

Practice Schedule MOR - Riverwood

	1/29/2012	1/30/2012	1/31/2012	2/1/2012	2/2/2012	2/3/2012	2/4/2012
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR2		3:45-4:10 DL	5:30-6:15am	3:45-4:10 DL	5:30-6:15am	3:45-4:10 DL	
		4:15-6:15 pm	4-6 pm	4:15-6:15 pm	4-6 pm	4:15-6:15 pm	8-10 am
		6:15-7 W	6-6:30 DL	6:15-7 W	6-6:30 DL	6:15-7 W	at Smithfield
SR1		4:15-6:15 pm	4-6pm	4:15-6:15 pm	4-6 pm	4:15-6:15 pm	8-10 am
		6:20-7 DL	6-6:30 DL		6-6:30 DL		at Smithfield
SRD		4:15-5:45 pm		4:15-5:45 pm		4:15-5:45 pm	8-10 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	8-10 am
		5:45-6:15 DL	5:30-6:30 DL		5:30-6:30 DL		at Smithfield
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			at Smithfield
AGI			6-7 pm		6-7 pm		8-9 am
	2/5/2012	2/6/2012	2/7/2012	2/8/2012	2/9/2012	2/10/2012	2/11/2012
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR2		3:45-4:10 DL	5:30-6:15am	3:45-4:10 DL	5:30-6:15am		
		4:15-6:15 pm	4-6 pm	4:15-6:15 pm	4-6 pm	4:30-6:15 pm	8-10 am
		6:15-7 W	6-6:30 DL	6:15-7 W	6-6:30 DL	6:15-7 W	at Smithfield
SR1		4:15-6:15 pm	4-6pm	4:15-6:15 pm	4-6 pm	4:30-6:15 pm	8-10 am
		6:20-7 DL	6-6:30 DL		6-6:30 DL	Qualifier	at Goldsboro
SRD		4:15-5:45 pm		4:15-5:45 pm		4:30-5:45 pm	8-10 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	at Smithfield
		5:45-6:15 DL	5:30-6:30 DL		5:30-6:30 DL	Qualifier	at Goldsboro
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		Qualifier	at Goldsboro
AGI			6-7 pm		6-7 pm		8-9 am
	2/12/2012	2/13/2012	2/14/2012	2/15/2012	2/16/2012	2/17/2012	2/18/2012
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR2		3:45-4:10 DL		3:45-4:10 DL			
		4:15-6:15 pm	4-6 pm	4:15-6:15 pm	4:30-6 pm	4:30-6:15 pm	8-10 am
		6:15-7 W	6-6:30 DL	6:15-7 W			at Smithfield
SR1	Qualifier at Goldsboro	4:15-6:15 pm	4-6pm	4:15-6:15 pm	4:30-6 pm	4:30-6:15 pm	8-10 am
		6:20-7 DL	6-6:30 DL		14 & under	JO's	at Greensboro
SRD	Qualifier	4:15-5:45 pm		4:15-5:45 pm		4:30-5:45 pm	8-10 am
AGIII	Qualifier at Goldsboro	4:15-5:45 pm	4-5:30 pm	4:15-5:45 pm	4:30-5:30 pm	4:30-6:15 pm	at Smithfield
		5:45-6:15 DL	5:30-6:30 DL		14 & under	JO's	at Greensboro
AGII	Qualifier at Goldsboro	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	14 & under	JO's	at Greensboro
AGI			6-7 pm		6-7 pm		8-9 am
	2/19/2012	2/20/2012	2/21/2012	2/22/2012	2/23/2012	2/24/2012	2/25/2012
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR2		3:45-4:10 DL		3:45-4:10 DL	Senior	Chamos	at TAC
		4:15-6:15 pm	4-6 pm	4:15-6:15 pm	4:30-6 pm	4:30-6:15 pm	8-10 am
		6:15-7 W	6-6:30 DL	6:15-7 W			at Smithfield
SR1	14 & under JO's	4:15-6:15 pm	4-6pm	4:15-6:15 pm	4:30-6 pm	4:30-6:15 pm	8-10 am
		6:20-7 DL	6-6:30 DL				
SRD	at Greensboro	4:15-5:45 pm		4:15-5:45 pm		4:30-5:45 pm	8-10 am
AGIII	14 & under JO's	4:15-5:45 pm	4-5:30 pm	4:15-5:45 pm	4:30-5:30 pm	4:30-6:15 pm	at Smithfield
		5:45-6:15 DL	5:30-6:30 DL				
AGII	at Greensboro	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		8-9 am
	2/26/2012	2/27/2012	2/28/2012	2/29/2012	3/1/2012	3/2/2012	3/3/2012
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR2	Senior Champs at TAC	3:45-4:10 DL	5:30-6:15am	3:45-4:10 DL	5:30-6:15am	3:45-4:10 DL	
		4:15-6:15 pm	4-6 pm	4:15-6:15 pm	4-6 pm	4:15-6:15 pm	8-10 am
		6:15-7 W	6-6:30 DL	6:15-7 W	6-6:30 DL	6:15-7 W	at Smithfield
SR1		4:15-6:15 pm	4-6pm	4:15-6:15 pm	4-6 pm	4:15-6:15 pm	8-10 am
		6:20-7 DL	6-6:30 DL		6-6:30 DL		at Smithfield
SRD		4:15-5:45 pm		4:15-5:45 pm		4:15-5:45 pm	8-10 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	BC States
		5:45-6:15 DL	5:30-6:30 DL		5:30-6:30 DL		at Pullen
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			BC States
AGI			6-7 pm		6-7 pm		at Pullen

All practices at Riverwood unless noted.

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