

Lake Country Swim Team Practice Schedule

2024 Long Course Part 2 (June 2-August 10)

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)

** = Dryland after water practice (included in scheduled time)

ARROWHEAD		Sunday 2-Jun	Monday 3-Jun	Tuesday 4-Jun	Wednesday 5-Jun	Thursday 6-Jun	Friday 7-Jun	Saturday 8-Jun
Senior Gold	AM	X	5:30-6:45	X	5:30-6:45	X	5:30-6:45	6:00-8:00 (LC)
	D	X	5:00-5:50	X	5:10-6:00	X	X	VMAC Sprints
	PM	X	3:00-4:50	3:00-5:00	3:00-5:00	3:00-4:30	X	
Senior Sterling	AM	X	5:30-6:45	X	X	X	5:30-6:45	6:00-8:00 (LC)
	D	X	X	X	4:25-5:10	6:10-7:00	X	VMAC Sprints
	PM	X	3:00-4:50	3:00-5:00	3:00-4:15	4:30-6:00	X	
Senior Silver	D	Pirate Plunge	6:25-7:15	X	6:00-6:50	X	X	6:00-8:00 (LC)
	PM		4:50-6:15	5:30-7:30 (H)	7:00-8:30	4:30-6:00	4:30-6:00	VMAC Sprints
Senior Bronze	D	Pirate Plunge	6:25-7:15	X	6:00-6:50	X	X	6:00-8:00 (LC)
	PM		4:50-6:15	5:30-7:30 (H)	7:00-8:30	X	4:30-6:00	VMAC Sprints
Juniors	W	Pirate Plunge	6:45-8:15*	5:00-6:30	5:30-7:30* (H)	6:00-8:00	6:00-7:30	VMAC Sprints
Age Group Gold	W	Pirate Plunge	6:45-8:15*	6:30-8:00	5:00-6:30	X	7:00-8:15	VMAC Sprints
Age Group Silver	W	Pirate Plunge	5:45-7:15*	5:00-6:30	X	6:00-7:30	5:00-6:00	VMAC Sprints
Age Group Bronze	W	Pirate Plunge	6:15-7:15	X	6:00-7:00	X	6:00-7:00	VMAC Sprints
Super 8	W	Pirate Plunge	5:00-6:00	5:00-6:00	X	5:00-6:00	X	VMAC Sprints
Novice	W	X	X	X	X	X	X	X
HARTFORD		2-Jun	3-Jun	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun
HHS-Seniors	AM	X	X	X	5:30-6:45	X	X	6:00-8:00 (LC)
	D	X	X	5:00-6:00	X	5:10-6:00	X	VMAC Sprints
	PM	X	3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	3:00-4:30	
HHS-JVHS Seniors	W		3:00-5:00	X	3:00-5:00	X	3:00-4:30	6-8/VMAC Sprints
HHS-MS Seniors	D	Pirate Plunge	X	5:00-5:30	X	6:40-7:20	X	6-8 am (LC)
	W		5:00-6:30	5:30-7:30	4:30-6:00	5:00-6:30	4:30-6:00	VMAC Sprints
HHS Juniors	W	Pirate Plunge	5:00-6:30	X	5:30-7:30*	5:00-6:30	4:30-6:00	VMAC Sprints
HHS Age Group Gold	W	Pirate Plunge	7:00-8:00	5:00-6:00	X	6:30-8:00*	7:00-8:00	VMAC Sprints
HHS Age Group Silver	W	Pirate Plunge	7:00-8:00	X	X	6:30-8:00*	7:00-8:00	VMAC Sprints
HHS Age Group Bronze	W	Pirate Plunge	6:00-7:00	X	5:00-6:00	X	6:00-7:00	VMAC Sprints
HHS Super 8's	W	Pirate Plunge	6:00-7:00	X	5:00-6:00	X	6:00-7:00	VMAC Sprints

