

# Practice Schedule MOR - Riverwood

	8/29/2010	8/30/2010	8/31/2010	9/1/2010	9/2/2010	9/3/2010	9/4/2010
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR2							
			4-6 pm	4:15-6:15 pm	4-6 pm	4:15-6:30 pm	
			6-7 W		6-7 W		
SR1			4-6pm	4:15-6:15 pm	4-6 pm	4:15-6:15 pm	
SRD		New		Swimmer	clinic		
AGIII			6:00-7:00		6:00-7:00		
		New		Swimmer	clinic		
AGII			6:00-7:00		6:00-7:00		
		New		Swimmer	clinic		
AGI			6:00-7:00		6:00-7:00		
	9/5/2010	9/6/2010	9/7/2010	9/8/2010	9/9/2010	9/10/2010	9/11/2010
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR2		Labor		3:45-4:10 DL		3:45-4:10 DL	
		Day	4-6 pm	4:15-6:15 pm	4-6 pm	4:15-6:30 pm	7-9:30 am
		Labor	6-7 W		6-7 W	6:30-7 DL	9-10 W
SR1		Day	4-6pm	4:15-6:15 pm	4-6 pm	4:15-6:15 pm	7-9:30 am
		Labor	6-7 DL		6-7 DL	6:30-7 DL	
SRD		Day		4:15-5:45 pm		4:15-5:45 pm	7-9 am
AGIII		Labor	4-5:30 pm	4:15-5:45 pm	4-5:30 pm	4:15-6:15 pm	7-9 am
		Day	5:30-6:15 DL		5:30-6:30 DL		
AGII		Labor		5:45-6:15 DL pm		6:15-7:30pm	8-9:15 am
		Day		6:15-7:30 pm			
AGI			6-7 pm		6-7 pm		8:30-9:30 am
	9/12/2010	9/13/2010	9/14/2010	9/15/2010	9/16/2010	9/17/2010	9/18/2010
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR2		3:45-4:10 DL		3:45-4:10 DL	5:30-6:30am	3:45-4:10 DL	MOR Day
		4:15-6:15 pm	4-6 pm	4:15-6:15 pm	4-6 pm	4:15-6:30 pm	7-9:30 am
		6:20-7 DL	6-7 W		6-7 W	6:30-7 DL	9-10 W
SR1		4:15-6:15 pm	4-6pm	4:15-6:15 pm	4-6 pm	4:15-6:15 pm	7-9:30 am
		6:20-7 DL	6-7 DL		6-7 DL	6:30-7 DL	Ritter Pk 11:30-2
SRD		4:15-5:45 pm		4:15-5:45 pm		4:15-5:45 pm	7-9 am
AGIII		4:15-5:45 pm	4-5:30 pm	4:15-5:45 pm	4-5:30 pm	4:15-6:15 pm	7-9 am
		5:45-6:15 DL	5:30-6:15 DL		5:30-6:30 DL		MOR Day
AGII		5:45-6:15 DL pm		5:45-6:15 DL pm		6:15-7:30pm	8-9:15 am
		6:15-7:30 pm		6:15-7:30 pm			Ritter Pk 11:30-2
AGI			6-7 pm		6-7 pm		8:30-9:30 am
	9/19/2010	9/20/2010	9/21/2010	9/22/2010	9/23/2010	9/24/2010	9/25/2010
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR2		3:45-4:10 DL	5:30-6:30am	3:45-4:10 DL	5:30-6:30am	3:45-4:10 DL	
		4:15-6:15 pm	4-6 pm	4:15-6:15 pm	4-6 pm	4:15-6:30 pm	7-9:30 am
		6:20-7 DL	6-7 W		6-7 W	6:30-7 DL	9-10 W
SR1		4:15-6:15 pm	4-6pm	4:15-6:15 pm	4-6 pm	4:15-6:15 pm	7-9:30 am
		6:20-7 DL	6-7 DL		6-7 DL	6:30-7 DL	
SRD		4:15-5:45 pm		4:15-5:45 pm		4:15-5:45 pm	7-9 am
AGIII		4:15-5:45 pm	4-5:30 pm	4:15-5:45 pm	4-5:30 pm	4:15-6:15 pm	7-9 am
		5:45-6:15 DL	5:30-6:15 DL		5:30-6:30 DL		
AGII		5:45-6:15 DL pm		5:45-6:15 DL pm		6:15-7:30pm	8-9:15 am
		6:15-7:30 pm		6:15-7:30 pm			
AGI			6-7 pm		6-7 pm		8:30-9:30 am
	9/26/2010	9/27/2010	9/28/2010	9/29/2010	9/30/2010	10/1/2010	10/2/2010
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR2		3:45-4:10 DL	5:30-6:30am	3:45-4:10 DL	5:30-6:30am	SR meet Wilmington	SR meet Wilmington
		4:15-6:15 pm	4-6 pm	4:15-6:15 pm	4-6 pm		
		6:20-7 DL	6-7 W		6-7 W		
SR1		4:15-6:15 pm	4-6pm	4:15-6:15 pm	4-6 pm	4:30-6:15 pm	7-9:30 am
		6:20-7 DL	6-7 DL		6-7 DL		
SRD		4:15-5:45 pm		4:15-5:45 pm		4:30-6:15 pm	7-9 am
AGIII		4:15-5:45 pm	4-5:30 pm	4:15-5:45 pm	4-5:30 pm	4:30-6:15 pm	7-9 am
		5:45-6:15 DL	5:30-6:15 DL		5:30-6:30 DL		
AGII		5:45-6:15 DL pm		5:45-6:15 DL pm		6:15-7:00pm	8-9:15 am
		6:15-7:00 pm		6:15-7:00 pm			
AGI			6-7 pm		6-7 pm		8:30-9:30 am

All practices at Riverwood unless noted.

Swim Meet
DL = Dry Land
Water
W=Weights
special event