

# Lake Country Swim Team Practice Schedule Pt. 1 (March 24-June 1)

## 2024 Long Course

Key: X = No Practice

AM = Morning Practice

PM = Afternoon/Evening Practice

D = Dryland Practice

W = Water Practice

(H) = Practice is at Hartford High School

(L) = Practice is at Hartford 50 M outdoor

(A) = Practice at Arrowhead for HHS Group

\* = Dryland before water practice (included in scheduled time)

ARROWHEAD		Sunday 24-Mar	Monday 25-Mar	Tuesday 26-Mar	Wednesday 27-Mar	Thursday 28-Mar	Friday 29-Mar	Saturday 30-Mar
Senior Gold and Sterling Silver	D	X	X	X	X	X	X	X
	PM	X	3:00-5:00	3:00-5:00	5:00-6:30	3:00-5:00	X	X
Senior Silver and Bronze	D	X	X	X	X	X	X	X
	PM	X	5:00-6:30	X	5:00-6:30	X	4:30-6:00	X
Juniors	W	X	6:30-8:00	X	6:30-8:00	X	6:00-7:30	X
Age Group Gold	W	X	X	5:00-6:30	X	5:00-6:30	X	X
Age Group Silver	W	X	X	6:30-8:00	X	6:30-8:00	X	X
HARTFORD		24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar
HHS-Seniors	D	X	X	X	X	X	X	X
	PM	X	6:05-7:00	X	6:05-7:00	X	5:00-6:30	X
HHS-JVHS Seniors	W	X	6:05-7:00	X	6:05-7:00	X	5:00-6:30	X
HHS-MS Seniors	D	X	X	X	X	X	X	X
	W	X	6:05-7:00	X	6:05-7:00	X	5:00-6:30	X
PCSC	W	X	5:10-6:00	X	5:10-6:00	X	X	X

ARROWHEAD		Sunday 31-Mar	Monday 1-Apr	Tuesday 2-Apr	Wednesday 3-Apr	Thursday 4-Apr	Friday 5-Apr	Saturday 6-Apr
Senior Gold	AM	X	X	X	X	X	5:30-6:45	7:00-9:00
	D	X	5:00-5:50	X	5:10-6:00	X	X	9:10-10:00
	PM	X	3:00-4:50	3:00-5:00	3:00-5:00	3:00-4:30	X	X
Senior Sterling	AM	X	X	X	X	X	5:30-6:45	7:00-9:00
	D	X	X	X	4:25-5:10	6:10-7:00	X	9:10-10:00
	PM	X	3:00-4:50	3:00-5:00	3:00-4:15	4:30-6:00	X	X
Senior Silver	D	X	6:25-7:15	X	6:40-7:30	X	X	8:10-8:50
	PM	X	4:50-6:15	5:30-7:30 (H)	5:00-6:30	4:30-6:00	4:30-6:15	9:00-10:30
Senior Bronze	D	X	6:25-7:15	X	6:40-7:30	X	X	8:10-8:50
	PM	X	4:50-6:15	5:30-7:30 (H)	5:00-6:30	X	4:30-6:15	9:00-10:30
Juniors	W	X	5:45-8:00*	X	5:30-7:30* (H)	6:00-7:00	6:15-8:00	X
Age Group Gold	W	X	X	6:30-8:00*	6:00-8:00*	7:00-8:00	6:15-8:00	X
Age Group Silver	W	X	5:45-7:15*	6:00-7:00	X	6:00-7:00	5:00-6:15	X
PCSC	W	X	X	5:10-6:00	X	5:10-6:00	X	X
HARTFORD		31-Mar	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	6-Apr
HHS-Seniors	AM	X	X	X	X	X	X	7:00-9:00
	D	X	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	3:00-4:30	X
HHS-JVHS Seniors	W	X	3:00-5:00	X	3:00-5:00	X	3:00-4:30	X
HHS-MS Seniors	D	X	X	5:00-5:30	X	6:40-7:20	X	9:10-10:00
	W	X	5:00-6:30	5:30-7:30	4:30-6:00	5:00-6:30	4:30-6:00	7:00-9:00
HHS Juniors	W	X	5:00-6:30	X	5:30-7:30*	5:00-6:30	4:30-6:00	7:00-9:00
HHS Age Group Gold	W	X	6:30-7:30	6:30-8:00*	X	6:30-8:00*	5:00-6:00	X
HHS Age Group Silver	W	X	6:30-7:30	6:30-8:00*	X	6:30-8:00*	5:00-6:00	X
PCSC	W	X	5:10-6:00	X	5:10-6:00	X	X	X

