



# January 2026 – HWSA Dolphins – [www.hwsadolphins.org](http://www.hwsadolphins.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> <b>Happy New Year</b> 	<b>2</b> <i>Elite: 3:45 – 6:00</i> <i>Grp 4: 3:45 – 6:00</i> Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30	<b>3</b> Elite: 10:30a – 1:00p G4: 10:30a – 1:00p G3: 12:45p – 2:15p G2: 1:00p – 2:15p G1: 1:30p – 2:15p
<b>4</b> <u>HSC Distance Meet</u> Session 1 (12 & Unders) HWSA Arrives: 6:45a Meet Starts: 8:00a Session 2 (11 & Overs) HWSA Arrives: 10:55a Meet Starts: 11:45a	<b>5</b> G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	<b>6</b> G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	<b>7</b> G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	<b>8</b> <b>Stagg HS Boys Home Meet</b> G1: 7:30p – 8:15p G2: 7:30p – 8:45p G3: 7:30p – 9:00p G4: 7:30p – 9:15p Elite: 7:30p – 9:15p	<b>9</b> <u>41<sup>st</sup> Annual HWSA Winter Splash @ Stagg H.S.</u>  Warm-Ups: 3:45p Meet Starts: 4:45p	<b>10</b> <u>HWSA Winter Splash AM Session (10&amp;Unders)</u> Warm-Ups: 7:00a <u>MID Session (11-12)</u> Warm-Ups: 11:00a <u>PM Session (13&amp;Overs)</u> Warm-Ups: 2:00p
<b>11</b> <u>HWSA Winter Splash AM Session (10&amp;Un.)</u> Warm-Ups: 7:00a <u>MID Session (11-12)</u> Warm-Ups: 11:00a <u>PM Session (13&amp;Ov)</u> Warm-Ups: 2:00p	<b>12</b> <b>No Practices</b>  <b>Day of Rest for HWSA families</b>	<b>13</b> G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	<b>14</b> G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	<b>15</b> <b>Stagg HS Boys Home Meet</b> G1: 7:30p – 8:15p G2: 7:30p – 8:45p G3: 7:30p – 9:00p G4: 7:30p – 9:15p Elite: 7:30p – 9:15p	<b>16</b> G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	<b>17</b> Elite: 10:30a – 1:00p G4: 10:30a – 1:00p G3: 12:45p – 2:15p G2: 1:00p – 2:15p G1: 1:30p – 2:15p
<b>18</b>	<b>19</b> <b>MLK Day</b> <i>Elite: 3:45p – 6:00p</i> <i>Grp 4: 3:45p – 6:00p</i> Grp 1: 6:00p – 6:45p Grp 2: 6:30p – 7:45p Grp 3: 6:00p – 7:30p	<b>20</b> G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	<b>21</b> G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	<b>22</b> G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	<b>23</b> G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 6:30p – 8:45p Elite: 6:30p – 8:45p <u>Circle City Classic</u> HWSA Arrives: 3:30p W-Ups: 4:00p Starts: 5:30p	<b>24</b> Elite/G4: 9:00a – 11:30a G3: 11:15a – 12:45p G2: 11:30a – 12:45p G1: 12:00p – 12:45p <u>Circle City Classic</u> Session 1 (13 & Overs) HWSA Arrives: 6:45a Session 2 (12 & Unders) HWSA Arrives: 11:00 Finals: Arrive 4:45p
<b>25</b> <u>Circle City Classic</u> Session 1 (13 & Overs) HWSA Arrives: 6:45a Session 2 (12 & Unders) HWSA Arrives: 11:00 Finals: Arrive 4:45p	<b>26</b> G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	<b>27</b> G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	<b>28</b> G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	<b>29</b> <b>POSA @ HWSA Dual Meet @ Stagg H.S.</b> Warm-ups: 5:45p Meet Starts: 6:30p	<b>30</b> G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	<b>31</b> Elite: 10:30a – 1:00p G4: 10:30a – 1:00p G3: 12:45p – 2:15p G2: 1:00p – 2:15p G1: 1:30p – 2:15p