

Lake Country Swim Team Practice Schedule

2025-26 Short Course (Part 3a: February 8 - March 28)

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
 (G) = Practice at Germantown HS
 (A) = Practice at Arrowhead for HHS Group
 (H) = Practice is at Hartford for AHS Group
 * = Dryland activity before water practice

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	5:15-6:45 (WN)	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	5:15-6:45 (WN)	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	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	WEST/BAC/LAKE	X	5:30-6:20	6:00-6:50	X	6:10-7:00	LAKE February Freeze Meet
	W	Tri-Meet	6:30-8:00 (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	X	X	X	X	X	LAKE February Freeze Meet
	D	X	X	X	6:00-6:50 (A)	X	X	
	W	X	5:15-6:45 (WN)	7:00-8:30 (G)	7:00-8:30 (A)	7:00-8:30 (G)	7:00-8:30 (G)	
HHS-JVHS Seniors	W	X	Choose any three Senior HS or MS practices----->					Feb. Freeze
HHS-MS Seniors	D	WEST/BAC/LAKE	X	X	6:00-6:50 (A)	X	X	LAKE February Freeze Meet
	W	Tri-Meet	5:15-6:45 (WN)	7:00-8:30 (G)	7:00-8:30 (A)	7:00-8:30 (G)	7:00-8:30 (G)	
HHS Juniors	W	WEST/BAC/LAKE	6:30-8:15* (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	Feb. Freeze
HHS Age Group Gold	W	WEST/BAC/LAKE	5:20-7:00* (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	Feb. Freeze
HHS Age Group Silver	W	WEST/BAC/LAKE	4:50-6:00 (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	Feb. Freeze
HHS Age Group Bronze	W	WEST/BAC/LAKE	X	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	Feb. Freeze
HHS Super 8	W	WEST/BAC/LAKE	X	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	Feb. Freeze

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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		X	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		X	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	X	X	X	X	X	WI Regionals
	D	Freeze Meet	X	X	6:00-6:50 (A)	X	6:10-7:00 (A)	or
	W		X	7:00-8:30 (G)	7:00-8:30 (A)	7:00-8:30 (G)	4:50-6:00 (A)	TBA
HHS-JVHS Seniors	W	Feb. Freeze	Choose any three Senior HS or MS practices----->					Regionals or X
HHS-MS Seniors	D	LAKE February	X	X	6:00-6:50 (A)	X	6:10-7:00 (A)	WI
	W	Freeze Meet	X	7:00-8:30 (G)	7:00-8:30 (A)	7:00-8:30 (G)	4:50-6:00 (A)	Regionals
HHS Juniors	W	Feb. Freeze	6:30-8:15* (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	WI Regionals
HHS Age Group Gold	W	Feb. Freeze	5:20-7:00* (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	WI Regionals
HHS Age Group Silver	W	Feb. Freeze	4:50-6:00 (A)	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	WI Regionals
HHS Age Group Bronze	W	Feb. Freeze	X	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	WI Regionals
HHS Super 8	W	Feb. Freeze	X	4:30-5:30 (RC)	X	4:30-5:30 (RC)	5:00-6:00 (RC)	WI Regionals

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ARROWHEAD POOL		Sunday 22-Feb	Monday 23-Feb	Tuesday 24-Feb	Wednesday 25-Feb	Thursday 26-Feb	Friday 27-Feb	Saturday 28-Feb
Senior Gold and Sterling Silver State Qualifiers	AM	WI LSC	X	X	X	X	Senior State Meet	Senior State Meet
	D	Regionals	X	5:10-6:00	X	X		
	PM	or X	3:00-5:00	3:00-5:00	3:00-4:30	3:00-4:15		
11-14 State Qualifiers	D	Regionals	5:30-6:20	X	5:15-6:05	X	5:00-5:50	8:00-10:00
	PM	or X	6:30-8:00	6:30-8:00	6:15-8:00	6:15-8:00	6:00-7:30	
10-Under State Qualifiers	W	WI Reg. or X	5:00-6:30	5:00-6:30	5:00-6:15	5:00-6:15 Pasta Party	5:00-6:00	10-Under State
HARTFORD POOL		22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
HHS Sen. State Qual.	AM	WI LSC	X	X	X	X	Senior State Meet	Senior State Meet
	D	Regionals	X	X	X	X		
	PM	or X	3:00-5:00 (A)	5:30-7:00 (G)	3:00-5:00 (A)	3:00-5:00 (A)		
11-14 State Qualifiers	D	Regionals	5:30-6:20 (A)	X	5:15-6:05 (A)	X	5:00-5:50 (A)	8:00-10:00 (A)
	PM	or X	6:30-8:00 (A)	5:30-7:00 (G)	6:15-8:00 (A)	6:15-8:00 (A)	6:00-7:30 (A)	
10-Under State Qualifiers	W	WI Reg. or X	5:00-6:30 (A)	5:00-6:30 (A)	5:00-6:15 (A)	5:00-6:15 (A) Pasta Party	5:00-6:00 (A)	10-Under State

