Lake Country Swim Team Practice Schedule
2020-21 Short Course (Part 3:November 22- February 6)

Season End Date: This schedule is through the end of the Boys HS season.
12-Under season ends after 12-Under State (2/28), 13-Over after Speedo Meet (3/14)

Key: X = No Practice
AM = Morning Practice
PM = Afternoon/Evening Practice
D = Dryland Practice
W = Water Practice

(SJ) = Practice is at St. Johns Military Academy
(H) = Practice is at Hartford High School
* = Dryland Activity
(A) = Practice at Arrowhead for HHS Group

ARROWHEAD		Sunday 22-Nov	Monday 23-Nov	Tuesday 24-Nov	Wednesday 25-Nov	Thursday 26-Nov	Friday 27-Nov	Saturday 28-Nov
Senior Gold	AM	Western Great	X	5:00-6:45	10:30-12:30	Thanksgiving	10:30-12:00	10:30-12:00
	D	Lakes Open	X	X	12:40-1:40	X	X	12:05-1:00
	PM		X	5:30-7:00 (H)	X	X	X	X
Senior Sterling Silver	AM	Western Great	X	5:00-6:45	10:30-12:30	Thanksgiving	10:30-12:00	10:30-12:00
	D	Lakes Open	X	X	12:40-1:40	X	X	12:05-1:00
	PM		X	5:30-7:00 (H)	X	X	X	X
Senior Silver	AM	Western Great	X	X	X	Thanksgiving	X	X
	D	Lakes Open	X	X	11:20-12:20	X	X	X
	PM		X	7:00-8:30 (H)	12:30-2:30	X	12:00-2:00	12:00-1:30
Senior Bronze	D	Western Great	X	X	2:40-3:40	Thanksgiving	X	X
	W	Lakes Open	5:30-7:00	X	12:30-2:30	X	12:00-2:00	12:00-1:30
Juniors	W	WGLO	X	5:00-7:00*	5:00-7:00	Thanksgiving	3:00-5:00	X
Age Group Gold	W	WGLO	6:45-8:15	6:30-8:30*	X	Thanksgiving	5:00-6:30	X
Age Group Silver	W	WGLO	6:45-8:00	6:30-8:15*	X	Thanksgiving	6:40-8:00	X
Age Group Bronze	W	WGLO	X	5:30-6:30	X	Thanksgiving	5:50-6:40	X
Super 8	W	WGLO	5:30-6:30	X	X	Thanksgiving	5:00-5:50	X
HARTFORD		22-Nov	23-Nov	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov
HHS-Seniors	AM	Western Great	X	X	X	Thanksgiving	X	X
	D	Lakes Open	X	X	X	X	X	X
	W		6:30-8:00	5:30-7:00	6:30-8:00	X	3:30-5:00	X
HHS-JVHS Seniors	W	WGLO or X	6:30-8:00	X	6:30-8:00	Thanksgiving	3:30-5:00	X
HHS-MS Seniors	D	Western Great	X	X	X	Thanksgiving	X	X
	W	Lakes Open	6:30-8:00	7:00-8:30	6:30-8:00	X	3:30-5:00	X
HHS Juniors	W	WGLO	6:30-8:00	X	6:30-8:00	Thanksgiving	3:30-5:00	X
HHS Age Group Gold	W	WGLO	5:30-6:30	X	6:30-8:00	Thanksgiving	3:30-5:00	X
HHS Age Group Silver	W	WGLO	5:30-6:30	X	5:30-6:30	Thanksgiving	5:00-6:30	X
HHS Age Group Bronze	W	WGLO	5:30-6:30	X	5:30-6:30	Thanksgiving	5:00-6:00	X
HHS Super 8	W	WGLO	5:30-6:30	X	5:30-6:30	Thanksgiving	5:00-6:00	X

