

MOR PRACTICE SCHEDULE -July 2026 (7/21/2026)

RALEIGH PRACTICE SITES							
July 2026	Mon. 6/29	Tues. 6/30	Wed. 7/1	Thurs. 7/2	Fri. 7/3	Sat. 7/4	Sun. 7/5
SR Elite	6:15-8:30am Pullen 5-7:15pm Ncsu	6-8:30am Silverton+wts	6:15-8:30am Pullen 4-6pm Pullen	6-8:30am Silverton+wts 5-7:15pm Ncsu	6:15-8:30am Pullen	6:30-8:30am Silverton+wts	July 4
SR 2/3	6:15-8:15am NB 4-6pm Pullen	6:15-8:15am NB	4-6pm Pullen	6:15-8:15am NB 4-6pm Pullen	6:15-8:15am NB	7-9am SM	
Sr. 1	5-6:30pm SM	8:15-9:45am SM	5-6:30pm SM	5-6:30pm SM	8:15-9:45am SM	8:30-10:30am SM	
AG 4	6:15-8:15am NB 6-7:30pm Pullen	6:15-8:15am NB	6-7:30pm Pullen	6:15-8:15am NB 6-7:30pm Pullen	6:15-8:15am NB	7-9am SM	
AG 3	5-6:30pm SM	8:15-9:45am SM	5-6:30pm SM	5-6:30pm SM	8:15-9:45am SM	8:30-10:30am SM	
AG 2	5-6:30pm SM		5-6:30pm SM	5-6:30pm SM		9-10:30am SM	
AG 1	5-6pm SM		5-6pm SM			9-10am SM	
Swim League							
July 6-12	Mon. 7/6	Tues. 7/7	Wed. 7/8	Thurs. 7/9	Fri. 7/10	Sat. 7/11	Sun 7/12
SR Elite	6:15-8:30am Pullen 5-7:15pm Ncsu	6-8:30am Silverton+wts	6:15-8:30am Pullen 4-6pm Pullen	Meet	Meet	Meet	Sr. champs
SR 2/3	6:15-8:15am NB 4-6pm Pullen	6:15-8:15am NB	4-6pm Pullen	6:15-8:15am NB 5:15-7:15pm Ncsu	6:45-8:15am Pullen	7:30-9:45am Pullen	
Sr. 1	5-6:30pm SM	8:15-9:45am SM	5-6:30pm SM	5:15-7:15pm Ncsu	8:15-9:45am SM	7:30-9:45am Pullen	
AG 4	6:15-8:15am NB 6-7:30pm Pullen	6:15-8:15am NB	6-7:30pm Pullen	5:15-6:45pm Ncsu	8:15-9:45am SM	7:30-9:45am Pullen	
AG 3	5-6:30pm SM	8:15-9:45am SM	5-6:30pm SM	5-6:30pm SM	8:15-9:45am SM	9:45-11:15am Pullen	
AG 2	5-6:30pm SM		5-6:30pm SM	5-6pm SM		9:45-11:15am Pullen	
AG 1	5-6pm SM		5-6pm SM			9:45-10:45am Pullen	
Swim League							
July 13-19	Mon. 7/13	Tues. 7/14	Wed. 7/15	Thurs. 7/16	Fri. 7/17	Sat. 7/18	Sun. 7/19
SR Elite	5-7:15pm Ncsu	6-8:30am Silverton+wts	6:30-8:30am Pullen 4-6pm Pullen	6:30-8:30am Silverton+wts 5-7:15pm NCSU	6:30-8:30am Pullen	7:30-9:45am Pullen	AG Champs
SR 2/3	6:45-8:15am Pullen 4-6pm Pullen	6:15-8:15am NB	4-6pm Pullen	6:15-8:15am NB 6:45-8:45pm Ncsu	6:45-8:15am SM	9-11:45am Pullen	
Sr. 1	5-6:30pm SM	8:15-9:45am SM	5-6:30pm SM	7:15-8:45pm Ncsu	6:45-8:15am SM	9:45-11:45am Pullen	
AG 4	6:45-8:15am Pullen Long Course 6-7:30pm Pullen	6:15-8:15am NB	6-7:30pm Pullen	6:45-8:45pm Ncsu	8:15-9:45am SM	9:45-11:15am Pullen	
AG 3	5-6:30pm SM	8:15-9:45am SM	5-6:30pm SM	5-6:30pm SM	8:15-9:45am SM	9:45-11:15am Pullen	
AG 2	5-6:30pm SM		5-6:30pm SM	5-6:30pm SM		9:45-11:15am Pullen	
AG 1	5-6pm SM		5-6pm SM	5-6pm SM		9:45-10:45am Pullen	
Swim League							
July 20-26	Mon. 7/20	Tues. 7/21	Wed. 7/22	Thurs. 7/23	Fri. 7/24	Sat. 7/25	Sun 7/26
SR Elite	6:30-8:30am Pullen 5-7:15pm NCSU	6:30-8:30am Silverton+wts	6:30-8:30am Pullen 4-6pm Pullen	6:30-8:30am Silverton+wts	6:30-8:30am Pullen	6:30-8:30am Optimist+wts	
SR 2/3	6:30-8:30am NB	6:15-8:15am NB	4-6pm Pullen	6:15-8:15am NB 4-6pm Pullen	6:30-8:00am NB	7-8:30am NB	
Sr. 1	5-6:30pm SM	8:15-9:45am SM	5-6:30pm SM	5-6:30pm SM	8:15-9:45am SM	8-9:30am SM	
AG 4	6:30-8:30am NB 6-7:30pm Pullen	6:15-8:15am NB	6-7:30pm Pullen	6:15-8:15am NB 6-7:30pm Pullen	6:30-8:00am NB	7-8:30am NB	
AG 3	5-6:30pm SM	8:15-9:45am SM	5-6:30pm SM	5-6:30pm SM	8:15-9:45am SM	8-9:30am SM	
AG 2	5-6:30pm SM		5-6:30pm SM	5-6:30pm SM		8-9:30am SM	
AG 1	5-6pm SM		5-6pm SM			8-9am SM	
Swim League							
July 27-Aug. 2	Mon. 7/27	Tues. 7/28	Wed. 7/29	Thurs. 7/30	Fri. 7/31	Sat. 8/1	Sun. 8/2
SR Elite	6:30-8:30am Pullen	6:30-8:30am Silverton	6:30-8:30am Pullen	Meet	Meet	Meet	Futures Tarheel States
SR 2/3	6:30-8am NB	6:45-8:15am SM	4-5:30pm Pullen				
Sr. 1	5-6:30pm SM	6:45-8:15am SM	4-6pm Pullen				
AG 4	6:30-8am NB	8:15-9:45am SM	5:30-7pm Pullen				
AG 3	5-6:30pm SM	8:15-9:45am SM	6-7:30pm Pullen				
AG 2	5-6:30pm SM		6-7:30pm Pullen				
AG 1	5-6pm SM		6-7pm Pullen				
Swim League							