

Lake Country Swim Team Practice Schedule

2025-26 Short Course (Part 3: January 4-February 21)

Key: X = No Practice

AM = Morning Practice

PM = Afternoon/Evening Practice

D = Dryland Practice

W = Water Practice

(WN) = Practice is at Waukesha North High School

(A) = Practice at Arrowhead for HHS Group

(H) = Practice is at Hartford for AHS Group

* = Dryland activity before water practice

ARROWHEAD POOL		Sunday 4-Jan	Monday 5-Jan	Tuesday 6-Jan	Wednesday 7-Jan	Thursday 8-Jan	Friday 9-Jan	Saturday 10-Jan
Senior Gold	AM	X	5:30-6:45	X	5:30-6:45	X	X	Foxjet
	D	X	X	6:40-7:30	X	5:10-5:50	X	or
	PM	X	5:15-6:45 (WN)	4:50-6:30	4:50-6:20	3:00-5:00	Foxjet	SWAT Meet
Senior Sterling Silver	AM	X	5:30-6:45	X	5:30-6:45	X	X	Foxjet
	D	X	X	6:40-7:30	X	5:10-5:50	X	or
	PM	X	5:15-6:45 (WN)	4:50-6:30	4:50-6:20	3:00-5:00	Foxjet	SWAT Meet
Senior Silver	D	X	X	X	6:30-7:20	6:40-7:40	Foxjet or	Foxjet or
	W	X	6:30-8:00 (WN)	6:30-8:00	7:30-8:30	5:00-6:30	5:50-7:00	5:50-7:00
Senior Bronze	D	X	X	X	6:30-7:20	6:40-7:40	Foxjet or	Foxjet or
	W	X	6:30-8:00 (WN)	6:30-8:00	7:30-8:30	5:00-6:30	5:50-7:00	SWAT Meet
Juniors	W	X	6:30-8:15*	5:15-6:45 (WN)	X	6:00-8:00*	5:50-7:00	Foxjet or SWAT
Age Group Gold	W	X	5:20-7:00*	6:45-8:00 (WN)	5:50-7:30*	X	7:00-8:15	Foxjet or SWAT
Age Group Silver	W	X	4:50-6:00	X	X	6:00-7:30*	4:50-5:50	Foxjet or SWAT
Age Group Bronze	W	X	4:50-5:50	X	5:50-6:50	X	4:50-5:50	Foxjet or SWAT
Super 8	W	X	4:50-5:50	X	4:50-5:50	X	4:50-5:50	Foxjet or SWAT
Novice	W	X	X	5:00-5:50	X	5:00-5:50	X	X
HARTFORD POOL		4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
HHS-Seniors	AM	X	X	X	X	X	Foxjet	Foxjet
	D	X	X	X	6:30-7:30 (A)	X	or	or
	W	X	5:15-7:00 (WN)	7:00-8:30 (G)	4:50-6:20 (A)	7:00-8:30 (G)	SWAT Meet	SWAT Meet
HHS-JVHS Seniors	W	X	Choose any three Senior HS or MS practices----->					
HHS-MS Seniors	D	X	X	X	6:30-7:20 (A)	X	Foxjet or	Foxjet or SWAT
	W	X	5:15-7:00 (WN)	7:00-8:30 (G)	7:30-8:30 (A)	7:00-8:30 (G)	SWAT Meet	Meet
HHS Juniors	W	X	6:30-8:15* (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	Foxjet or SWAT
HHS Age Group Gold	W	X	5:20-7:00* (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	Foxjet or SWAT
HHS Age Group Silver	W	X	4:50-6:00 (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	SWAT Meet
HHS Age Group Bronze	W	X	X	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	X
HHS Super 8	W	X	X	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	SWAT Meet