ARROWHEAD		Sunday 9-Jun	Monday 10-Jun	Tuesday 11-Jun	Wednesday 12-Jun	Thursday 13-Jun	Friday 14-Jun	Saturday 15-Jun
Senior Gold	AM	X	7:00-9:00 (LC)	Open Water Practice	7:00-9:00 (LC)	8:00-10:00	7:00-9:00 (LC)	SWAT GP Meet
	D	X	4:40-5:40	X	4:40-5:40	X	or	X
	PM	X	3:00-4:30	X	3:00-4:30	X	SWAT GP Meet	X
Senior Sterling	AM	X	7:00-9:00 (LC)	Open Water Practice	7:00-9:00 (LC)	6:30-8:00	7:00-9:00 (LC)	SWAT GP Meet
	D	X	X	X	X	4:40-5:30	or	X
	PM	X	X	X	X	3:00-4:30	SWAT GP Meet	X
Senior Silver	AM	X	X	Open Water Practice	X	7:00-8:45 AM (LC)	7:00-9:00 (LC)	SWAT GP Meet
	D	X	5:50-6:40	or	6:10-7:00	X	or	X
	PM	X	4:30-5:40	7:00-8:45 PM (LC)	4:30-6:00	X	SWAT GP Meet	X
Senior Bronze	AM	X	X	Open Water Practice	X	7:00-8:45 AM (LC)	X	X
	D	X	5:50-6:40	or	X	X	6:10-7:00	X
	PM	X	4:30-5:40	7:00-8:45 PM (LC)	X	X	4:30-6 or SWAT	SWAT GP Meet
Juniors	W	X	X	7:00-8:45 PM (LC)	4:30-6:40*	7:00-8:45 AM (LC)	4:30-6:40** or SWAT	SWAT GP Meet
Age Group Gold	W	X	X	4:30-6:30*	7:00-8:30 PM (LC)	4:30-5:40	7-8:15 or SWAT	SWAT GP Meet
Age Group Silver	W	X	5:40-6:40	X	7:00-8:30 PM (LC)	5:10-6:40*	6:00-7:00	SWAT GP Meet
Age Group Bronze	W	X	X	5:00-6:00	X	5:40-6:40	6:00-7:00	SWAT GP Meet
Super 8	W	X	4:40-5:40	X	5:00-6:00	X	5:00-6:00	SWAT GP Meet
Novice	W	X	X	5:00-6:00	X	5:00-6:00	X	X
HARTFORD		9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun
HHS-Seniors	AM	X	7:00-9:00(LC)	Open Water	7:00-9:00(LC)	7:00-9:00 (H)	7:00-9:00(LC)	X
	D	X	X	X	X	6:00-6:50 AM	X	X
	PM	X	3:15-4:45	X	3:15-4:45	X	X	SWAT GP Meet
HHS-JVHS Seniors	W	X	7:00-9:00(LC)	Open Water	7:00-9:00(LC)	X	7:00-9:00(LC)	X
HHS-MS Seniors	D	X	X	X	X	4:40-5:20	X	X
	W	X	7:00-9:00(LC)	Open Water	7:00-9:00(LC)	3:00-4:30	7:00-9:00(LC)	SWAT GP Meet
HHS Juniors	W	X	4:45-6:00	7:00-8:45 PM (LC)	X	7:00-8:45 am (LC)	4:30-6:00	SWAT GP Meet
HHS Age Group Gold	W	X	7:00-8:00	X	7:00-8:30 PM (LC)	5:30-7:00*	7:00-8:00	SWAT GP Meet
HHS Age Group Silver	W	X	7:00-8:00	X	7:00-8:30 PM (LC)	5:30-7:00*	7:00-8:00	SWAT GP Meet
HHS Age Group Bronze	W	X	6:00-7:00	X	6:00-7:00	X	6:00-7:00	SWAT GP Meet
HHS Super 8's	W	X	6:00-7:00	X	6:00-7:00	X	6:00-7:00	SWAT GP Meet
Novice	W	X	5:00-6:00	X	5:00-6:00	X	X	X

ARROWHEAD		Sunday 16-Jun	Monday 17-Jun	Tuesday 18-Jun	Wednesday 19-Jun	Thursday 20-Jun	Friday 21-Jun	Saturday 22-Jun