<b>ARROWHEAD</b>		Sunday 7-Apr	Monday 8-Apr	Tuesday 9-Apr	Wednesday 10-Apr	Thursday 11-Apr	Friday 12-Apr	Saturday 13-Apr
Senior Gold	AM	X	X	X	X	X	5:30-6:45	7:00-8:30
	D	X	5:00-5:50	X	5:10-6:00	X	X	8:40-9:30
	PM	X	3:00-4:50	3:00-5:00	3:00-5:00	3:00-4:30	X	X
Senior Sterling	AM	X	X	X	X	X	5:30-6:45	7:00-8:30
	D	X	X	X	4:25-5:10	X	X	8:40-9:30
	PM	X	3:00-4:50	3:00-5:00	3:00-4:15	<b>3:00-4:30</b>	X	X
Senior Silver	D	X	6:25-7:15	X	6:40-7:30	X	X	9:50-10:30
	PM	X	4:50-6:15	5:30-7:30 (H)	5:00-6:30	4:30-6:00	<b>4:30-6:15</b>	8:30-9:40
Senior Bronze	D	X	6:25-7:15	X	6:40-7:30	X	X	9:50-10:30
	PM	X	4:50-6:15	5:30-7:30 (H)	5:00-6:30	X	<b>4:30-6:15</b>	8:30-9:40
Juniors	W	X	5:45-8:00*	X	5:30-7:30* (H)	6:00-7:00	<b>6:15-8:00</b>	X
Age Group Gold	W	X	X	<b>7:00-8:00</b>	6:00-8:00*	7:00-8:00	5:45-8:00*	X
Age Group Silver	W	X	5:45-7:15*	6:00-7:00	X	6:00-7:00	5:00-6:15	X
PCSC	W	X	X	5:10-6:00	X	5:10-6:00	X	9:40-10:30 AM
<b>HARTFORD</b>		<b>7-Apr</b>	<b>8-Apr</b>	<b>9-Apr</b>	<b>10-Apr</b>	<b>11-Apr</b>	<b>12-Apr</b>	<b>13-Apr</b>
HHS-Seniors	AM	X	X	X	5:30-6:45	X	X	7:00-9:00
	D	X	X	5:00-6:00	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	3:00-4:30	X
HHS-JVHS Seniors	W	X	3:00-5:00	X	3:00-5:00	X	3:00-4:30	X
HHS-MS Seniors	D	X	X	5:00-5:30	X	6:40-7:20	X	9:10-10:00
	W	X	5:00-6:30	5:30-7:30	4:30-6:00	5:00-6:30	4:30-6:00	7:00-9:00
HHS Juniors	W	X	5:00-6:30	X	5:30-7:30*	5:00-6:30	4:30-6:00	9:00-11:00
HHS Age Group Gold	W	X	7:00-8:00	6:30-8:00*	X	6:30-8:00*	7:00-8:00	9:00-11:00
HHS Age Group Silver	W	X	7:00-8:00	6:30-8:00*	X	6:30-8:00*	7:00-8:00	X
HHS Age Group Bronze	W	X	6:00-7:00	X	5:00-6:00	X	6:00-7:00	X
HHS Super 8	W	X	6:00-7:00	X	5:00-6:00	X	6:00-7:00	X
PCSC	W	X	5:10-6:00	X	5:10-6:00	X	X	X

