

Practice Schedule MOR - Riverwood

	8/28/2022	8/29/2022	8/30/2022	8/31/2022	9/1/2022	9/2/2022	9/3/2022
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR 3,Elite				4-5:30 PM	4-5:30 PM	4-5:30 PM	
SR2				4-5:30 PM	4-5:30 PM	4-5:30 PM	
SR1							
AG4							
AGIII							
AGII							
AGI							
	9/4/2022	9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022	9/10/2022
SR 3,Elite		Labor day		6:15-7 W		6:15-7 W	
		Labor day	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	7-9 AM
		Labor day	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR2		Labor day	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		Labor day	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
		Labor day					
SR1		Labor day	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	7-9 AM
		Labor day					
AG4		Labor day	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	4:00-5:45 pm	7-9 AM
		Labor day					
AGIII		Labor day	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 AM
		Labor day					
AGII		Labor day		6:15-7:30pm		6:15-7:30pm	9-10:15 AM
		Labor day		5:45-6:15 DL			
AGI		Labor day	6-7 pm		6-7 pm		9-10:00 AM
	9/11/2022	9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022	9/17/2022
SR 3,Elite		6:15-7 W		6:15-7 W		6:15-7 W	
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	7-9 AM
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR2		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
SR1		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AG4		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
AGIII		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 AM
AGII		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	9-10:15 AM
AGI			6-7 pm		6-7 pm		9-10:00 AM
	9/18/2022	9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022	9/24/2022
SR 3,Elite		6:15-7 W		6:15-7 W		6:15-7 W	
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	7-9 AM
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR2		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
SR1		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AG4		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	MOR Day
AGIII		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	Northbrook
		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	10 AM to 1 PM
AGII		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	Drop in
		5:45-6:15 DL		5:45-6:15 DL			MOR Day
AGI			6-7 pm		6-7 pm		Northbrook
	9/25/2022	9/26/2022	9/27/2022	9/28/2022	9/29/2022	9/30/2022	10/1/2022
SR 3,Elite		6:15-7 W		6:15-7 W		6:15-7 W	
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	7-9 AM
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR2		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
SR1		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AG4		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AGIII		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 AM
		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
AGII		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	9-10:15 AM
		5:45-6:15 DL		5:45-6:15 DL			
AGI			6-7 pm		6-7 pm		9-10:00 AM

All practices at Riverwood unless noted.

Swim Meet

DL = Dry Land

Water

W=Weights

special event