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ARROWHEAD POOL		Sunday 11-Jan	Monday 12-Jan	Tuesday 13-Jan	Wednesday 14-Jan	Thursday 15-Jan	Friday 16-Jan	Saturday 17-Jan
Senior Gold	AM	Foxjet	5:30-6:45	X	5:30-6:45	X	5:30-6:45	9:00-11:00
	D	or	X	6:40-7:30	X	5:10-5:50	X	8:00-8:50
	PM	SWAT Meet	5:15-6:45 (WN)	4:50-6:30	5:15-7:15 (WN)	3:00-5:00	X	X
Senior Sterling Silver	AM	Foxjet	5:30-6:45	X	5:30-6:45	X	5:30-6:45	9:00-11:00
	D	or	X	6:40-7:30	X	5:10-5:50	X	8:00-8:50
	PM	SWAT Meet	5:15-6:45 (WN)	4:50-6:30	5:15-7:15 (WN)	3:00-5:00	X	X
Senior Silver	D	SWAT or	X	X	6:00-6:50	X	6:10-7:00	WEST Meet
	W	Foxjet Meet	6:30-8:00 (WN)	6:30-8:00	7:00-8:30	5:15-7:15 (WN)	4:50-6:00	
Senior Bronze	D	SWAT or	X	X	6:00-6:50	X	6:10-7:00	WEST Meet
	W	Foxjet Meet	X	6:30-8:00	7:00-8:30	5:15-7:15 (WN)	4:50-6:00	
Juniors	W	SWAT/Foxjet Meet	6:30-8:15*	5:15-6:45 (WN)	X	6:00-8:00*	7:00-8:15	WEST Meet
Age Group Gold	W	SWAT/Foxjet Meet	5:20-7:00*	6:45-8:00 (WN)	5:50-7:00	X	6:00-7:15	WEST Meet
Age Group Silver	W	SWAT/Foxjet Meet	4:50-6:00	X	X	5:00-6:30	5:30-7:00*	WEST Meet
Age Group Bronze	W	SWAT Meet	4:50-5:50	X	4:50-5:50	5:00-6:00	X	WEST Meet
Super 8	W	SWAT/Foxjet Meet	4:50-5:50	X	4:50-5:50	X	4:50-5:50	WEST Meet
Novice	W	X	X	5:00-5:50	X	5:00-5:50	X	X
HARTFORD POOL		11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
HHS-Seniors	AM	Foxjet	X	X	X	X	X	9:00-11:00 (A)
	D	or	X	X	X	5:10-5:50 (A)	6:10-7:00	8:00-8:50 (A)
	W	SWAT Meet	5:15-7:00 (WN)	7:00-8:30 (G)	5:15-7:15 (WN)	3:00-5:00 (A)	4:50-6:00	X
HHS-JVHS Seniors	W	SWAT Meet	Choose any three Senior HS or MS practices----->					
HHS-MS Seniors	D			X	6:00-6:50 (A)	X	6:10-7:00	WEST Meet
	W	SWAT Meet	5:15-7:15 (WN)	7:00-8:30 (G)	7:00-8:30 (A)	5:15-7:15 (WN)	4:50-6:00	X
HHS Juniors	W	SWAT Meet	6:30-8:15* (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	WEST Meet
HHS Age Group Gold	W	SWAT Meet	5:20-7:00* (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	WEST Meet
HHS Age Group Silver	W	SWAT Meet	4:50-6:00 (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	WEST Meet
HHS Age Group Bronze	W	SWAT Meet	X	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	WEST Meet
HHS Super 8	W	SWAT Meet	X	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	WEST Meet