<b>ARROWHEAD</b>		Sunday 14-Apr	Monday 15-Apr	Tuesday 16-Apr	Wednesday 17-Apr	Thursday 18-Apr	Friday 19-Apr	Saturday 20-Apr
Senior Gold	AM	X	5:30-6:45	X	X	X	5:30-6:45	WEST Spring
	D	X	5:00-5:50	X	5:10-6:00	X	X	Opener
	PM	X	3:00-4:50	3:00-5:00	3:00-5:00	3:00-4:30	X	X
Senior Sterling	AM	X	5:30-6:45	X	X	X	5:30-6:45	WEST Spring
	D	X	X	X	4:25-5:10	6:10-7:00	X	Opener
	PM	X	3:00-4:50	3:00-5:00	3:00-4:15	4:30-6:00	X	X
Senior Silver	D	X	6:25-7:15	X	6:40-7:30	X	X	WEST Spring
	PM	X	4:50-6:15	5:30-7:30 (H)	5:00-6:30	4:30-6:00	<b>6:00-7:00</b>	Opener
Senior Bronze	D	X	6:25-7:15	X	6:40-7:30	X	X	WEST Spring
	PM	X	4:50-6:15	5:30-7:30 (H)	5:00-6:30	X	<b>6:00-7:00</b>	Opener
Juniors	W	X	6:45-8:15*	X	5:30-7:30* (H)	6:00-8:00	<b>7:00-8:15</b>	WEST Opener
Age Group Gold	W	X	6:45-8:15*	7:00-8:00	6:00-8:00*	X	7:00-8:15	WEST Opener
Age Group Silver	W	X	5:45-7:15*	6:00-7:00	X	6:00-7:30	6:00-7:00	WEST Opener
Age Group Bronze	W	X	6:15-7:15	6:00-7:00	X	X	<b>X</b>	<b>9:00-10:00 AM</b>
Super 8	W	X	5:00-6:00	X	5:00-6:00	5:00-6:00	X	X
Ribbon	W	X	X	5:10-6:00	X	X	5:10-6:00	X
<b>HARTFORD</b>		<b>14-Apr</b>	<b>15-Apr</b>	<b>16-Apr</b>	<b>17-Apr</b>	<b>18-Apr</b>	<b>19-Apr</b>	<b>20-Apr</b>
HHS-Seniors	AM	X	X	X	5:30-6:45	X	X	WEST Spring
	D	X	X	5:00-6:00	X	5:10-6:00	X	Opener
	PM	X	3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	3:00-4:30	X
HHS-JVHS Seniors	W	X	3:00-5:00	X	3:00-5:00	X	3:00-4:30	X
HHS-MS Seniors	D	X	X	5:00-5:30	X	6:40-7:20	X	WEST Spring
	W	X	5:00-6:30	5:30-7:30	4:30-6:00	5:00-6:30	4:30-6:00	Opener
HHS Juniors	W	X	5:00-6:30	X	5:30-7:30*	5:00-6:30	4:30-6:00	WEST Opener
HHS Age Group Gold	W	X	7:00-8:00	6:30-8:00*	X	6:30-8:00*	7:00-8:00	WEST Opener
HHS Age Group Silver	W	X	7:00-8:00	6:30-8:00*	X	6:30-8:00*	7:00-8:00	WEST Opener
HHS Age Group Bronze	W	X	6:00-7:00	X	5:00-6:00	X	6:00-7:00	X
HHS Super 8's	W	X	6:00-7:00	X	5:00-6:00	X	6:00-7:00	X
Ribbons	W	X	X	X	5:10-6:00	X	5:10-6:00	X

