

**MOR PRACTICE SCHEDULE – Sep/Oct 2020**

**\*\*updated 10/11\*\***

<b>North Raleigh</b>							
<b>Sept28-Oct4</b>	<b>Mon. 9/28</b>	<b>Tues. 9/29</b>	<b>Wed. 9/30</b>	<b>Thurs. 10/1</b>	<b>Fri. 10/2</b>	<b>Sat. 10/3</b>	<b>Sun. 10/4</b>
<b>Senior Elite</b>	5:00-6:50am GWC	5:00-6:50am GWC	5:00-6:50am GWC	5:00-6:50am GWC	5:00-6:50am GWC	12:30-2:30pm Wood Valley	No Practice
					LC Meet (NCSA cut)	LC Meet (NCSA cut)	
<b>Senior A</b>	4:00-5:40pm WV	5:50-7:30pm WV	4:00-5:40pm WV	5:50-7:30pm WV	5:50-7:30pm WV	7:35-9:05am GWC	No Practice
<b>Senior B</b>	5:50-7:30pm WV	4:00-5:40pm WV	5:50-7:30pm WV	4:00-5:40pm WV	4:00-5:40pm WV	6:00-7:30am GWC	No Practice
<b>Pre-Senior</b>	4:00-5:30pm GWC	3:30-5:05pm GWC	4:00-5:30pm GWC	3:30-5:05pm GWC	4:00-5:30pm GWC	12:30-2:00pm GWC	No Practice
<b>AG3 Black</b>	5:40-7:00pm GWC	6:35-8:05 GWC	5:40-7:00pm GWC	6:35-8:05 GWC	5:40-7:00pm GWC	11:00a-12:20p GWC	No Practice
<b>AG3 Silver A</b>	4:00-5:20pm RAV	6:30-7:50pm RAV	4:00-5:20pm RAV	6:30-7:50pm RAV	4:00-5:20pm RAV		8:00-9:15a GWC
<b>AG3 Silver B</b>	6:30-7:50pm RAV	4:00-5:20pm RAV	6:30-7:50pm RAV	4:00-5:20pm RAV	6:30-7:50pm RAV		9:20-10:35a GWC
<b>AG 2 A</b>	5:25-6:25pm RAV	No Practice	5:25-6:25pm RAV	No Practice	5:25-6:25pm RAV		10:40-11:40a GWC
<b>AG 2 B</b>	No Practice	5:25-6:25pm RAV	No Practice	5:25-6:25pm RAV	5:25-6:25pm RAV		10:40-11:40a GWC
<b>AG 1 A</b>	No Practice	5:05-5:50pm GWC	No Practice	5:05-5:50pm GWC	No Practice	9:10-9:55am GWC	No Practice
<b>AG 1 B</b>	No Practice	5:50-6:35pm GWC	No Practice	5:50-6:35pm GWC	No Practice	9:10-9:55am GWC	No Practice
<b>Swim League</b>						10:00-10:45am GWC	9:45-10:30am GWC
<b>Oct5-11</b>	<b>Mon. 10/5</b>	<b>Tues. 10/6</b>	<b>Wed. 10/7</b>	<b>Thurs. 10/8</b>	<b>Fri. 10/9</b>	<b>Sat. 10/10</b>	<b>Sun. 10/11</b>
<b>Senior Elite</b>	5:00-6:50am GWC	5:00-6:50am GWC	5:00-6:50am GWC	5:00-6:50am GWC	5:00-6:50am GWC	12:30-2:30pm Wood Valley	No Practice
		3:30-5:00pm GWC				Open Water Meet	
<b>Senior A</b>	4:00-5:40pm WV	5:50-7:30pm WV	4:00-5:40pm WV	5:50-7:30pm WV	5:50-7:30pm WV	7:35-9:05am GWC	No Practice
<b>Senior B</b>	5:50-7:30pm WV	4:00-5:40pm WV	5:50-7:30pm WV	4:00-5:40pm WV	4:00-5:40pm WV	6:00-7:30am GWC	No Practice
<b>Pre-Senior</b>	4:00-5:30pm GWC	No Practice	4:00-5:30pm GWC	3:30-5:05pm GWC	4:00-5:30pm GWC	11:00a-12:30p GWC	11:00a-12:30p GWC
<b>AG3 Black</b>	5:40-7:00pm GWC	No Practice	5:40-7:00pm GWC	6:35-8:05 GWC	5:40-7:00pm GWC	12:40-2:00pm GWC	12:40-2:00pm GWC
<b>AG3 Silver A</b>	4:00-5:20pm RAV	6:30-7:50pm RAV	4:00-5:20pm RAV	6:30-7:50pm RAV	4:00-5:20pm RAV	No Practice	3:15-4:30pm GWC
<b>AG3 Silver B</b>	6:30-7:50pm RAV	4:00-5:20pm RAV	6:30-7:50pm RAV	4:00-5:20pm RAV	6:30-7:50pm RAV	No Practice	4:30-6:00pm GWC
<b>AG 2 A</b>	5:25-6:25pm RAV	No Practice	5:25-6:25pm RAV	No Practice	5:25-6:25pm RAV	No Practice	2:10-3:10pm GWC
<b>AG 2 B</b>	No Practice	5:25-6:25pm RAV	No Practice	5:25-6:25pm RAV	5:25-6:25pm RAV	No Practice	2:10-3:10pm GWC
<b>AG 1 A</b>	No Practice	5:05-5:50pm GWC	No Practice	5:05-5:50pm GWC	No Practice	9:10-9:55am GWC	No Practice
<b>AG 1 B</b>	No Practice	5:50-6:35pm GWC	No Practice	5:50-6:35pm GWC	No Practice	9:10-9:55am GWC	No Practice
<b>Swim League</b>						10:00-10:45am GWC	10:00-10:45am GWC