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ARROWHEAD POOL		Sunday 18-Jan	Monday 19-Jan	Tuesday 20-Jan	Wednesday 21-Jan	Thursday 22-Jan	Friday 23-Jan	Saturday 24-Jan
Senior Gold	AM	X	X	X	X	X	X	7:00-9:00
	D	X	X	6:40-7:30	X	3:10-4:00	X	9:10-10:00
	PM	X	5:15-6:45 (WN)	4:50-6:30	1:00-3:00	1:00-3:00	1:00-3:00	X
Senior Sterling Silver	AM	X	5:30-6:45	X	X	X	X	7:00-9:00
	D	X	X	6:40-7:30	X	3:10-4:00	X	9:10-10:00
	PM	X	5:15-6:45 (WN)	4:50-6:30	1:00-3:00	1:00-3:00	1:00-3:00	X
Senior Silver	D	WEST Meet	X	X	6:00-6:50	X	6:30-7:20	8:00-8:50
	W		6:30-8:00 (WN)	X	7:00-8:30	5:15-7:15 (WN)	4:50-6:20	9:00-11:00
Senior Bronze	D	WEST Meet	X	X	6:00-6:50	X	6:30-7:20	8:00-8:50
	W		6:30-8:00 (WN)	X	7:00-8:30	5:15-7:15 (WN)	4:50-6:20	9:00-11:00
Juniors	W	WEST Meet	6:30-8:15*	5:15-6:45 (WN)	X	6:15-8:00	5:50-8:00*	RA Meet
Age Group Gold	W	WEST Meet	5:20-7:00*	6:30-8:00	5:50-7:00	X	5:50-8:00*	RA Meet
Age Group Silver	W	WEST Meet	4:50-6:00	6:00-7:30*	X	5:00-6:15	X	RA Meet
Age Group Bronze	W	WEST Meet	4:50-5:50	X	4:50-5:50	5:00-6:00	X	RA Meet
Super 8	W	WEST Meet	4:50-5:50	X	4:50-5:50	X	4:50-5:50	RA Meet
Novice	W	X	X	5:00-5:50	X	5:00-5:50	X	X
HARTFORD POOL		18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
HHS-Seniors	AM	X	X	X	X	X	X	7:00-9:00 (A)
	D	X	X	X	6:00-6:50 (A)	X	6:30-7:20	9:10-10:00 (A)
	W	X	5:15-7:00 (WN)	7:00-8:30 (G)	7:00-8:30 (A)	5:15-7:15 (WN)	4:50-6:20	X
HHS-JVHS Seniors	W	WEST Meet	Choose any three Senior HS or MS practices----->					
HHS-MS Seniors	D	WEST Meet		X	6:00-6:50 (A)	X	6:30-7:20	8:00-8:50 (A)
	W		5:15-7:00 (WN)	7:00-8:30 (G)	7:00-8:30 (A)	5:15-7:15 (WN)	4:50-6:20	9:00-11:00 (A)
HHS Juniors	W	WEST Meet	6:30-8:15* (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	RA Meet
HHS Age Group Gold	W	WEST Meet	5:20-7:00* (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	RA Meet
HHS Age Group Silver	W	WEST Meet	4:50-6:00 (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	RA Meet
HHS Age Group Bronze	W	WEST Meet	X	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	RA Meet
HHS Super 8	W	WEST Meet	X	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	RA Meet

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ARROWHEAD POOL		Sunday 25-Jan	Monday 26-Jan	Tuesday 27-Jan	Wednesday 28-Jan	Thursday 29-Jan	Friday 30-Jan	Saturday 31-Jan
Senior Gold	AM	X	5:30-6:45	X	5:30-6:45	X	5:30-6:45	SST A+
	D	X	X	6:40-7:30	X	6:40-7:30	X	
	PM	X	5:15-6:45 (WN)	4:50-6:30	5:15-7:15 (WN)	4:50-6:30	or SST A+	
Senior Sterling Silver	AM	X	5:30-6:45	X	5:30-6:45	X	5:30-6:45	SST A+
	D	X	X	6:40-7:30	X	6:40-7:30	X	
	PM	X	5:15-6:45 (WN)	4:50-6:30	5:15-7:15 (WN)	4:50-6:30	or SST A+	
Senior Silver	D	X	X	X	6:00-6:50	X	6:10-7:00	SST A+ or
	W	X	6:30-8:00 (WN)	X	7:00-8:30	5:15-7:15 (WN)	4:50-6:00	7:30-9:30 AM
Senior Bronze	D	X	X	X	6:00-6:50	X	6:10-7:00	
	W	X	6:30-8:00 (WN)	X	7:00-8:30	5:15-7:15 (WN)	4:50-6:00	7:30-9:30 AM
Juniors	W	X	6:30-8:15*	5:15-6:45 (WN)	X	6:00-8:00*	7:00-8:15	A+ or 7:30-9:30
Age Group Gold	W	J-HK 8-Under	5:20-7:00*	6:30-8:00	5:50-7:00	X	7:00-8:15	A+ or 9:30-11 AM
Age Group Silver	W	J-HK 8-Under	4:50-6:00	6:00-7:30*	X	X	6:00-7:00	A+ or 9:30-11 AM
Age Group Bronze	W	X	4:50-5:50	X	4:50-5:50	X	6:00-7:00	X
Super 8	W	J-HK 8-Under	4:50-5:50	X	4:50-5:50	X	4:50-5:50	X
Novice	W	X	X	5:00-5:50	X	5:00-5:50	X	X
HARTFORD POOL		25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
HHS-Seniors	AM	X	5:30-6:45 (A)	X	5:30-6:45 (A)	X	X	8:00-10:00 (A)
	D	X	X	X	6:30-7:20 (A)	6:40-7:30	6:10-7:00	or
	W	X	5:15-7:00 (WN)	7:00-8:30 (G)	4:50-6:20 (A)	4:50-6:30	4:50-6:00	SST A+
HHS-JVHS Seniors	W	X	Choose any three Senior HS or MS practices----->					
HHS-MS Seniors	D	X	X	X	6:30-7:20 (A)	X	6:10-7:00	SST A+ or
	W	X	5:15-7:00 (WN)	7:00-8:30 (G)	7:30-8:30 (A)	5:15-7:15 (WN)	4:50-6:00	8:00-10:00 (A)
HHS Juniors	W	X	6:30-8:15* (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	SST A+ or 8-10(A)
HHS Age Group Gold	W	J-HK 8-Under	5:20-7:00* (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	SST A+ or 8-10(A)
HHS Age Group Silver	W	J-HK 8-Under	4:50-6:00 (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	X
HHS Age Group Bronze	W	X	X	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	X
HHS Super 8	W	J-HK 8-Under	X	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	X