<b>ARROWHEAD</b>		Sunday 21-Apr	Monday 22-Apr	Tuesday 23-Apr	Wednesday 24-Apr	Thursday 25-Apr	Friday 26-Apr	Saturday 27-Apr
Senior Gold	AM	WEST Spring	5:30-6:45	X	X	X	5:30-6:45	Team Picture
	D	Opener	5:00-5:50	X	5:10-6:00	X	X	
	PM		3:00-4:50	3:00-5:00	3:00-5:00	3:00-4:30	X	Maroon v Gold
Senior Sterling	AM	WEST Spring	5:30-6:45	X	X	X	5:30-6:45	Team Picture
	D	Opener	X	X	4:25-5:10	6:10-7:00	X	
	PM		3:00-4:50	3:00-5:00	3:00-4:15	4:30-6:00	X	Maroon v Gold
Senior Silver	D	WEST Spring	6:25-7:15	X	6:40-7:30	X	X	Team Picture
	PM	Opener	4:50-6:15	5:30-7:30 (H)	5:00-6:30	4:30-6:00	<b>6:00-7:00</b>	Maroon v Gold
Senior Bronze	D	WEST Spring	6:25-7:15	X	6:40-7:30	X	X	Team Picture
	PM	Opener	4:50-6:15	5:30-7:30 (H)	5:00-6:30	X	<b>6:00-7:00</b>	Maroon v Gold
Juniors	W	WEST Opener	6:45-8:15*	X	5:30-7:30* (H)	6:00-8:00	<b>7:00-8:15</b>	Team Pic/MvG Meet
Age Group Gold	W	WEST Opener	6:45-8:15*	7:00-8:00	6:00-8:00*	X	7:00-8:15	Team Pic/MvG Meet
Age Group Silver	W	WEST Opener	5:45-7:15*	6:00-7:00	X	<b>7:00-8:00</b>	6:00-7:00	Team Pic/MvG Meet
Age Group Bronze	W	X	6:15-7:15	6:00-7:00	X	<b>6:00-7:00</b>	<b>X</b>	Team Pic/MvG Meet
Super 8	W	X	5:00-6:00	X	5:00-6:00	5:00-6:00	X	Team Pic/MvG Meet
Ribbon	W	X	X	5:10-6:00	X	X	5:10-6:00	X
<b>HARTFORD</b>		<b>21-Apr</b>	<b>22-Apr</b>	<b>23-Apr</b>	<b>24-Apr</b>	<b>25-Apr</b>	<b>26-Apr</b>	<b>27-Apr</b>
HHS-Seniors	AM	WEST Spring	X	X	5:30-6:45	X	X	Team Picture
	D	Opener	X	5:00-6:00	X	5:10-6:00	X	
	PM		3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	3:00-4:30	Maroon v Gold
HHS-JVHS Seniors	W	X	3:00-5:00	X	3:00-5:00	X	3:00-4:30	X
HHS-MS Seniors	D	WEST Spring	X	5:00-5:30	X	6:40-7:20	X	Team Picture
	W	Opener	5:00-6:30	5:30-7:30	4:30-6:00	5:00-6:30	4:30-6:00	Maroon v Gold
HHS Juniors	W	WEST Opener	5:00-6:30	X	5:30-7:30*	5:00-6:30	4:30-6:00	Team Pic/MvG Meet
HHS Age Group Gold	W	WEST Opener	7:00-8:00	6:30-8:00*	X	6:30-8:00*	7:00-8:00	Team Pic/MvG Meet
HHS Age Group Silver	W	WEST Opener	7:00-8:00	6:30-8:00*	X	6:30-8:00*	7:00-8:00	Team Pic/MvG Meet
HHS Age Group Bronze	W	X	6:00-7:00	X	5:00-6:00	X	6:00-7:00	Team Pic/MvG Meet
HHS Super 8's	W	X	6:00-7:00	X	5:00-6:00	X	6:00-7:00	Team Pic/MvG Meet
Ribbons	W	X	X	X	5:10-6:00	X	5:10-6:00	X