Oct12-18	Mon. 10/12	Tues. 10/13	Wed. 10/14	Thurs. 10/15	Fri. 10/16	Sat. 10/17	Sun. 10/18
Senior Elite	5:00-6:50am GWC	5:00-6:50am GWC	5:00-6:50am GWC	5:00-6:50am GWC	5:00-6:50am GWC	7:00-9:00am RAV	No Practice
		No Practice	3:30-5:30pm GWC	4:00-5:50pm WV	TAC Meet	TAC Meet	TAC Meet
Senior A	4:00-5:40pm WV	5:50-7:30pm WV	4:00-5:40pm WV	5:00-6:30am RAV	5:50-7:30pm WV	7:30-9:00am GWC	No Practice
Senior B	5:50-7:30pm WV	4:00-5:40pm WV	5:50-7:30pm WV	6:00-7:30pm WV	4:00-5:40pm WV	7:30-9:00am GWC	No Practice
Pre-Senior	4:00-5:30pm GWC	3:30-5:05pm GWC	No Practice	3:30-5:05pm GWC	4:00-5:30pm GWC	No Practice	No Practice
AG3 Black	5:40-7:00pm GWC	6:35-8:05pm GWC	No Practice	6:35-8:05 GWC	5:40-7:00pm GWC	No Practice	No Practice
AG3 Silver A	4:00-5:20pm RAV	6:40-8:00pm RAV	4:00-5:20pm RAV	6:40-8:00pm RAV	4:00-5:20pm RAV	TAC Meet	No Practice
AG3 Silver B	6:40-8:00pm RAV	4:00-5:20pm RAV	6:40-8:00pm RAV	4:00-5:20pm RAV	6:40-8:00pm RAV	TAC Meet	No Practice
AG 2 A	5:25-6:35pm RAV	No Practice	5:25-6:35pm RAV	No Practice	5:25-6:35pm RAV	No Practice	No Practice
AG 2 B	No Practice	5:25-6:35pm RAV	No Practice	5:25-6:35pm RAV	5:25-6:25pm RAV	No Practice	No Practice
AG 1 A	No Practice	5:05-5:50pm GWC	No Practice	5:05-5:50pm GWC	No Practice	9:10-9:55am GWC	No Practice
AG 1 B	No Practice	5:50-6:35pm GWC	No Practice	5:50-6:35pm GWC	No Practice	9:10-9:55am GWC	No Practice
Swim League						No Swim League	No Swim League
Oct19-25	Mon. 10/19	Tues. 10/20	Wed. 10/21	Thurs. 10/22	Fri. 10/23	Sat. 10/24	Sun. 10/25
Senior Elite	No Practice	5:00-6:50am GWC	5:00-6:50am GWC	5:00-6:50am GWC	5:00-6:50am GWC	6:00-8:30am RAV	No Practice
	3:30-5:30pm GWC			4:00-5:50pm WV			
Senior A	4:00-5:40pm WV	5:50-7:30pm WV	4:00-5:40pm WV	5:00-6:30am RAV	5:50-7:30pm WV	7:35-9:05am GWC	No Practice
Senior B	5:50-7:30pm WV	4:00-5:40pm WV	5:50-7:30pm WV	6:00-7:30pm WV	4:00-5:40pm WV	6:00-7:30am GWC	No Practice
Pre-Senior	No Practice	3:30-5:05pm GWC	4:00-5:30pm GWC	3:30-5:05pm GWC	4:00-5:30pm GWC	11:00a-12:30p GWC	11:00a-12:30p GWC
AG3 Black	No Practice	6:35-8:05 GWC	5:40-7:00pm GWC	6:35-8:05 GWC	5:40-7:00pm GWC	12:40-2:00pm GWC	12:40-2:00pm GWC
AG3 Silver A	4:00-5:20pm RAV	6:40-8:00pm RAV	4:00-5:20pm RAV	6:40-8:00pm RAV	4:00-5:20pm RAV	8:40-10:00am RAV	No Practice
AG3 Silver B	6:40-8:00pm RAV	4:00-5:20pm RAV	6:40-8:00pm RAV	4:00-5:20pm RAV	6:40-8:00pm RAV	10:00-11:20am RAV	No Practice
AG 2 A	5:25-6:35pm RAV	No Practice	5:25-6:35pm RAV	No Practice	5:25-6:35pm RAV	11:20a-12:30p RAV	No Practice
AG 2 B	No Practice	5:25-6:35pm RAV	No Practice	5:25-6:35pm RAV	5:25-6:25pm RAV	11:20a-12:30p RAV	No Practice
AG 1 A	No Practice	5:05-5:50pm GWC	No Practice	5:05-5:50pm GWC	No Practice	9:10-9:55am GWC	No Practice
AG 1 B	No Practice	5:50-6:35pm GWC	No Practice	5:50-6:35pm GWC	No Practice	9:10-9:55am GWC	No Practice
Swim League						10:00-10:45am GWC	10:00-10:45am GWC