Senior Gold	AM	X	7:00-9:00 (LC)	8:00-10:00	7:00-9:00 (LC)	8:00-10:00	WGLO Meet	WGLO Meet
	D	X	4:40-5:40	X	4:40-5:40	X		
	PM	X	3:00-4:30	X	3:00-4:30	X		
Senior Sterling	AM	X	7:00-9:00 (LC)	6:30-8:00	7:00-9:00 (LC)	6:30-8:00	WGLO Meet	WGLO Meet
	D	X	X	4:40-5:30	X	4:40-5:30		
	PM	X	X	3:00-4:30	X	3:00-4:30		
Senior Silver	AM	X	X	X	X	7:00-8:45 AM (LC)	WGLO Meet	WGLO Meet
	D	X	5:50-6:40	X	6:10-7:00	X		
	PM	X	4:30-5:40	7:00-8:45 PM (LC)	4:30-6:00	X		
Senior Bronze	AM	X	X	X	X	7:00-8:45 AM (LC)	WGLO Meet	WGLO Meet
	D	X	5:50-6:40	X	X	X		
	PM	X	4:30-5:40	7:00-8:45 PM (LC)	X	X		
Juniors	W	X	X	7:00-8:45 PM (LC)	4:30-6:40*	7:00-8:45 AM (LC)	WGLO Meet	WGLO Meet
Age Group Gold	W	X	X	4:30-6:30*	7:00-8:30 PM (LC)	4:30-5:40	WGLO Meet	WGLO Meet
Age Group Silver	W	X	5:40-6:40	X	7:00-8:30 PM (LC)	5:10-6:40*	WGLO Meet	WGLO Meet
Age Group Bronze	W	X	X	5:00-6:00	X	5:40-6:40	WGLO Meet	WGLO Meet
Super 8	W	X	4:40-5:40	X	5:00-6:00	X	WGLO Meet	WGLO Meet
Novice	W	X	X	5:00-6:00	X	5:00-6:00	X	X
HARTFORD		16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun
HHS-Seniors	AM	X	7:00-9:00(LC)	7:00-9:00 (H)	7:00-9:00(LC)	7:00-9:00 (H)	WGLO Meet	WGLO Meet
	D	X	X	6:00-6:50 AM	X	6:00-6:50 AM	X	X
	PM	X	3:15-4:45	X	3:15-4:45	X	X	X
HHS-JVHS Seniors	W	X	7:00-9:00(LC)	X	7:00-9:00(LC)	X	WGLO Meet	WGLO Meet
HHS-MS Seniors	D	X	X	6:10-6:50	X	4:40-5:20	WGLO Meet	WGLO Meet
	W	X	7:00-9:00(LC)	4:30-6:00	7:00-9:00(LC)	3:00-4:30		
HHS Juniors	W	X	4:45-6:00	7:00-8:45 PM (LC)	X	7:00-8:45 am (LC)	WGLO Meet	WGLO Meet
HHS Age Group Gold	W	X	7:00-8:00	X	7:00-8:30 PM (LC)	5:30-7:00*	WGLO Meet	WGLO Meet
HHS Age Group Silver	W	X	7:00-8:00	X	7:00-8:30 PM (LC)	5:30-7:00*	WGLO Meet	WGLO Meet
HHS Age Group Bronze	W	X	6:00-7:00	X	6:00-7:00	X	WGLO Meet	WGLO Meet
HHS Super 8's	W	X	6:00-7:00	X	6:00-7:00	X	WGLO Meet	WGLO Meet
Novice	W	X	5:00-6:00	X	5:00-6:00	X	X	

ARROWHEAD		Sunday 23-Jun	Monday 24-Jun	Tuesday 25-Jun	Wednesday 26-Jun	Thursday 27-Jun	Friday 28-Jun	Saturday 29-Jun
Senior Gold	AM	WGLO	7:00-9:00 (LC)	7:00-9:00	7:00-9:00 (LC)	Open Water State	7:00-9:00 (LC)	X
	D	or X	5:40-6:20	X	6:10-7:00	or	X	X
	PM		4:30-5:30	X	4:30-6:00	5:00-6:30	X	X
Senior Sterling	AM	WGLO	7:00-9:00 (LC)	7:00-9:00	7:00-9:00 (LC)	Open Water State	7:00-9:00 (LC)	X