<b>ARROWHEAD</b>		Sunday 28-Apr	Monday 29-Apr	Tuesday 30-Apr	Wednesday 1-May	Thursday 2-May	Friday 3-May	Saturday 4-May
Senior Gold	AM	X	5:30-6:45	X	5:30-6:45	X	5:30-6:45	7:00-9:00
	D	X	5:00-5:50	X	5:10-6:00	X	X	9:10-10:00
	PM	X	3:00-4:50	3:00-5:00	3:00-5:00	3:00-4:30	BANQUET	X
Senior Sterling	AM	X	5:30-6:45	X	X	X	5:30-6:45	7:00-9:00
	D	X	X	X	4:25-5:10	6:10-7:00	X	9:10-10:00
	PM	X	3:00-4:50	3:00-5:00	3:00-4:15	4:30-6:00	BANQUET	X
Senior Silver	D	X	6:25-7:15	X	6:00-6:50	X	X	8:10-8:50
	PM	X	4:50-6:15	5:30-7:30 (H)	7:00-8:30	4:30-6:00	BANQUET	9:00-10:30
Senior Bronze	D	X	6:25-7:15	X	6:00-6:50	X	X	8:10-8:50
	PM	X	4:50-6:15	5:30-7:30 (H)	7:00-8:30	X	BANQUET	9:00-10:30
Juniors	W	X	6:45-8:15*	X	5:30-7:30* (H)	6:00-8:00	BANQUET	10:00-12:15*
Age Group Gold	W	X	6:45-8:15*	Conference Meet Blaze vs. Wings	6:00-7:00	X	BANQUET	11:45-1:30*
Age Group Silver	W	X	5:45-7:15*		X	6:00-7:30	BANQUET	10:00-11:45*
Age Group Bronze	W	X	6:15-7:15		X	X	BANQUET	X
Super 8	W	X	5:00-6:00		X	5:00-6:00	BANQUET	X
Ribbon	W	X	X		5:10-6:00	X	X	X
<b>HARTFORD</b>		<b>28-Apr</b>	<b>29-Apr</b>	<b>30-Apr</b>	<b>1-May</b>	<b>2-May</b>	<b>3-May</b>	<b>4-May</b>
HHS-Seniors	AM	X	X	X	5:30-6:45	X	X	7:00-9:00
	D	X	X	5:00-6:00	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	BANQUET	X
HHS-JVHS Seniors	W	X	3:00-5:00	X	3:00-5:00	X	BANQUET	X
HHS-MS Seniors	D	X	X	5:00-5:30	X	6:40-7:20	X	9:10-10:00
	W	X	5:00-6:30	5:30-7:30	4:30-6:00	5:00-6:30	BANQUET	7:00-9:00
HHS Juniors	W	X	5:00-6:30	X	5:30-7:30*	5:00-6:30	BANQUET	9:00-11:00
HHS Age Group Gold	W	X	7:00-8:00	Conference Meet Blaze vs. Wings	X	6:30-8:00*	BANQUET	9:00-11:00
HHS Age Group Silver	W	X	7:00-8:00		X	6:30-8:00*	BANQUET	X
HHS Age Group Bronze	W	X	6:00-7:00		5:00-6:00	X	BANQUET	X
HHS Super 8's	W	X	6:00-7:00		5:00-6:00	X	BANQUET	X
Ribbons	W	X	X		5:10-6:00	X	X	X

ARROWHEAD		Sunday 5-May	Monday 6-May	Tuesday 7-May	Wednesday 8-May	Thursday 9-May	Friday 10-May	Saturday 11-May
Senior Gold	AM	X	5:30-6:45	X	5:30-6:45	X	5:30-6:45	7:00-9:00
	D	X	5:00-5:50	X	5:10-6:00	X	X	9:10-10:00
	PM	X	3:00-4:50	3:00-5:00	3:00-5:00	3:00-4:30	X	X
Senior Sterling	AM	X	5:30-6:45	X	X	X	5:30-6:45	7:00-9:00
	D	X	X	X	4:25-5:10	6:10-7:00	X	9:10-10:00
	PM	X	3:00-4:50	3:00-5:00	3:00-4:15	4:30-6:00	X	X
Senior Silver	D	X	6:25-7:15	X	6:00-6:50	X	X	SST Sprint/Dist.
	PM	X	4:50-6:15	5:30-7:30 (H)	7:00-8:30	4:30-6:00	<b>6:00-7:00</b>	WEST Meet
Senior Bronze	D	X	6:25-7:15	X	6:00-6:50	X	X	SST Sprint/Dist.
	PM	X	4:50-6:15	5:30-7:30 (H)	7:00-8:30	X	<b>6:00-7:00</b>	WEST Meet
Juniors	W	X	6:45-8:15*	X	5:30-7:30* (H)	6:00-8:00	<b>7:00-8:15</b>	SST or WEST Meet
Age Group Gold	W	X	6:45-8:15*	Conference Meet Flames vs. Wings	6:00-7:00	X	7:00-8:15	SST or WEST Meet
Age Group Silver	W	X	5:45-7:15*		X	<b>7:00-8:00</b>	6:00-7:00	WEST Meet
Age Group Bronze	W	X	6:15-7:15		X	<b>6:00-7:00</b>	<b>X</b>	WEST Meet
Super 8	W	X	5:00-6:00		X	5:00-6:00	X	WEST Meet
Ribbon	W	X	X		5:10-6:00	X	5:10-6:00	X
<b>HARTFORD</b>		<b>5-May</b>	<b>6-May</b>	<b>7-May</b>	<b>8-May</b>	<b>9-May</b>	<b>10-May</b>	<b>11-May</b>
HHS-Seniors	AM	X	X	X	5:30-6:45	X	X	SST Sprint/Dist.
	D	X	X	5:00-6:00	X	5:10-6:00	X	or TBA
	PM	X	3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	3:00-4:30	TBA
HHS-JVHS Seniors	W	X	3:00-5:00	X	3:00-5:00	X	3:00-4:30	TBA
HHS-MS Seniors	D	X	X	5:00-5:30	X	6:40-7:20	X	SST Sprint/Dist.
	W	X	5:00-6:30	5:30-7:30	4:30-6:00	5:00-6:30	4:30-6:00	or NBSC
HHS Juniors	W	X	5:00-6:30	X	5:30-7:30*	5:00-6:30	4:30-6:00	SST or NBSC Meet
HHS Age Group Gold	W	X	7:00-8:00	Conference Meet Flames vs. Wings	X	6:30-8:00*	7:00-8:00	SST or NBSC Meet
HHS Age Group Silver	W	X	7:00-8:00		X	6:30-8:00*	7:00-8:00	NBSC Meet
HHS Age Group Bronze	W	X	6:00-7:00		5:00-6:00	X	6:00-7:00	NBSC Meet
HHS Super 8's	W	X	6:00-7:00		5:00-6:00	X	6:00-7:00	NBSC Meet
Ribbons	W	X	X		5:10-6:00	X	5:10-6:00	X