Oct26-Nov1	Mon. 10/26	Tues. 10/27	Wed. 10/28	Thurs. 10/29	Fri. 10/30	Sat. 10/31	Sun. 11/1
<b>Senior Elite</b>	5:00-6:50am GWC	5:00-6:50am GWC	5:00-6:50am GWC	5:00-6:50am GWC	5:00-6:50am GWC	6:00-8:30am RAV	No Practice
		3:30-5:00pm GWC		4:00-5:50pm WV			
<b>Senior A</b>	4:00-5:40pm WV	5:50-7:30pm WV	4:00-5:40pm WV	5:00-6:30am RAV	5:50-7:30pm WV	7:35-9:05am GWC	No Practice
<b>Senior B</b>	5:50-7:30pm WV	4:00-5:40pm WV	5:50-7:30pm WV	6:00-7:30pm WV	4:00-5:40pm WV	6:00-7:30am GWC	No Practice
<b>Pre-Senior</b>	4:00-5:30pm GWC	No Practice	4:00-5:30pm GWC	3:30-5:05pm GWC	4:00-5:30pm GWC	11:00a-12:30p GWC	11:00a-12:30p GWC
<b>AG3 Black</b>	5:40-7:00pm GWC	No Practice	5:40-7:00pm GWC	6:35-8:05 GWC	5:40-7:00pm GWC	12:40-2:00pm GWC	12:40-2:00pm GWC
<b>AG3 Silver A</b>	4:00-5:20pm RAV	6:40-8:00pm RAV	4:00-5:20pm RAV	6:40-8:00pm RAV	4:00-5:20pm RAV	8:40-10:00am RAV	No Practice
<b>AG3 Silver B</b>	6:40-8:00pm RAV	4:00-5:20pm RAV	6:40-8:00pm RAV	4:00-5:20pm RAV	6:40-8:00pm RAV	10:00-11:20am RAV	No Practice
<b>AG 2 A</b>	5:25-6:35pm RAV	No Practice	5:25-6:35pm RAV	No Practice	5:25-6:35pm RAV	11:20a-12:30p RAV	No Practice
<b>AG 2 B</b>	No Practice	5:25-6:35pm RAV	No Practice	5:25-6:35pm RAV	5:25-6:25pm RAV	11:20a-12:30p RAV	No Practice
<b>AG 1 A</b>	No Practice	5:05-5:50pm GWC	No Practice	5:05-5:50pm GWC	No Practice	9:10-9:55am GWC	No Practice
<b>AG 1 B</b>	No Practice	5:50-6:35pm GWC	No Practice	5:50-6:35pm GWC	No Practice	9:10-9:55am GWC	No Practice
<b>Swim League</b>						10:00-10:45am GWC	10:00-10:45am GWC