	D	or X	5:40-6:20	X	6:10-7:00	or	X	X
	PM		4:30-5:30	X	4:30-6:00	5:00-6:30	X	X
Senior Silver	AM	WGLO Meet	X	X	X	7:00-8:45 AM (LC)	7:00-9:00 (LC)	MMSC Meet
	D	or X	5:40-6:20	X	6:10-7:00	or	or MMSC Meet	X
	PM		4:30-5:30	7:00-8:45 PM (LC)	4:30-6:00	Open Water State	X	X
Senior Bronze	AM	WGLO Meet	X	X	X	7:00-8:45 AM (LC)	MMSC Meet	X
	D		5:40-6:20	X	6:10-7:00	or	6:10-7:00	X
	PM		4:30-5:30	7:00-8:45 PM (LC)	4:30-6:00	Open Water State	4:30-6:00	MMSC Meet
Juniors	W	WGLO Meet	6:40:8:15	7:00-8:45 PM (LC)	Noah's Ark Trip	7:00-8:45 AM (LC) or OW State	MMSC or 4:30-6:00	MMSC Meet
Age Group Gold	W	WGLO Meet	7:00-8:15	6:00-8:00*	Noah's Ark Trip	6:00-8:00*	MMSC or 7-8:15	MMSC Meet
Age Group Silver	W	WGLO Meet	6:00-7:00	5:00-6:30	Noah's Ark Trip	5:00-6:30	MMSC or 5:30-7*	MMSC Meet
Age Group Bronze	W	WGLO Meet	X	5:00-6:00	Noah's Ark Trip	5:00-6:00	MMSC or 6-7:00	MMSC Meet
Super 8	W	WGLO Meet	5:00-6:00	X	Noah's Ark Trip	X	MMSC or 5-6	MMSC Meet
Novice	W	X	X	5:00-6:00	X	5:00-6:00	X	X
HARTFORD		23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun
HHS-Seniors	AM	WGLO Meet	7:00-9:00(LC)	7:00-9:00 (H)	7:00-9:00(LC)	Open Water State or	7:00-9:00 (LC)	MMSC Meet
	D		X	6:00-6:50 AM	X	4:40-5:20	or MMSC Meet	X
	PM		3:15-4:45	X	X	3:00-4:30	X	X
HHS-JVHS Seniors	W	X	7:00-9:00(LC)	X	7:00-9:00(LC)	X	X	X
HHS-MS Seniors	D	WGLO Meet	X	6:10-6:50	X	OW or 4:40-5:20	7:00-9:00 (LC)	X
	W		7:00-9:00(LC)	4:30-6:00	7:00-9:00(LC)	OW or 3:00-5:00	or MMSC Meet	or MMSC Meet
HHS Juniors	W	WGLO Meet	4:45-6:00	7:00-8:45 PM (LC)	Noah's Ark Trip	7:00-8:45 AM (LC) or OW State	MMSC or 4:30-6:00	MMSC Meet
HHS Age Group Gold	W	WGLO Meet	7:00-8:00	X	Noah's Ark Trip	5:30-7:00*	MMSC or 7:00-8:00	MMSC Meet
HHS Age Group Silver	W	WGLO Meet	7:00-8:00	X	Noah's Ark Trip	5:30-7:00*	MMSC or 4:45-6:00	MMSC Meet
HHS Age Group Bronze	W	WGLO Meet	6:00-7:00	X	Noah's Ark Trip	X	MMSC or 6:00-7:00	MMSC Meet
HHS Super 8's	W	WGLO Meet	6:00-7:00	X	Noah's Ark Trip	X	MMSC or 6:00-7:00	MMSC Meet
Novice	W	X	5:00-6:00	X	5:00-6:00	X	X	X

ARROWHEAD		Sunday 30-Jun	Monday 1-Jul	Tuesday 2-Jul	Wednesday 3-Jul	Thursday 4-Jul	Friday 5-Jul	Saturday 6-Jul
Senior Gold	AM	X	7:00-9:00 (LC)	7:00-9:00	7:00-9:00 (LC)	TBA	7:00-9:00 (LC)	7:00-9:00 (LC)
	D	MMSC Meet	5:40-6:20	X	4:40-5:40	X	or	X