<b>ARROWHEAD</b>		Sunday 12-May	Monday 13-May	Tuesday 14-May	Wednesday 15-May	Thursday 16-May	Friday 17-May	Saturday 18-May
Senior Gold	AM	SST Sprint/Dist.	5:30-6:45	X	5:30-6:45	X	5:30-6:45	MAC Midwest Invite
	D		5:00-5:50	X	5:10-6:00	X	X	
	PM		3:00-4:50	3:00-5:00	3:00-5:00	3:00-4:30	X	
Senior Sterling	AM	SST Sprint/Dist.	5:30-6:45	X	X	X	5:30-6:45	MAC Midwest Invite
	D		X	X	4:25-5:10	6:10-7:00	X	
	PM		3:00-4:50	3:00-5:00	3:00-4:15	4:30-6:00	X	
Senior Silver	D	SST Sprint/Dist.	6:25-7:15	X	6:00-6:50	X	X	MAC or SWAT
	PM		4:50-6:15	5:30-7:30 (H)	7:00-8:30	4:30-6:00	<b>6:00-7:00</b>	
Senior Bronze	D	SST Sprint/Dist.	6:25-7:15	X	6:00-6:50	X	X	MAC or SWAT
	PM		4:50-6:15	5:30-7:30 (H)	7:00-8:30	X	<b>6:00-7:00</b>	
Juniors	W	SST Sprint/Dist.	6:45-8:15*	X	5:30-7:30* (H)	6:00-8:00	<b>7:00-8:15</b>	MAC or SWAT
Age Group Gold	W	SST Sprint/Dist.	6:45-8:15*	Conference Meet Blaze vs. Flames	6:00-7:00	X	7:00-8:15	MAC or SWAT
Age Group Silver	W	SST Sprint/Dist.	5:45-7:15*		X	<b>7:00-8:00</b>	6:00-7:00	MAC or SWAT
Age Group Bronze	W	X	6:15-7:15		X	<b>6:00-7:00</b>	<b>X</b>	MAC or SWAT
Super 8	W	X	5:00-6:00		X	5:00-6:00	X	MAC or SWAT
Ribbon	W	X	X		5:10-6:00	X	5:10-6:00	X
<b>HARTFORD</b>		<b>12-May</b>	<b>13-May</b>	<b>14-May</b>	<b>15-May</b>	<b>16-May</b>	<b>17-May</b>	<b>18-May</b>
HHS-Seniors	AM	SST Sprint/Dist.	X	X	5:30-6:45	X	X	MAC Midwest Invite
	D		X	5:00-6:00	X	5:10-6:00	X	
	PM		3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	3:00-4:30	
HHS-JVHS Seniors	W	X	3:00-5:00	X	3:00-5:00	X	3:00-4:30	X
HHS-MS Seniors	D	SST Sprint/Dist.	X	5:00-5:30	X	6:40-7:20	X	MAC or SWAT
	W		5:00-6:30	5:30-7:30	4:30-6:00	5:00-6:30	4:30-6:00	
HHS Juniors	W	SST Sprint/Dist.	5:00-6:30	X	5:30-7:30*	5:00-6:30	4:30-6:00	MAC or SWAT
HHS Age Group Gold	W	SST Sprint/Dist.	7:00-8:00	Conference Meet Blaze vs. Flames	X	6:30-8:00*	7:00-8:00	MAC or SWAT
HHS Age Group Silver	W	X	7:00-8:00		X	6:30-8:00*	7:00-8:00	MAC or SWAT
HHS Age Group Bronze	W	X	6:00-7:00		5:00-6:00	X	6:00-7:00	MAC or SWAT
HHS Super 8's	W	X	6:00-7:00		5:00-6:00	X	6:00-7:00	MAC or SWAT
Ribbons	W	X	X		5:10-6:00	X	5:10-6:00	X

