-6:45am GWC	5:30-7:15pm WV	3:00-5:00pm 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	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	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	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	No Practice	No Practice
AG 1 B	No Practice	6:15-7:00pm GWC	No Practice	6:15-7:00pm GWC	No Practice	No Practice	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
Mar29-Apr4	**Mon. 3/29**	**Tues. 3/30**	**Wed. 3/31**	**Thurs. 4/1**	**Fri. 4/2**	**Sat. 4/3**	**Sun. 4/4**
Senior Elite	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Senior A	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Senior B	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Pre-Senior	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
AG3 Black	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
AG3 Silver A	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
AG3 Silver B	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
AG 2 A	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
AG 1 A	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
AG 1 B	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Swim League						No Swim League	No Swim League
Swim Lessons						No Swim Lessons	No Swim Lessons