	PM	X	4:30-5:30	X	3:00-4:30	X	SSTY/OSHY Meet	X
Senior Sterling	AM	X	7:00-9:00 (LC)	7:00-9:00	7:00-9:00 (LC)	TBA	7:00-9:00 (LC)	7:00-9:00 (LC)
	D	MMSC Meet	5:40-6:20	X	4:40-5:40	X	or	X
	PM	X	4:30-5:30	X	3:00-4:30	X	SSTY/OSHY Meet	X
Senior Silver	AM	X	X	X	X	TBA	7:00-9:00 (LC)	7:00-9:00 (LC)
	D	MMSC Meet	5:40-6:20	X	6:10-7:00	X	or	X
	PM	X	4:30-5:30	7:00-8:45 PM (LC)	4:30-6:00	X	SSTY/OSHY Meet	X
Senior Bronze	AM	X	X	X	X	TBA	X	SSTY/OSHY Meet
	D		5:40-6:20	X	6:10-7:00	X	X	X
	PM	MMSC Meet	4:30-5:30	7:00-8:45 PM (LC)	4:30-6:00	X	4:30-6:00	X
Juniors	W	MMSC Meet	6:20:8:00	7:00-8:45 PM (LC)	4:30-6:40**	TBA AM	4:30-6 or Meet	9-10:45 (LC) or Meet
Age Group Gold	W	MMSC Meet	7:00-8:15	6:00-8:00*	7:00-8:30 PM (LC)	X	7:00-8:15	SSTY/OSHY Meet
Age Group Silver	W	MMSC Meet	6:00-7:00	5:00-6:30	7:00-8:30 PM (LC)	X	5:30-7:00*	SSTY/OSHY Meet
Age Group Bronze	W	MMSC Meet	X	5:00-6:00	6:00-7:00	X	6:00-7:00	SSTY/OSHY Meet
Super 8	W	MMSC Meet	5:00-6:00	X	5:00-6:00	X	5:00-6:00	SSTY/OSHY Meet
Novice	W	X	X	5:00-6:00	X	X	X	X
HARTFORD		30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul
HHS-Seniors	AM	MMSC Meet	7:00-9:00(LC)	7:00-9:00 (H)	7:00-9:00(LC)	X	7:00-9:00(LC)	7:00-9:00 (LC)
	D	or	X	6:00-6:50 AM	X	X	or	or
	PM	X	3:15-4:45	X	X	X	SSTY/OSHY Meet	SSTY/OSHY Meet
HHS-JVHS Seniors	W	X	7:00-9:00(LC)	X	7:00-9:00(LC)	X	7:00-9:00(LC)	X
HHS-MS Seniors	D	MMSC Meet	X	6:10-6:50	X	X	7:00-9:00(LC) or	SSTY/OSHY Meet or
	W	or X	7:00-9:00(LC)	4:30-6:00	7:00-9:00(LC)	X	SSTY/OSHY Meet	7:00-9:00 AM (LC)
HHS Juniors	W	MMSC Meet	4:45-6:00	7:00-8:45 PM (LC)	X	X	4:30-6:00	9:00-10:45 (LC) or Meet
HHS Age Group Gold	W	MMSC Meet	7:00-8:00	X	7:00-8:30 PM (LC)	X	7:00-8:00	SSTY/OSHY Meet
HHS Age Group Silver	W	MMSC Meet	7:00-8:00	X	7:00-8:30 PM (LC)	X	7:00-8:00	SSTY/OSHY Meet
HHS Age Group Bronze	W	MMSC Meet	6:00-7:00	X	6:00-7:00	X	6:00-7:00	SSTY/OSHY Meet
HHS Super 8's	W	MMSC Meet	6:00-7:00	X	6:00-7:00	X	6:00-7:00	SSTY/OSHY Meet
Novice	W	X	5:00-6:00	X	5:00-6:00	X	X	X

ARROWHEAD		Sunday 7-Jul	Monday 8-Jul	Tuesday 9-Jul	Wednesday 10-Jul	Thursday 11-Jul	Friday 12-Jul	Saturday 13-Jul
Senior Gold	AM	X	7:00-9:00 (LC)	8:00-10:00	7:00-9:00 (LC)	7:00-9:00	7:00-9:00 (LC)	7:00-9:00 (LC)
	D	X	4:40-5:40	X	4:40-5:40	or	or	or