<b>ARROWHEAD</b>		Sunday 19-May	Monday 20-May	Tuesday 21-May	Wednesday 22-May	Thursday 23-May	Friday 24-May	Saturday 25-May
Senior Gold	AM	MAC Midwest	5:30-6:45	X	5:30-6:45	X	5:30-6:45	X
	D	Invite	5:00-5:50	X	5:10-6:00	X	X	X
	PM		3:00-4:50	3:00-5:00	3:00-5:00	3:00-4:30	X	X
Senior Sterling	AM	MAC Midwest	5:30-6:45	X	X	X	5:30-6:45	X
	D	Invite	X	X	4:25-5:10	6:10-7:00	X	X
	PM		3:00-4:50	3:00-5:00	3:00-4:15	4:30-6:00	X	X
Senior Silver	D	MAC or SWAT	6:25-7:15	X	6:00-6:50	X	X	8:40-9:30
	PM		4:50-6:15	5:30-7:30 (H)	7:00-8:30	4:30-6:00	6:00-7:00	7:00-8:30
Senior Bronze	D	MAC or SWAT	6:25-7:15	X	6:00-6:50	X	X	8:40-9:30
	PM		4:50-6:15	5:30-7:30 (H)	7:00-8:30	X	6:00-7:00	7:00-8:30
Juniors	W	MAC or SWAT	6:45-8:15*	X	5:30-7:30* (H)	6:00-8:00	7:00-8:15	8:00-10:00*
Age Group Gold	W	MAC or SWAT	6:45-8:15*	Conference Champ Meet Blaze, Flames and Wings	6:00-7:00	X	7:00-8:15	9:30-11:30*
Age Group Silver	W	MAC or SWAT	5:45-7:15*		X	7:00-8:00	6:00-7:00	8:00-9:30*
Age Group Bronze	W	MAC or SWAT	6:15-7:15		X	6:00-7:00	X	X
Super 8	W	MAC or SWAT	5:00-6:00		X	5:00-6:00	X	X
Ribbon	W	X	X		5:10-6:00	X	5:10-6:00	X
<b>HARTFORD</b>		19-May	20-May	21-May	22-May	23-May	24-May	25-May
HHS-Seniors	AM	MAC Midwest	X	X	5:30-6:45	X	X	7:00-9:00
	D	Invite	X	5:00-6:00	X	5:10-6:00	X	9:10-10:00
	PM		3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	3:00-4:30	X
HHS-JVHS Seniors	W	X	3:00-5:00	X	3:00-5:00	X	3:00-4:30	X
HHS-MS Seniors	D	MAC or SWAT	X	5:00-5:30	X	6:40-7:20	X	9:10-10:00
	W		5:00-6:30	5:30-7:30	4:30-6:00	5:00-6:30	4:30-6:00	7:00-9:00
HHS Juniors	W	MAC or SWAT	5:00-6:30	X	5:30-7:30*	5:00-6:30	4:30-6:00	9:00-11:00
HHS Age Group Gold	W	MAC or SWAT	7:00-8:00	Conference Champ Meet Claws, Flames and Wings	X	6:30-8:00*	7:00-8:00	9:00-11:00
HHS Age Group Silver	W	MAC or SWAT	7:00-8:00		X	6:30-8:00*	7:00-8:00	X
HHS Age Group Bronze	W	MAC or SWAT	6:00-7:00		5:00-6:00	X	6:00-7:00	X
HHS Super 8's	W	MAC or SWAT	6:00-7:00		5:00-6:00	X	6:00-7:00	X
Ribbons	W	X	X		5:10-6:00	X	5:10-6:00	X



