

MOR PRACTICE SCHEDULE – May 2021

Updated 5/3

North Raleigh							
April26-May2	Mon. 4/26	Tues. 4/27	Wed. 4/28	Thurs. 4/29	Fri. 4/30	Sat. 5/1	Sun. 5/2
Senior Elite	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	No Practice	Swim Meet	Swim Meet	No Practice
	3:30-5:30pm OPT	3:30-5:30pm GWC	3:30-5:30pm OPT	3:30-5:30pm GWC	Swim Meet		
Senior A	4:00-5:30pm GWC	5:30-7:15pm WV	5:30-7:15pm WV	3:45-5:30pm WV	Swim Meet	Swim Meet	No Practice
Senior B	5:30-7:00pm GWC	3:45-5:30pm WV	3:45-5:30pm WV	5:30-7:15pm WV	Swim Meet	Swim Meet	No Practice
Pre-Senior	No Practice	5:00-6:30am RAV	4:00-5:30pm GWC	5:00-6:30am RAV	4:00-5:30pm GWC	Swim Meet	Swim Meet
AG3 Black	No Practice	7:00-8:20pm GWC	5:30-6:50pm GWC	7:00-8:20pm GWC	5:30-6:50pm GWC	Swim Meet	Swim Meet
AG3 Silver A	6:50-8:10pm RAV	4:15-5:45pm RAV	6:50-8:10pm RAV	4:15-5:45pm RAV	SWIM MEET TRAVEL	SWIM MEET	No Practice
AG3 Silver B	4:15-5:35pm RAV	5:45-7:15pm RAV	4:15-5:35pm RAV	5:45-7:15pm RAV	SWIM MEET TRAVEL	SWIM MEET	No Practice
AG 2 A	5:35p-6:50pm RAV	No Practice	5:35p-6:50pm RAV	No Practice	5:45p-7:00pm RAV	9:30-10:45am RAV	No Practice
AG 1 A	No Practice	5:30-6:15pm GWC	No Practice	5:30-6:15pm GWC	No Practice	8:30-9:15am GWC	No Practice
AG 1 B	No Practice	6:15-7:00pm GWC	No Practice	6:15-7:00pm GWC	No Practice	8:30-9:15am GWC	No Practice
MOR IN MAY A						No MIM	No MIM
MOR IN MAY B						No MIM	No MIM
Swim Lessons						3:30-5:30pm GWC	3:30-5:30pm GWC
May 3-9	Mon. 5/3	Tues. 5/4	Wed. 5/5	Thurs. 5/6	Fri. 5/7	Sat. 5/8	Sun. 5/9
Senior Elite A	5:00-6:50am GWC		5:00-6:50am GWC		5:00-6:50am GWC	6:00-8:15am GWC	No Practice
	3:30-5:30pm OPT	3:30-5:30pm OPT	3:30-5:30pm GWC	3:30-5:30pm OPT	3:30-5:30pm OPT		
Senior A	4:00-5:45pm WV	No Practice	3:45-5:30pm OPT	5:45-7:30pm WV	4:00-5:45pm WV	1:15-3:15pm RAV	11a-12:30p RAV
Senior B	5:45-7:30pm WV	No Practice	3:45-5:30pm OPT	4:00-5:45pm WV	5:45-7:30pm WV	3:15-5:15pm RAV	9:30-11:00am RAV
Pre-Senior	5:15-6:45pm GWC	5:00-6:30am RAV	5:30-7pm GWC	No Practice	6:50-8:20pm GWC	10:45am-12noon RAV	7:30-8:45am GWC
AG3 Black	6:45-8:05pm GWC	7:00-8:20pm GWC	7:00-8:20pm GWC	No Practice	5:30-6:50pm GWC	12:00pm-1:15pm RAV	7:30-8:45am GWC
AG3 Silver A	6:50-8:10pm RAV	4:15-5:45pm RAV	6:50-8:10pm RAV	4:15-5:35pm RAV	4:15-5:45pm RAV	8:00-9:30am RAV	No Practice
AG3 Silver B	4:15-5:35pm RAV	5:45-7:15pm RAV	4:15-5:35pm RAV	6:55-8:15pm RAV	4:15-5:45pm RAV	8:00-9:30am RAV	No Practice
AG2	5:35-6:50pm RAV	No Practice	5:35-6:50pm RAV	No Practice	5:45-7:00pm RAV	9:30-10:45am RAV	B/C States
AG 1 A	No Practice	5:30-6:15pm GWC	No Practice	5:20-6:05pm GWC	No Practice	No practice	No Practice
AG 1 B	No Practice	6:15-7:00pm GWC	No Practice	6:05-6:50pm GWC	No Practice	No Practice	No Practice
MOR IN MAY A						8:15-9:00am GWC	9:00-9:45am GWC
MOR IN MAY B						9:05am-9:50am GWC	9:50-10:35am GWC
May 10-16	Mon. 5/10	Tues. 5/11	Wed. 5/12	Thurs. 5/13	Fri. 5/14	Sat. 5/15	Sun. 5/16
Senior Elite A	5:00-6:50am GWC		5:00-6:50am GWC		MEET	MEET	MEET
	3:30-5:30pm OPT	3:30-5:30pm OPT	3:30-5:30pm OPT	3:30-5:30pm OPT	MEET	MEET	MEET
Senior A	5:00-6:30am RAV	6:50-8:25pm GWC	3:45-5:15pm GWC	6:50-8:25pm GWC	MEET	MEET	MEET
Senior B	3:45-5:15pm GWC	3:45-5:20pm GWC	5:00-6:30am RAV	3:45-5:20pm GWC	MEET	MEET	MEET
Pre-Senior	5:15-6:45pm GWC	5:00-6:30am RAV	5:15-6:45pm GWC	5:00-6:30am RAV	MEET	MEET	MEET
AG3 Black	6:45-8:05pm GWC	5:35-6:55pm RAV	6:45-8:05pm GWC	5:35-6:55pm RAV	MEET	MEET	MEET
AG3 Silver A	6:50-8:10pm RAV	4:15-5:35pm RAV	6:50-8:10pm RAV	4:15-5:35pm RAV	MEET	MEET	MEET
AG3 Silver B	4:15-5:35pm RAV	6:55-8:15pm RAV	4:15-5:35pm RAV	6:55-8:15pm RAV	MEET	MEET	MEET
AG2	5:35-6:50pm RAV	No Practice	5:35-6:50pm RAV	No Practice	MEET	MEET	MEET
AG 1 A	No Practice	5:20-6:05pm GWC	No Practice	5:20-6:05pm GWC	No Practice		
AG 1 B	No Practice	6:05-6:50pm GWC	No Practice	6:05-6:50pm GWC	No Practice		