	PM	X	3:00-4:30	X	3:00-4:30	Speedo Meet	Speedo Meet	Speedo Meet
Senior Sterling	AM	X	7:00-9:00 (LC)	6:30-8:00	7:00-9:00 (LC)	7:00-9:00	7:00-9:00 (LC)	7:00-9:00 (LC)
	D	X	X	4:40-5:30	X	X	X	X
	PM	X	X	3:00-4:30	X	X	X	X
Senior Silver	AM	X	X	X	X	7:00-8:45 AM (LC)	7:00-9:00 (LC)	7:00-9:00 (LC)
	D	X	5:50-6:40	X	6:10-7:00	X	X	X
	PM	X	4:30-5:40	7:00-8:45 PM (LC)	4:30-6:00	X	X	X
Senior Bronze	D	X	X	X	X	7:00-8:45 AM (LC)	X	7:00-9:00 (LC)
		X	5:50-6:40	X	X	X	6:10-7:00	X
	W	X	4:30-5:40	7:00-8:45 PM (LC)	X	X	4:30-6:00	X
Juniors	W	X	X	7:00-8:45 PM (LC)	4:30-6:40*	7:00-8:45 AM (LC)	4:30-6:40**	9-10:30 AM (LC)
Age Group Gold	W	X	X	5:00-6:40*	7:00-8:30 PM (LC)	4:30-5:40	7:00-8:15	9-10:30 AM (LC)
Age Group Silver	W	X	5:40-6:40	X	7:00-8:30 PM (LC)	X	5:30-7:00*	10:30-11:30 (LC)
Age Group Bronze	W	X	X	5:00-6:00	X	5:40-6:40	6:00-7:00	10:30-11:30 (LC)
Super 8	W	X	4:40-5:40	X	5:00-6:00	X	5:00-6:00	10:30-11:30 (LC)
Novice	W	X	X	5:00-6:00	X	5:00-6:00	X	X
HARTFORD		7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul
HHS-Seniors	AM	X	7:00-9:00(LC)	7:00-9:00 (H)	7:00-9:00(LC)	7:00-9:00 (H)	7:00-9:00(LC)	7:00-9:00 (LC)
	D	X	X	6:00-6:50 AM	X	6:00-6:50 AM	X	or
	PM	X	3:15-4:45	X	3:15-4:45	Speedo Meet	Speedo Meet	Speedo Meet
HHS-JVHS Seniors	W	X	7:00-9:00(LC)	X	7:00-9:00(LC)	X	7:00-9:00(LC)	X
HHS-MS Seniors	D	X	X	6:10-6:50	X	4:40-5:20	X	7:00-9:00 (LC)
	W	X	7:00-9:00(LC)	4:30-6:00	7:00-9:00(LC)	3:00-4:30	7:00-9:00(LC)	X
HHS Juniors	W	X	4:45-6:00	7:00-8:45 PM (LC)	X	7:00-8:45 am (LC)	4:30-6:00	9-10:30 am (LC)
HHS Age Group Gold	W	X	7:00-8:00	X	7:00-8:30 PM (LC)	5:30-7:00*	7:00-8:00	9-10:30 am (LC)
HHS Age Group Silver	W	X	7:00-8:00	X	7:00-8:30 PM (LC)	5:30-7:00*	7:00-8:00	10:30-11:30 (LC)
HHS Age Group Bronze	W	X	6:00-7:00	X	6:00-7:00	X	6:00-7:00	10:30-11:30 (LC)
HHS Super 8's	W	X	6:00-7:00	X	6:00-7:00	X	6:00-7:00	10:30-11:30 (LC)
Novice	W	X	5:00-6:00	X	5:00-6:00	X	X	

ARROWHEAD		Sunday 14-Jul	Monday 15-Jul	Tuesday 16-Jul	Wednesday 17-Jul	Thursday 18-Jul	Friday 19-Jul	Saturday 20-Jul
Senior Gold	AM	Speedo Meet	7:00-9:00 (LC)	8:00-10:00	7:00-9:00 (LC)	8:00-10:00	7:00-9:00 (LC)	7:00-9:00 (LC)
	D	X	4:40-5:40	X	4:40-5:40	X	4:40-5:40	X
	PM	X	3:00-4:30	X	3:00-4:30	X	3:30-4:30	X
Senior Sterling	AM	X	7:00-9:00 (LC)	6:30-8:00	7:00-9:00 (LC)	6:30-8:00	7:00-9:00 (LC)	7:00-9:00 (LC)
