

MOR PRACTICE SCHEDULE – November 2020

updated 11/12

North Raleigh							
Nov2-8	Mon. 11/2	Tues. 11/3	Wed. 11/4	Thurs. 11/5	Fri. 11/6	Sat. 11/7	Sun. 11/8
Senior Elite	5:00-6:50am GWC	No Practice	No Practice	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		
Senior A	4:00-5:40pm WV	5:00-6:45am GWC	5:50-7:30pm WV	5:00-6:45am GWC	4:00-5:30pm WV	6:00-7:30am GWC	No Practice
Senior B	5:50-7:30pm WV	No Practice	5-6:45am GWC 4:00-5:40pm WV	4:00-5:45pm WV	4:00-5:30pm WV	7:35-9:05am GWC	No Practice
Pre-Senior	No Practice	No Practice	4:00-5:20pm GWC	No Practice	5:30-7:00pm RAV	11:00a-12:30p GWC	11:00a-12:30p GWC
AG3 Black	No Practice	No Practice	6:40-8:00pm GWC	7:00-8:20pm RAV	7:00-8:20pm RAV	12:40-2:00pm GWC	12:40-2:00pm GWC
AG3 Silver A	4:00-5:25pm GWC	6:35-8:00pm GWC	No Practice	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	No Practice	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	No Practice	No Practice	5:30-6:15pm RAV	No Practice	9:10-9:55am GWC	8:00-8:45a GWC
AG 1 B	No Practice	No Practice	No Practice	6:15-7:00pm RAV	No Practice	9:10-9:55am GWC	8:45-9:30a GWC
Swim League						10:00-10:45am GWC	10:00-10:45am GWC
Nov9-15	Mon. 11/9	Tues. 11/10	Wed. 11/11	Thurs. 11/12	Fri. 11/13	Sat. 11/14	Sun. 11/15
Senior Elite	5:00-6:50am GWC	No Practice	5:00-7:30am GWC	No Practice	5:00-6:50am GWC	No Practice	No Practice
	3:30-5:30pm OPT	3:30-5:30pm OPT	No Practice	3:30-5:30pm OPT	MOR Meet/US Open	MOR Meet/US Open	MOR Meet
Senior A	5:30-7:00pm RAV	5:00-6:45am GWC	5:50-7:30pm WV	4:00-5:45pm WV	No Practice	7:30-9:00am GWC /MOR MEET	MOR Meet
Senior B	7:00-8:30pm RAV	4:00-5:45pm WV	4:00-5:40pm WV	6:00-7:45pm WV	No Practice	7:30-9:00am GWC /MOR MEET	MOR Meet
Pre-Senior	No Practice	5:00-6:30am RAV	5:30-7:00pm RAV	5:00-6:30am RAV	7:00-8:20pm RAV	MOR Meet	MOR Meet
AG3 Black	No Practice	7:00-8:20pm RAV	7:00-8:20pm RAV	7:00-8:20pm RAV	5:30-7:00pm RAV	MOR Meet	MOR Meet
AG3 Silver A	4:00-5:25pm GWC	4:00-5:25pm GWC	4:00-5:25pm GWC	4:00-5:25pm GWC	4:00-5:25pm GWC	MOR Meet	MOR 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	MOR Meet	MOR Meet
AG 2 A	5:25-6:35pm GWC	No Practice	5:25-6:35pm GWC	No Practice	5:25-6:35pm GWC	MOR Meet	MOR Meet
AG 2 B	No Practice	5:25-6:35pm GWC	No Practice	5:25-6:35pm GWC	5:25-6:35pm GWC	MOR Meet	MOR Meet
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