ARROWHEAD POOL		Sunday 1-Mar	Monday 2-Mar	Tuesday 3-Mar	Wednesday 4-Mar	Thursday 5-Mar	Friday 6-Mar	Saturday 7-Mar
NCSA and Speedo Qualifiers	AM	Senior State	X	X	X	X	X	7:00-9:00
	D	Meet	X	5:10-6:00	X	5:10-6:00	X	9:10-10:00
	PM		X	3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	X
11-14 State Qualifiers and 10-Under NCSA	D	X	6:40-7:30	X	Pasta party after	X	11-14 State	11-14 State
	W	X	5:00-6:30	6:30-8:00	5:00-6:30	6:30-8:00	or 5-6:30 (A)	
HARTFORD POOL		1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar
NCSA and Speedo Qualifiers	AM	Senior State	X	X	X	X	X	7:00-9:00 (A)
	D	Meet	X	5:10-6:00 (A)	X	5:10-6:00 (A)	X	9:10-10:00 (A)
	PM		X	3:00-5:00 (A)	3:00-5:00 (A)	3:00-5:00 (A)	3:00-5:00 (A)	X
11-14 State Qualifiers and 10-Under NCSA	D	X	6:40-7:30 (A)	X	Pasta party after	X	11-14 State	11-14 State
	W	X	5:00-6:30 (A)	6:30-8:00 (A)	5:00-6:30 (A)	6:30-8:00 (A)	or 5-6:30 (A)	

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ARROWHEAD POOL		Sunday 8-Mar	Monday 9-Mar	Tuesday 10-Mar	Wednesday 11-Mar	Thursday 12-Mar	Friday 13-Mar	Saturday 14-Mar
NCSA and Speedo Qualifiers	AM	X	X	X	X	Speedo Meet or X	Speedo Meet or X	7:00-9:00 X
	D	X	5:10-6:00	X	5:10-6:00	X	X	X
	PM	X	3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	or Speedo Meet
NCSA AG Qualifiers	D	11-14 State		5:30-6:20	X	5:30-6:20	X	X
	W		X	6:30-8:00	5:00-6:30	6:30-8:00	5:00-6:30	X
HARTFORD POOL		8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar
NCSA and Speedo Qualifiers	AM	X	X	X	X	Speedo Meet or X	Speedo Meet or X	7:00-9:00 (A) X
	D	X	5:10-6:00 (A)	X	5:10-6:00 (A)	X	X	X
	PM	X	3:00-5:00 (A)	3:00-5:00 (A)	3:00-5:00 (A)	3:00-5:00 (A)	3:00-5:00 (A)	or Speedo Meet
NCSA AG Qualifiers	D	11-14 State	X	5:30-6:20 (A)	X	5:30-6:20 (A)	X	X
	W		X	6:30-8:00 (A)	5:00-6:30 (A)	6:30-8:00 (A)	5:00-6:30 (A)	X

ARROWHEAD POOL		Sunday 15-Mar	Monday 16-Mar	Tuesday 17-Mar	Wednesday 18-Mar	Thursday 19-Mar	Friday 20-Mar	Saturday 21-Mar
NCSA and Speedo Qualifiers	AM	TBA	X					
	D	X	X	NCSA SR	NCSA SR	NCSA SR	NCSA SR	NCSA SR
	PM	or Speedo Meet	X					
Non-State Senior	D	X	5:30-6:20	X	5:30-6:20	X	X	X
	W	X	6:30-8:00	X	6:30-8:00	X	6:30-7:30	10:30-12:00
NCSA AG Qualifiers	D	X	X	X	X	X	X	X
	W	X	5:00-6:30	6:30-8:00	5:00-6:30	6:30-8:00	5:00-6:30	7:30-9:00 AM
HARTFORD POOL		15-Mar	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar
HHS NCSA and Speedo	D	TBA or Speedo	X	NCSA SR	NCSA SR	NCSA SR	NCSA SR	NCSA SR
Non-State Senior	D	X	TBA	TBA	TBA	TBA	TBA	TBA
	W	X						
NCSA AG Qualifiers	D	X	X	X	X	X	X	X
	W	X	5:00-6:30 (A)	6:30-8:00 (A)	5:00-6:30 (A)	6:30-8:00 (A)	5:00-6:30 (A)	7:30-9:00 AM (A)

ARROWHEAD POOL		Sunday 22-Mar	Monday 23-Mar	Tuesday 24-Mar	Wednesday 25-Mar	Thursday 26-Mar	Friday 27-Mar	Saturday 28-Mar
Non-State Senior	D	X	5:30-6:20	X	5:30-6:20	X	X	X
	W	X	6:30-8:00	X	6:30-8:00	X	X	10:00-11:30
NCSA Qualifiers	W	TBA	TBA	X	NCSA AG Meet	NCSA AG Meet	NCSA AG Meet	NCSA AG Meet
HARTFORD POOL		22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar
Non-State Senior	D	X	TBA	TBA	TBA	TBA	TBA	TBA
	W	X						
NCSA Qualifiers	W	TBA	TBA	X	NCSA AG Meet	NCSA AG Meet	NCSA AG Meet	NCSA AG Meet