<b>ARROWHEAD</b>		Sunday 26-May	Monday 27-May	Tuesday 28-May	Wednesday 29-May	Thursday 30-May	Friday 31-May	Saturday 1-Jun
Senior Gold	AM	X	X	X	5:30-6:45	X	5:30-6:45	7:00-9:00
	D	X	X	X	5:10-6:00	X	X	9:10-10:00
	PM	X	X	3:00-5:00	3:00-5:00	3:00-4:30	X	X
Senior Sterling	AM	X	X	X	X	X	5:30-6:45	7:00-9:00
	D	X	X	X	4:25-5:10	6:10-7:00	X	9:10-10:00
	PM	X	X	3:00-5:00	3:00-4:15	4:30-6:00	X	X
Senior Silver	D	X	X	X	6:00-6:50	X	X	Pirate Plunge
	PM	X	X	5:30-7:30 (H)	7:00-8:30	4:30-6:00	<b>4:30-6:00</b>	
Senior Bronze	D	X	X	X	6:00-6:50	X	X	Pirate Plunge
	PM	X	X	5:30-7:30 (H)	7:00-8:30	X	<b>4:30-6:00</b>	
Juniors	W	X	X	5:00-6:30	5:30-7:30* (H)	6:00-8:00	<b>6:00-7:30</b>	Pirate Plunge
Age Group Gold	W	X	X	6:30-8:00	5:00-6:30	X	7:00-8:15	Pirate Plunge
Age Group Silver	W	X	X	5:00-6:30	X	6:00-7:30	5:00-6:00	Pirate Plunge
Age Group Bronze	W	X	X	X	6:00-7:00	X	6:00-7:00	Pirate Plunge
Super 8	W	X	X	5:00-6:00	X	5:00-6:00	EBSC Meet	Pirate Plunge
<b>HARTFORD</b>		<b>26-May</b>	<b>27-May</b>	<b>28-May</b>	<b>29-May</b>	<b>30-May</b>	<b>31-May</b>	<b>1-Jun</b>
HHS-Seniors	AM	X	X	X	5:30-6:45	X	Pirate Plunge	Pirate Plunge
	D	X	X	5:00-6:00	X	5:10-6:00	or	
	PM	X	X	3:00-5:00	3:00-5:00	3:00-5:00	3:00-4:30	
HHS-JVHS Seniors	W	X	X	X	3:00-5:00	X	3:00-4:30	Pirate Plunge
HHS-MS Seniors	D	X	X	5:00-5:30	X	6:40-7:20	Pirate Plunge	Pirate Plunge
	W	X	X	5:30-7:30	4:30-6:00	5:00-6:30	or 4:30-6:00	
HHS Juniors	W	X	X	X	5:30-7:30*	5:00-6:30	Meet or 4:30-6:00	Pirate Plunge
HHS Age Group Gold	W	X	X	6:30-8:00*	X	6:30-8:00*	Meet or 5:00-6:00	Pirate Plunge
HHS Age Group Silver	W	X	X	6:30-8:00*	X	6:30-8:00*	Meet or 5:00-6:00	Pirate Plunge
HHS Age Group Bronze	W	X	X	X	5:00-6:00	X	6:00-7:00	Pirate Plunge
HHS Super 8's	W	X	X	X	5:00-6:00	X	EBSC Meet	Pirate Plunge