

# MOR PRACTICE SCHEDULE –September 2026 (9/10/2026)

| 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<br>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<br>Meeting 7pm<br>Pullen Activities<br>Center | Pre Season Clinic<br>5:30-6:30pm<br>Pullen | Pre Season Clinic<br>5:30-6:30pm Pullen          | Pre Season Clinic<br>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<br>Silverton+wts                     | 3:20-6pm Silverton                      | 5-6:30am Silvert<br>3:20-6pm Silvert | 6:30-9am<br>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                          | 9:00-11am Pullen               |           |
| AG 4                   |                                                          | 6-8:15pm SM                                | 6-7:45pm Pullen                                  | 6-8:15pm SM                             | 6-7:45pm 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<br>Wts. 3:30<br>5-7:15pm Ncsu           | 3:20-6pm Silverton                         | 3:20-5:30pm<br>Silverton+wts                     | 3:20-6pm Silverton                      | 5-6:30am Silvert<br>3:20-6pm Silvert | 6:30-9am<br>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<br>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                   | 6-7:45pm Pullen                                          | 6-8:15pm SM                                | 6-7:45pm Pullen                                  | 6-8:15pm SM                             | 6-7:45pm Pullen                      | 7:30-9:30am<br>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<br>Wts. 3:30<br>5-7:15pm Ncsu           | 3:20-6pm Silverton                         | 5-6:30am Silvert<br>3:20-5:30pm<br>Silverton+wts | 3:20-6pm Silverton                      | 5-6:30am Silvert<br>3:20-6pm Silvert | 6:30-9am<br>Silverton+wts      |           |
| SR 2/3                 | 4-6:30pm Pullen                                          | 4:00-6:00pm<br>Pullen                      | 4-6:30pm Pullen                                  | 4:00-6:00pm Pullen                      | 4:00-6:00pm<br>Pullen                | 6:30-9:15am SM                 |           |
| Sr. 1                  | 4:00-5:45pm SM                                           | 4-6pm SM                                   | 4:00-5:45pm SM                                   | 4-6pm SM                                | 4-5:45pm SM                          | 8-10am SM                      |           |
| AG 4                   | 6:00-7:45pm<br>Pullen                                    | 6:00-8:15pm SM                             | 6:00-7:45pm Pullen                               | 6:00-8:15pm SM                          | 6:00-7:45pm<br>Pullen                | 8:30-10am SM                   |           |
| 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                       | 10-11:30am SM                  |           |
| AG 2                   | 5:45-7:30pm SM                                           |                                            | 5:45-7:30pm 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<br>Wts. 3:30<br>5-7:15pm Ncsu           | 3:20-6pm Silverton                         | 5-6:30am Silvert<br>3:20-5:30pm<br>Silverton+wts | 3:20-6pm Silverton                      | 5-6:30am Silvert<br>3:20-6pm Silvert | 6:30-9am<br>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                     | 6:30-9:00am SM<br>or MORATHLON |           |
| 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 or<br>MORATHLON      |           |
| AG 4                   | 5:30-7pm SM                                              | 5:30-7pm SM                                | 5:30-7pm SM                                      | 5:30-7pm SM                             | 5:15-7pm Ncsu                        | MORATHLON                      |           |
| 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                       | MORATHLON                      |           |
| AG 2                   | 5:30-7pm SM                                              |                                            | 5:30-7pm SM                                      |                                         | 5:45-7:30pm SM                       | MORATHLON                      |           |
| AG 1                   |                                                          | 5:30-6:30pm SM                             |                                                  | 5:30-6:30pm SM                          |                                      | MORATHLON                      |           |
| Swim League            |                                                          | 5:30-6:15pm SM                             |                                                  | 5:30-6:15pm SM                          |                                      |                                |           |