	D	X	X	4:40-5:30	X	4:40-5:30	X	X
	PM	X	X	3:00-4:30	X	3:00-4:30	X	X
Senior Silver	AM	X	X	X	X	7:00-8:45 AM (LC)	7:00-9:00 (LC)	7:00-9:00 (LC)
	D	X	5:50-6:40	X	6:10-7:00	X	X	or
	PM	X	4:30-5:40	7:00-8:45 PM (LC)	4:30-6:00	X	X	Regional
Senior Bronze	D	X	X	X	X	7:00-8:45 AM (LC)	X	Regional
		X	5:50-6:40	X	X	X	X	Meet
	W	X	4:30-5:40	7:00-8:45 PM (LC)	X	X	4:30-6 or Reg.	X
Juniors	W	X	X	7:00-8:45 PM (LC)	4:30-6:20**	7:00-8:45 AM (LC)	4:30-6 or Reg.	9-10:30 AM (LC) or Reg.
Age Group Gold	W	X	X	5:00-6:40*	7:00-8:30 PM (LC)	4:30-5:40	7-8:15 or Reg.	9-10:30 AM (LC) or Reg.
Age Group Silver	W	X	5:40-6:40	X	7:00-8:30 PM (LC)	5:40-6:40	6-7 or Reg.	Regional Meet
Age Group Bronze	W	X	X	5:00-6:00	5:40-6:40	X	6-7 or Reg.	Regional Meet
Super 8	W	X	4:40-5:40	X	5:00-6:00	X	5-6 or Reg.	Regional Meet
Novice	W	X	X	5:00-6:00	X	5:00-6:00	X	X
HARTFORD		14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul
HHS-Seniors	AM	Speedo Meet	7:00-9:00(LC)	7:00-9:00 (H)	7:00-9:00(LC)	7:00-9:00 (H)	7:00-9:00(LC)	7:00-9:00 (LC)
	D	X	X	6:00-6:50 AM	X	6:00-6:50 AM	or	or Regionals
	PM	X	3:15-4:45	X	3:15-4:45	X	Regionals	X
HHS-JVHS Seniors	W	X	7:00-9:00(LC)	X	7:00-9:00(LC)	X	4:45-6:00	X
HHS-MS Seniors	D	X	X	6:10-6:50	X	4:40-5:20	Regionals or	Regionals
	W	X	7:00-9:00(LC)	4:30-6:00	7:00-9:00(LC)	3:00-4:30	4:45-6:00	or 7:00-9:00 (LC)
HHS Juniors	W	X	4:45-6:00	7:00-8:45 PM (LC)	X	7:00-8:45 am (LC)	4:45-6 or Regionals	Reg. or 9-10:30 am (LC)
HHS Age Group Gold	W	X	7:00-8:00	X	7:00-8:30 PM (LC)	5:30-7:00*	4:45-6 or Regionals	Regionals
HHS Age Group Silver	W	X	7:00-8:00	X	7:00-8:30 PM (LC)	5:30-7:00*	6-7 or Regionals	Regionals
HHS Age Group Bronze	W	X	6:00-7:00	X	6:00-7:00	X	6-7 or Regionals	Regionals
HHS Super 8's	W	X	6:00-7:00	X	6:00-7:00	X	6-7 or Regionals	Regionals
Novice	W	X	5:00-6:00	X	5:00-6:00	X	X	X

ARROWHEAD		Sunday 21-Jul	Monday 22-Jul	Tuesday 23-Jul	Wednesday 24-Jul	Thursday 25-Jul	Friday 26-Jul	Saturday 27-Jul
Senior Gold State Qualifiers	AM	Regional Meet	7:00-9:00 (LC)	8:00-10:00	7:00-9:00 (LC)	8:00-10:00	7:00-9:00 (LC)	7:00-9:00 (LC)
	D	or X	4:40-5:40	X	4:40-5:40	X	4:40-5:40	X
	PM		3:00-4:30	X	3:00-4:30	X	3:00-4:30	X
Senior Sterling State Qualifiers	AM	Regional Meet	7:00-9:00 (LC)	6:30-8:00	7:00-9:00 (LC)	6:30-8:00	7:00-9:00 (LC)	7:00-9:00 (LC)