Nov16-22	Mon. 11/16	Tues. 11/17	Wed. 11/18	Thurs. 11/19	Fri. 11/20	Sat. 11/21	Sun. 11/22
Senior Elite	No Practice	No Practice	5:00-6:50am GWC	No Practice	5:00-6:50am GWC	6:30-8:30am OPT	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		
Senior A	4:00-5:40pm WV	5:00-6:45am GWC	5:50-7:30pm WV	4:00-5:45pm WV	4:00-5:40pm WV	6:00-7:30am GWC	No Practice
Senior B	5:50-7:30pm WV	4:00-5:45pm WV	4:00-5:40pm WV	5:00-6:45am GWC	5:50-7:30pm WV	7:35-9:05am GWC	No Practice
Pre-Senior	No Practice	5:00-6:30am RAV	5:30-7:00pm RAV	5:00-6:30am RAV	7:00-8:20pm 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	5:30-7:00pm 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
Nov23-29	Mon. 11/23	Tues. 11/24	Wed. 11/25	Thurs. 11/26	Fri. 11/27	Sat. 11/28	Sun. 11/29
Senior Elite	5:00-6:50am GWC	No Practice	5:00-7:00am GWC	No Practice	5:00-7:00am GWC	6:00-8:30am RAV	No Practice
	3:30-5:30pm OPT	3:30-5:30pm OPT	3:00-5:00pm GWC	No Practice	3:00-5:00pm GWC		
College	7:00-8:30am GWC	9:00-10:30am GWC	7:00-8:30am GWC	No Practice	7:00-8:30am GWC		
Senior A	4:00-5:40pm WV	5:00-6:45am GWC	8:00-10:00am WV	No Practice	10a-12p WV	6:00-7:30am GWC	No Practice
Senior B	5:50-7:30pm WV	4:00-5:45pm WV	10a-12p WV	No Practice	8:00-10:00am WV	7:35-9:05am GWC	No Practice
Pre-Senior	No Practice	5:00-6:30am RAV	6:00-7:30am RAV	No Practice	6:00-7:30am RAV	11:00a-12:30p GWC	11:00a-12:30p GWC
AG3 Black	No Practice	7:00-8:20pm RAV	7:40-9:00am RAV	No Practice	7:40-9:00am RAV	12:40-2:00pm GWC	12:40-2:00pm GWC
AG3 Silver A	4:00-5:25pm GWC	6:35-8:00pm GWC	11:45a-1:10p RAV	No Practice	11:45a-1:10p RAV	8:40-10:05am RAV	No Practice
AG3 Silver B	6:35-8:00pm GWC	4:00-5:25pm GWC	10:20-11:45am RAV	No Practice	10:20-11:45am RAV	10:05-11:30am RAV	No Practice
AG 2 A	5:25-6:35pm GWC	No Practice	9:10-10:20am RAV	No Practice	9:10-10:20am RAV	11:30a-12:40p RAV	No Practice
AG 2 B	No Practice	5:25-6:35pm GWC	9:10-10:20am RAV	No Practice	9:10-10:20am RAV	11:30a-12:40p RAV	No Practice
AG 1 A	No Practice	5:30-6:15pm RAV	8:40-9:25am GWC	No Practice	8:40-9:25am GWC	9:10-9:55am GWC	No Practice
AG 1 B	No Practice	6:15-7:00pm RAV	9:25-10:10am GWC	No Practice	9:25-10:10am GWC	9:10-9:55am GWC	No Practice
Swim League						10:00-10:45am GWC	10:00-10:45am GWC

Nov30-Dec5	Mon. 11/30	Tues. 12/1	Wed. 12/2	Thurs. 12/3	Fri. 12/4	Sat. 12/5	Sun. 12/6
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	18&U Champs Meet	18&U Champs Meet	18&U Champs Meet
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	4:00-5:40pm WV	5:00-6:45am GWC	5:50-7:30pm WV	4:00-5:45pm WV	4:00-5:40pm WV	6:00-7:30am GWC	No Practice
Senior B	5:50-7:30pm WV	4:00-5:45pm WV	4:00-5:40pm WV	5:00-6:45am GWC	5:50-7:30pm WV	7:35-9:05am GWC	No Practice
Pre-Senior	No Practice	5:00-6:30am RAV	5:30-7:00pm RAV	5:00-6:30am RAV	7:00-8:20pm 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	5:30-7:00pm 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						No Swim League	No Swim League