May 17-23	Mon. 5/17	Tues. 5/18	Wed. 5/19	Thurs. 5/20	Fri. 5/21	Sat. 5/22	Sun. 5/23
Senior Elite A	5:00-6:50am GWC		5:00-6:50am GWC		5:00-6:50am GWC	6:00-8:30am GWC	No Practice
	3:30-5:30pm OPT	3:30-4:40pm OPT Pie Day 5pm	3:30-5:30pm OPT	3:30-5:30pm OPT	3:30-5:30pm OPT		
Senior A	4:00-6:00pm MBK	Pie Day 5pm	6:00-8:00pm MBK	4:00-6:00pm MBK	4:00-6:00pm MBK	5:10-7:10pm RAV	No Practice
Senior B	6:00-8:00pm MBK	Pie Day 5pm	4:00-6:00pm MBK	5:00-6:45am GWC	6:00-8:00pm MBK	3:10-5:10pm RAV	No Practice
Pre-Senior	4:30-6:00pm GWC	Pie Day 5pm	4:30-6:00pm GWC	4:00-5:30pm GWC	No Practice	1:35-3:05pm RAV	8:00-9:30am RAV
AG3 Black	6:00-7:20pm GWC	Pie Day 5pm	6:00-7:20pm GWC	7:00-8:20pm GWC	No Practice	12:15-1:35pm RAV	9:40-11:00am RAV
AG3 Silver A	6:50-8:10pm RAV	Pie Day 5pm	6:50-8:10pm RAV	4:15-5:45pm RAV	4:15-5:45pm RAV	10:45a-12:15p RAV	No Practice
AG3 Silver B	4:15-5:35pm RAV	Pie Day 5pm	4:15-5:35pm RAV	5:45-7:15pm RAV	4:15-5:45pm RAV	10:45a-12:15p RAV	No Practice
AG2	5:35-6:50pm RAV	Pie Day 5pm	5:35-6:50pm RAV	No Practice	5:45-7:00pm RAV	9:30-10:45am RAV	No Practice
AG 1 A	No Practice	Pie day 5PM	No Practice	5:30-6:15pm GWC	No Practice	8:00-8:45am RAV	No Practice
AG 1 B	No Practice	Pie Day 5pm	No Practice	6:15-7:00pm GWC	No Practice	8:45-9:30am RAV	No Practice
May 24-30	Mon. 5/24	Tues. 5/25	Wed. 5/26	Thurs. 5/27	Fri. 5/28	Sat. 5/29	Sun. 5/30
Senior Elite A	5:00-6:50am GWC		5:00-6:50am GWC		5:00-6:50am GWC	6:00-8:30am GWC	No Practice
	3:30-5:30pm OPT	3:30-5:30pm OPT	No Practice	3:30-5:30pm OPT	3:30-5:30pm OPT		
Senior A	5:00-6:30am RAV	4:00-6:00pm MBK	3:30-5:30pm OPT	5:00-6:45am GWC	4:00-6:00pm MBK	5:10-7:10pm RAV	No Practice
Senior B	4:00-5:30pm MBK	5:00-6:45am GWC	3:30-5:30pm OPT	4:00-6:00pm MBK	6:00-8:00pm MBK	3:10-5:10pm RAV	No Practice
Pre-Senior	5:30-6:50pm MBK	5:00-6:30am RAV	4:00-5:30pm MBK	5:00-6:30am RAV	No Practice	1:35-3:05pm RAV	8:00-9:30am RAV
AG3 Black	6:50-8:00pm MBK	7:15-8:30pm WV	5:40-7:00pm MBK	7:15-8:30pm WV	No Practice	12:15-1:35pm RAV	9:40-11:00am RAV
AG3 Silver A	6:50-8:10pm RAV	4:10-5:30pm RAV	6:50-8:10pm RAV	4:10-5:30pm RAV	4:15-5:35pm RAV	10:45a-12:15p RAV	No Practice
AG3 Silver B	4:15-5:35pm RAV	7:00-8:20pm RAV	4:15-5:35pm RAV	7:00-8:20pm RAV	4:15-5:35pm RAV	10:45a-12:15p RAV	No Practice
AG2	5:35-6:50pm RAV	No Practice	5:35-6:50pm RAV	No Practice	5:35-6:50pm RAV	9:30-10:45am RAV	No Practice
AG 1 A	No Practice	5:30-6:15pm RAV	No Practice	5:30-6:15pm RAV	No Practice	No Practice	No Practice
AG 1 B	No Practice	6:15-7:00pm RAV	No Practice	6:15-7:00pm RAV	No Practice	NO Practice	No Practice