

Practice Schedule MOR - Riverwood

	2/28/2010	3/1/2010	3/2/2010	3/3/2010	3/4/2010	3/5/2010	3/6/2010
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR2		3:45-4:10 DL		3:45-4:10 DL	Senior Good	Sectionals Luck	Nashville TN Emily!
		4:15-6:15 pm	4-6 pm	4:15-6:15 pm	4:30-6 pm		
		6:20-7 DL	6-7 W		6-7 W	BC	States
SR1		4:15-6:15 pm	4-6pm	4:15-6:15 pm	4:30-6 pm	BC	States
		6:20-7 DL	6-7 DL			BC	States
SRD		4:15-5:45 pm		4:15-5:45 pm		BC	States
AGIII		4:15-5:45 pm	4-5:30 pm	4:15-5:45 pm	4:30-6:00 pm	BC	States
		5:45-6:15 DL	5:30-6:15 DL			BC	States
AGII		5:45-6:15 DL pm		5:45-6:15 DL pm		BC	States
		6:15-7:30 pm		6:15-7:30 pm		BC	States
AGI			6-7 pm		6-7 pm	BC	States
	3/7/2010	3/8/2010	3/9/2010	3/10/2010	3/11/2010	3/12/2010	3/13/2010
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR2	Senior Sectionals	3:45-4:10 DL					
		4:15-6:15 pm	4-6 pm	4:15-6:15 pm	4:30-6 pm	4:30-6:30 pm	7-9:30 am
		6:20-7 DL	6-7 W		6-7 W		9-10 W
SR1	BC States	4:15-6:15 pm	4-6pm	4:15-6:15 pm	4:30-6 pm	4:30-6:15 pm	7-9:30 am
	BC States	6:20-7 DL	6-7 DL		Age Group	Sectionals	Charlotte
SRD	BC States	4:15-5:45 pm		4:15-5:45 pm		4:30-6:00 pm	7-9 am
AGIII	BC States	4:15-5:45 pm	4-5:30 pm	4:15-5:45 pm	4:30-6:00 pm	4:30-6:00 pm	7-9 am
	BC States	5:45-6:15 DL	5:30-6:15 DL				
AGII	BC States	5:45-6:15 DL pm		5:45-6:15 DL pm		6:15-7:30pm	8-9:15 am
	BC States	6:15-7:30 pm		6:15-7:30 pm			
AGI	BC States		6-7 pm		6-7 pm		8:30-9:30 am
	3/14/2010	3/15/2010	3/16/2010	3/17/2010	3/18/2010	3/19/2010	3/20/2010
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR2		3:45-4:10 DL		3:45-4:10 DL		Tar Heel TAC	States TAC
		4:15-6:15 pm	4-6 pm	4:15-6:15 pm	4-6 pm	4:30-6:30 pm	7-9:30 am
		6:20-7 DL	6-7 W		6-7 W		9-10 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	Tar Heel	States
SRD		4:15-5:45 pm		4:15-5:45 pm		4:30-6:00 pm	7-9 am
AGIII	AG Sectionals	4:15-5:45 pm	4-5:30 pm	4:15-5:45 pm	4-5:30 pm	4:30-6:00 pm	7-9 am
		5:45-6:15 DL	5:30-6:15 DL		5:30-6:30 DL	Tar Heel	States
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
	3/21/2010	3/22/2010	3/23/2010	3/24/2010	3/25/2010	3/26/2010	3/27/2010
	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	
	Tarheel states	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	TAC	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
	Tarheel	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
	3/28/2010	3/29/2010	3/30/2010	3/31/2010	4/1/2010	4/2/2010	4/3/2010
	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

All practices at Riverwood unless noted.

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