

MOR PRACTICE SCHEDULE –September 2026 (8/28/2026)

RALEIGH PRACTICE SITES							
Sept 2026	Mon. 8/31	Tues. 9/1	Wed. 9/2	Thurs. 9/3	Fri. 9/4	Sat. 9/5	Sun.9/6
SR Elite	Wts. 4-5pm AL		3:20-5:30pm Silverton+wts.	3:20-6pm Silverton	5-6:30am Silverton		
SR 2/3			4-6:30pm Pullen	4-6pm Pullen	4-6:30pm Pullen		
Sr. 1							
AG 4							
AG 3							
AG 2							
AG 1							
Swim League	New Parent Meeting 7pm Pullen Activities Center	Pre Season Clinic 5:30-6:30pm Pullen	Pre Season Clinic 5:30-6:30pm Pullen	Pre Season Clinic 5:30-6:30pm Pullen			
Sept. 7-13	Mon. 9/7	Tues. 9/8	Wed. 9/9	Thurs. 9/10	Fri. 9/11	Sat. 9/12	Sun 9/13
SR Elite		3:20-6pm Silverton	3:20-5:30pm Silverton+wts	3:20-6pm Silverton	5-6:30am Silvert 3:20-6pm Silvert	6:30-9am Silverton+wts	
SR 2/3		4-6pm Pullen	4-6:30pm Pullen	4-6pm Pullen	4-6 Pullen	7-9:30am Pullen	
Sr. 1		4-6pm SM	4-5:45pm SM	4-6pm SM	4-5:45pm SM	9:30-11am Pullen	
AG 4		6-8:15pm SM	6-7:30pm Pullen	6-8:15pm SM	6-7:30pm Pullen	7:30-9:30am Pullen	
AG 3		6:30-8pm SM	5:45-7:45pm SM	6:30-8pm SM	5:45-7:45pm SM	9:30-11am Pullen	
AG 2			5:45-7:30pm SM		5:45-7:30pm SM	11-12:30pm Pullen	
AG 1		5:30-6:30pm SM		5:30-6:30pm SM		11am-12pm Pullen	
Swim League							
Sept. 13-19	Mon. 9/14	Tues. 9/15	Wed. 9/16	Thurs. 9/17	Fri. 9/18	Sat. 9/19	Sun 9/20
SR Elite	5-6:30am Silvert Wts. 3:30 5-7:15pm Ncsu	3:20-6pm Silverton	3:20-5:30pm Silverton+wts	3:20-6pm Silverton	5-6:30am Silvert 3:20-6pm Silvert	6:30-9am Silverton+wts	
SR 2/3	4-6:30pm Pullen	4-6pm Pullen	4-6:30pm Pullen	4-6pm Pullen	4-6 Pullen	7-9:30am Pullen+MOR Day	
Sr. 1	4-5:45pm SM	4-6pm SM	4-5:45pm SM	4-6pm SM	4-5:45pm SM	MOR Day	
AG 4	6-7:30pm Pullen	6-8:15pm SM	6-7:30pm Pullen	6-8:15pm SM	6-7:30pm Pullen	7:30-9:30am Pullen+MOR Day	
AG 3	5:45-7:45pm SM	6:30-8pm SM	5:45-7:45pm SM	6:30-8pm SM	5:45-7:45pm SM	MOR Day	
AG 2	5:45-7:30pm SM		5:45-7:30pm SM		5:45-7:30pm SM	MOR Day	
AG 1		5:30-6:30pm SM		5:30-6:30pm SM		MOR Day	
Swim League							
Sept. 21-27	Mon. 9/21	Tues. 9/22	Wed. 9/23	Thurs. 9/24	Fri. 9/25	Sat. 9/26	Sun 9/27
SR Elite	5-6:30am Silvert Wts. 3:30 5-7:15pm Ncsu	3:20-6pm Silverton	5-6:30am Silvert 3:20-5:30pm Silverton+wts	3:20-6pm Silverton	5-6:30am Silvert 3:20-6pm Silvert	6:30-9am Silverton+wts	
SR 2/3	4-6:15pm SM	5:15-7:15pm Ncsu	4-6:15pm SM	4-6:15pm SM	5:15-7:15pm Ncsu	6:30-9:15am SM	
Sr. 1	7-8:30pm SM	4-6pm SM	7-8:30pm SM	6:30-8:30pm SM	4-5:45pm SM	8-10am SM	
AG 4	5:30-7pm SM	5:15-7:15pm Ncsu	5:30-7pm SM	5:30-7pm SM	5:15-7pm Ncsu	8:30-10am SM	
AG 3	7-8:30pm SM	6-8pm SM	7-8:30pm SM	6:30-8:30pm SM	5:45-7:45pm SM	10-11:30am SM	
AG 2	5:30-7pm SM		5:30-7pm SM		5:45-7:30pm	10-11:30am SM	
AG 1		5:30-6:30pm SM		5:30-6:30pm SM		10-11am SM	
Swim League							
Sept. 28-Oct. 3	Mon. 9/28	Tues. 9/29	Wed. 9/30	Thurs. 10/1	Fri. 10/2	Sat. 10/3	Sun. 10/4
SR Elite	5-6:30am Silvert Wts. 3:30 5-7:15pm Ncsu	3:20-6pm Silverton	5-6:30am Silvert 3:20-5:30pm Silverton+wts	3:20-6pm Silverton	5-6:30am Silvert 3:20-6pm Silvert	6:30-9am Silverton+wts	
SR 2/3	4-6:15pm SM	4-5:30pm SM	4-6:15pm SM	4-6:15pm SM	5:15-7:15pm Ncsu	6:30-9:15am SM	
Sr. 1	7-8:30pm SM	6:30-8:30pm SM	7-8:30pm SM	6:30-8:30pm SM	4-5:45pm SM	8-10am SM	
AG 4	5:30-7pm SM	5:30-7pm SM	5:30-7pm SM	5:30-7pm SM	5:15-7pm Ncsu	8:30-10am SM	
AG 3	7-8:30pm SM	6:30-8:30pm SM	7-8:30pm SM	6:30-8:30pm SM	5:45-7:45pm SM	10-11:30am SM	
AG 2	5:30-7pm SM		5:30-7pm SM		5:45-7:30pm SM	10-11:30am SM	
AG 1		5:30-6:30pm SM		5:30-6:30pm SM		10-11am SM	
Swim League							