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ARROWHEAD POOL		Sunday 1-Feb	Monday 2-Feb	Tuesday 3-Feb	Wednesday 4-Feb	Thursday 5-Feb	Friday 6-Feb	Saturday 7-Feb
Senior Gold	AM	SST A+	5:30-6:45	X	5:30-6:45	X	5:30-6:45	9:00-11:00
	D		X	6:40-7:30	X	6:40-7:30	X	8:00-8:50
	PM		5:00-7:00 (H)	4:50-6:30	5:15-7:15 (WN)	4:50-6:30	X	X
Senior Sterling Silver	AM	SST A+	5:30-6:45	X	5:30-6:45	X	5:30-6:45	9:00-11:00
	D		X	6:40-7:30	X	6:40-7:30	X	8:00-8:50
	PM		5:00-7:00 (H)	4:50-6:30	5:15-7:15 (WN)	4:50-6:30	X	X
Senior Silver	D	SST A+	X	5:30-6:20	6:00-6:50	X	X	10:00-10:50
	W		5:15-7:15 (WN)	6:30-8:00	7:00-8:30	5:15-7:15 (WN)	X	11:00-12:30
Senior Bronze	D	X	X	5:30-6:20	6:00-6:50	X	X	10:00-10:50
	W	X	5:15-7:15 (WN)	6:30-8:00	7:00-8:30	5:15-7:15 (WN)	X	11:00-12:30
Juniors	W	SST A+	6:30-8:15*	5:15-6:45 (WN)	X	6:30-8:00	6:30-8:15*	12:30-2:00
Age Group Gold	W	SST A+	5:20-7:00*	6:45-8:00 (WN)	5:50-7:00	X	5:20-7:00*	X
Age Group Silver	W	SST A+	4:50-6:00	X	X	6:00-7:30*	4:50-6:00	X
Age Group Bronze	W	X	4:50-5:50	X	4:50-5:50	X	4:50-5:50	X
Super 8	W	X	4:50-5:50	X	4:50-5:50	X	4:50-5:50	X
Novice	W	X	X	5:00-5:50	X	5:00-5:50	X	X
HARTFORD POOL		1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
HHS-Seniors	AM	SST A+	5:30-6:45	X	5:30-6:45	X	5:30-6:45	7:00-9:00
	D		X	4:30-5:20	X	6:40-7:30	X	6:30-7:00
	W		5:00-7:00	5:30-7:00	6:00-8:00	5:00-6:30	X	X
HHS-JVHS Seniors	W	X	5:00-7:00	X	X	5:00-6:30	5:30-6:45 AM	X
HHS-MS Seniors	D	SST A+	X	4:30-5:20	X	6:40-7:30	X	6:30-7:00
	W		5:00-7:00	5:30-7:00	6:00-8:00	5:00-6:30	5:00-6:15	7:00-9:00
HHS Juniors	W	SST A+	6:20-8:15*	X	6:00-8:00*	6:30-8:00	5:00-6:15	9:00-11:00
HHS Age Group Gold	W	SST A+	6:20-8:15*	6:20-8:00*	X	6:30-8:00	5:00-6:15	9:00-10:30
HHS Age Group Silver	W	SST A+	X	6:20-8:00*	X	6:30-8:00	6:15-7:15	9:00-10:30
HHS Age Group Bronze	W	X	X	7:00-8:00	5:00-6:00	X	6:15-7:15	X
HHS Super 8	W	X	X	7:00-8:00	5:00-6:00	X	6:15-7:15	X
HHS Novice	W	X	X	X	5:10-6:00	X	5:10-6:00	X