	D	or X	X	4:40-5:30	X	4:40-5:30	X	X
	PM		X	3:00-4:30	X	3:00-4:30	X	X
Senior Silver State Qualifiers	AM	Regional Meet	7:00-9:00 (LC)	X	X	X	7:00-9:00 (LC)	7:00-9:00 (LC)
	D	or X	X	X	6:10-7:00	X	X	X
	PM		X	7:00-8:30 PM (LC)	4:30-6:00	3:30-5:00	X	X
12-Un State Qualifiers	W	Reg. or X	4:30-6:00	7:00-8:30 PM (LC)	5-6:30 + Party (H)	5:00-6:00	5-6 or State	12-Under State
HARTFORD		21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul
HHS-15-Over State Qualifiers	AM		7:00-9:00 (LC)	7:00-9:00 (H)	7:00-9:00 (LC)	7:00-9:00 (H)	7:00-9:00 (LC)	7:00-9:00 (LC)
	D	Regional	X	6:00-6:50 AM	X	6:00-6:50 AM	X	X
	PM	or X	3:15-4:30	X	3:15-4:45	X	X	X
HHS-JVHS Seniors	W	X	X	X	X	X	X	X
HHS-13-14	D	Regionals		6:10-6:50	X	4:40-5:30	X	X
	W	or X	4:30-6:00	4:30-6:00	7:00-9:00 (LC)	3:15-4:30	7:00-9:00 (LC)	7:00-9:00 (LC)
HHS - 12-U State Qualifiers	W	Regionals	4:30-6:00	7:00-8:30 PM (LC)	5:00-6:30 + Party (H)	5:30-6:30	12-Under State	12-Under State

ARROWHEAD		Sunday 28-Jul	Monday 29-Jul	Tuesday 30-Jul	Wednesday 31-Jul	Thursday 1-Aug	Friday 2-Aug	Saturday 3-Aug
Senior Gold State Qualifiers	AM	X	7:00-9:00 (LC)	8:00-10:00	7:00-9:00 (LC)	13-Over State	13-Over State	13-Over State
	D	X	4:40-5:40	X	Breakfast			
	PM	X	3:00-4:30	X	X			
Senior Sterling State Qualifiers	AM	X	7:00-9:00 (LC)	6:30-8:00	7:00-9:00 (LC)	13-Over State	13-Over State	13-Over State
	D	X	X	4:10-5:00	Breakfast			
	PM	X	X	3:00-4:00	X			
Senior Silver State Qualifiers	AM	X	7:00-9:00 (LC)	X	7:00-9:00 (LC)	13-Over State	13-Over State	13-Over State
	D	X	X	X	Breakfast			
	PM	X	X	4:30-6:00	X		X	
Zone Qualifiers	W	12-Under State	TBA	TBA	TBA	TBA	TBA	TBA
HARTFORD		28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug
HHS-13-Over State Qualifiers	AM	X	7:00-9:00 (LC)	7:00-8:30 (H)	7:00-9:00 (LC)	Senior State	Senior State	Senior State
	D	X	X	X	Breakfast	X	X	X
HHS - Zones Qualifiers	W	X	TBA	TBA	TBA	TBA	TBA	TBA

ARROWHEAD		Sunday 4-Aug	Monday 5-Aug	Tuesday 6-Aug	Wednesday 7-Aug	Thursday 8-Aug	Friday 9-Aug	Saturday 10-Aug
Zone Qualifiers	W	13-Over State	TBA	TBA	TBA	Zone C	Zone C	Zone C
HARTFORD		4-Aug	5-Aug	6-Aug	7-Aug	8-Aug	9-Aug	10-Aug
HHS-Zones Qualifiers	W	13-Over State	TBA	TBA	TBA	Zone C	Zone C	Zone C