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ARROWHEAD POOL		Sunday 8-Feb	Monday 9-Feb	Tuesday 10-Feb	Wednesday 11-Feb	Thursday 12-Feb	Friday 13-Feb	Saturday 14-Feb
Senior Gold	AM	X	5:30-6:45	X	5:30-6:45	X	5:30-6:45	LAKE February Freeze Meet
	D	X	X	6:40-7:30	X	6:40-7:30	X	
	PM	X	5:00-7:00 (H)	4:50-6:30	5:15-7:15 (WN)	4:50-6:30		
Senior Sterling Silver	AM	X	5:30-6:45	X	5:30-6:45	X	5:30-6:45	LAKE February Freeze Meet
	D	X	X	6:40-7:30	X	6:40-7:30	X	
	PM	X	5:00-7:00 (H)	4:50-6:30	5:15-7:15 (WN)	4:50-6:30		
Senior Silver	D	WEST/BAC/LAKE	X	5:30-6:20	6:00-6:50	X	6:10-7:00	LAKE February Freeze Meet
	W	Tri-Meet	5:15-7:15 (WN)	6:30-8:00	7:00-8:30	5:15-7:15 (WN)	4:50-6:00	
Senior Bronze	D	WEST/BAC/LAKE	X	5:30-6:20	6:00-6:50	X	6:10-7:00	LAKE February Freeze Meet
	W	Tri-Meet	5:15-7:15 (WN)	6:30-8:00	7:00-8:30	5:15-7:15 (WN)	4:50-6:00	
Juniors	W	WEST/BAC/LAKE	6:30-8:15*	5:15-6:45 (WN)	X	6:00-8:00*	7:00-8:15	Feb. Freeze
Age Group Gold	W	WEST/BAC/LAKE	5:20-7:00*	6:45-8:00 (WN)	5:50-7:00	X	7:00-8:15	Feb. Freeze
Age Group Silver	W	WEST/BAC/LAKE	4:50-6:00	X	X	6:00-7:30*	6:00-7:00	Feb. Freeze
Age Group Bronze	W	WEST/BAC/LAKE	4:50-5:50	X	4:50-5:50	X	6:00-7:00	Feb. Freeze
Super 8	W	WEST/BAC/LAKE	4:50-5:50	X	4:50-5:50	X	4:50-5:50	Feb. Freeze
Novice		X	X	5:00-5:50	X	5:00-5:50	X	X
HARTFORD POOL		8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
HHS-Seniors	AM	X	5:30-6:45	X	5:30-6:45	X	5:30-6:45	LAKE February Freeze Meet
	D	X	X	4:30-5:20	X	6:40-7:30	X	
	W	X	5:00-7:00	5:30-7:00	6:00-8:00	5:00-6:30	X	
HHS-JVHS Seniors	W	X	5:00-7:00	X	X	5:00-6:30	5:30-6:45 AM	Feb. Freeze
HHS-MS Seniors	D	WEST/BAC/LAKE	X	4:30-5:20	X	6:40-7:30	X	LAKE February Freeze Meet
	W	Tri-Meet	5:00-7:00	5:30-7:00	6:00-8:00	5:00-6:30	5:00-6:15	
HHS Juniors	W	WEST/BAC/LAKE	6:20-8:15*	X	6:00-8:00*	6:30-8:00	5:00-6:15	Feb. Freeze
HHS Age Group Gold	W	WEST/BAC/LAKE	6:20-8:15*	6:20-8:00*	X	6:30-8:00	5:00-6:15	Feb. Freeze
HHS Age Group Silver	W	WEST/BAC/LAKE	X	6:20-8:00*	X	6:30-8:00	6:15-7:15	Feb. Freeze
HHS Age Group Bronze	W	WEST/BAC/LAKE	X	7:00-8:00	5:00-6:00	X	6:15-7:15	Feb. Freeze
HHS Super 8	W	WEST/BAC/LAKE	X	7:00-8:00	5:00-6:00	X	6:15-7:15	Feb. Freeze
HHS Novice	W	X	X	X	5:10-6:00	X	5:10-6:00	X

Key: X = No Practice

AM = Morning Practice

PM = Afternoon/Evening Practice

D = Dryland Practice

W = Water Practice

(WN) = Practice is at Waukesha North High School

(A) = Practice at Arrowhead for HHS Group

(H) = Practice is at Hartford for AHS Group

* = Dryland activity before water practice

ARROWHEAD POOL		Sunday 15-Feb	Monday 16-Feb	Tuesday 17-Feb	Wednesday 18-Feb	Thursday 19-Feb	Friday 20-Feb	Saturday 21-Feb
Senior Gold	AM	LAKE February Freeze Meet	5:30-6:45	X	5:30-6:45	X	5:30-6:45	7:00-9:00
	D		X	6:40-7:30	X	6:40-7:30	X	9:10-10:00
	PM		5:00-7:00 (H)	4:50-6:30	5:15-7:15 (WN)	4:50-6:30	X	or Regionals
Senior Sterling Silver	AM	LAKE February Freeze Meet	5:30-6:45	X	5:30-6:45	X	5:30-6:45	7:00-9:00
	D		X	6:40-7:30	X	6:40-7:30	X	9:10-10:00
	PM		5:00-7:00 (H)	4:50-6:30	5:15-7:15 (WN)	4:50-6:30	X	or Regionals
Senior Silver	D	LAKE February	X	5:30-6:20	6:00-6:50	X	6:10-7:00	9:00-11:00
	W	Freeze Meet	X	6:30-8:00	7:00-8:30	5:15-7:15 (WN)	4:50-6:00	or Regionals
Senior Bronze	D	LAKE February	X	5:30-6:20	6:00-6:50	X	6:10-7:00	X
	W	Freeze Meet	X	6:30-8:00	7:00-8:30	5:15-7:15 (WN)	4:50-6:00	WI Regionals
Juniors	W	Feb. Freeze	6:30-8:15*	5:15-6:45 (WN)	X	6:00-8:00*	7:00-8:15	WI Reg. or 9-11
Age Group Gold	W	Feb. Freeze	5:20-7:00*	6:45-8:00 (WN)	5:50-7:00	X	7:00-8:15	WI Regionals
Age Group Silver	W	Feb. Freeze	4:50-6:00	X	X	6:00-7:30*	6:00-7:00	WI Regionals
Age Group Bronze	W	Feb. Freeze	4:50-5:50	X	4:50-5:50	X	6:00-7:00	WI Regionals
Super 8	W	Feb. Freeze	4:50-5:50	X	4:50-5:50	X	4:50-5:50	WI Regionals
Novice		X	X	5:00-5:50	X	5:00-5:50	X	X
HARTFORD POOL		15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
HHS-Seniors	AM	LAKE February	5:30-6:45	X	5:30-6:45	X	5:30-6:45	WI Regionals
	D	Freeze Meet	X	4:30-5:20	X	6:40-7:30	or	or
	W		5:00-7:00	5:30-7:00	6:00-8:00	5:00-6:30	Regionals or	TBA
HHS-JVHS Seniors	W	Feb. Freeze	5:00-7:00	X	X	5:00-6:30	5:30-6:45 AM	Regionals or X
HHS-MS Seniors	D	LAKE February	X	4:30-5:20	X	6:40-7:30	Regionals or	WI
	W	Freeze Meet	5:00-7:00	5:30-7:00	6:00-8:00	5:00-6:30	5:00-6:15	Regionals
HHS Juniors	W	Feb. Freeze	6:20-8:15*	X	6:00-8:00*	6:30-8:00	Reg. or 5-6:15	WI Regionals
HHS Age Group Gold	W	Feb. Freeze	6:20-8:15*	6:20-8:00*	X	6:30-8:00	6:15-7:30	WI Regionals
HHS Age Group Silver	W	Feb. Freeze	X	6:20-8:00*	X	6:30-8:00	6:15-7:30	WI Regionals
HHS Age Group Bronze	W	Feb. Freeze	X	7:00-8:00	5:00-6:00	X	6:15-7:30	WI Regionals
HHS Super 8	W	Feb. Freeze	X	7:00-8:00	5:00-6:00	X	6:15-7:30	WI Regionals
HHS Novice	W	X	X	X	5:10-6:00	X	5:10-6:00	X