ARROWHEAD		Sunday 29-Nov	Monday 30-Nov	Tuesday 1-Dec	Wednesday 2-Dec	Thursday 3-Dec	Friday 4-Dec	Saturday 5-Dec
Senior Gold	AM	X	X	5:00-6:45	X	5:00-6:45	5:00-6:45	10:30-12:00
	D	X	6:55-7:55	X	6:55-7:55	X	X	12:10-1:10
	PM	X	5:30-6:45	5:30-7:00 (H)	5:30-6:45	X	X	
Senior Sterling Silver	AM	X	X	5:00-6:45	X	5:00-6:45	5:00-6:45	10:30-12:00
	D	X	6:55-7:55	X	6:55-7:55	X	X	12:10-1:10
	PM	X	X	5:30-7:00 (H)	5:30-6:45	X	X	
Senior Silver	AM	9:15-11:00	X	X	X	X	X	12:00-1:30
	D	8:30-9:05	X	X	X	5:50-6:50	X	10:50-11:50
	PM	X	5:30-6:45	7:00-8:30 (H)	6:45-8:30	7:00-8:30	X	X
Senior Bronze	D	11:10-12:10 am	X	X	5:35-6:35	X	X	10:50-11:50
	W	9:15-11:00 am	X	7:00-8:30 (H)	6:45-8:30	7:00-8:30	X	12:00-1:30
Juniors	W	7:30-9:15 am	X	5:00-7:00*	5:20-6:50 (H)	5:30-7:00	5:00-7:00*	X
Age Group Gold	W	X	6:45-8:15	6:30-8:30*	X	X	6:30-8:30*	1:30-3:00
Age Group Silver	W	X	6:45-8:00	6:30-8:15*	X	X	7:00-8:15	1:00-3:00*
Age Group Bronze	W	X	X	5:30-6:30	X	5:30-6:30	6:20-7:10	X
Super 8	W	X	5:30-6:30	X	5:30-6:30	X	5:30-6:20	X
HARTFORD		29-Nov	30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec
HHS-Seniors	AM	X	X	X	X	X	X	9:45-11:15
	D	X	X	X	X	X	4:50-5:20	8:50-9:35 am
	W	X	6:45-8:30	5:30-7:00	7:00-8:30	X	5:30-7:00	X
HHS-JVHS Seniors	W	X	X	5:30-7:00	X	X	5:30-7:00	9:45-11:15 am
HHS-MS Seniors	D	X	X	X	X	X	X	8:50-9:35 am
	W	X	6:45-8:15	7:00-8:30	7:00-8:30	X	5:30-7:00	9:45-11:15 am
HHS Juniors	W	X	6:45-8:15	X	5:20-6:50	X	5:30-7:00	10:15 am - 12 pm*
HHS Age Group Gold	W	X	5:20-6:35	X	7:30-8:30	X	X	10:15 am - 12 pm*
HHS Age Group Silver	W	X	5:20-6:35	X	7:30-8:30	X	6:00-7:30*	X
HHS Age Group Bronze	W	X	6:35-7:45	X	6:40-7:30	X	6:30-7:30	X
HHS Super 8	W	X	6:35-7:45	X	6:40-7:30	X	6:30-7:30	X

ARROWHEAD		Sunday 6-Dec	Monday 7-Dec	Tuesday 8-Dec	Wednesday 9-Dec	Thursday 10-Dec	Friday 11-Dec	Saturday 12-Dec
Senior Gold	AM	X	X	X	X	x	PX3 Meet	PX3 Meet
	D	X	6:55-7:55	X	6:55-7:55	X	X	X
	PM	X	5:30-6:45	4:45-6:30 (H)	5:30-6:45	3:00-4;30	or X	X
Senior Sterling Silver	AM	X	X	5:00-6:45	X	5:00-6:45	PX3 Meet	10:30-12:30
	D	X	6:55-7:55	X	6:55-7:55	X	X	X
	PM	X	X	4:45-6:30 (H)	5:30-6:45	3:00-4:30	X	X
Senior Silver	AM	9:15-11:00	X	X	X	X	PX3 Meet	10:30-12:30
	D	8:30-9:05	X	X	5:35-6:35	X	X	or PX3 Meet
	PM	X	5:30-6:45	6:30-8:00 (H)	6:45-8:30	5:30-7:00 (H)	or C	X
Senior Bronze	D	11:10-12:10 am	X	X	5:35-6:35	X	X	X
	W	9:15-11:00 am	X	6:30-8:00 (H)	6:45-8:30	7:00-8:30 (H)	X	X
Juniors	W	7:30-9:15 am	X	5:00-7:00*	5:20-6:50 (H)	X	5:00-7:00*	SA State
Age Group Gold	W	X	6:45-8:15	6:30-8:30*	X	X	6:30-8:30*	SA State
Age Group Silver	W	X	6:45-8:00	6:30-8:15*	X	X	7:00-8:15	SA State
Age Group Bronze	W	X	X	5:30-6:30	X	X	6:20-7:10	SA State
Super 8	W	X	5:30-6:30	X	5:30-6:30	X	5:30-6:20	SA State
HARTFORD		6-Dec	7-Dec	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec
HHS-Seniors	AM	X	X	X	X	X	X	TBA
	D	X	X	X	X	X	4:50-5:20	or
	W	X	6:45-8:30	4:45-6:30	7:00-8:30	7:00-8:30	5:30-7:00	PX3 Meet
HHS-JVHS Seniors	W	X	X	4:45-6:30	X	7:00-8:30	X	TBA
HHS-MS Seniors	D	X	X	X	X	X	4:50-5:20	TBA
	W	X	6:45-8:15	6:30-8:00	7:00-8:30	7:00-8:30	5:30-7:00	or PX3 Meet
HHS Juniors	W	X	6:45-8:15	X	5:20-6:50	5:00-7:00*	5:30-7:00	TBA or State
HHS Age Group Gold	W	X	5:20-6:35	X	7:30-8:30	5:00-7:00*	X	TBA or State
HHS Age Group Silver	W	X	5:20-6:35	X	7:30-8:30	X	6:00-7:30*	TBA or State
HHS Age Group Bronze	W	X	6:35-7:45	X	6:40-7:30	X	6:30-7:30	X
HHS Super 8	W	X	6:35-7:45	X	6:40-7:30	X	6:30-7:30	X

ARROWHEAD		Sunday 13-Dec	Monday 14-Dec	Tuesday 15-Dec	Wednesday 16-Dec	Thursday 17-Dec	Friday 18-Dec	Saturday 19-Dec
Senior Gold	AM	PX3 Meet	X	X	X	X	5:30-6:45	EBSC Dual
	D		X	X	6:55-7:55	5:10-6:10	X	
	PM		X	X	5:30-6:45	3:00-5:00	X	
Senior Sterling Silver	AM	PX3 Meet	X	X	X	X	5:30-6:45	EBSC Dual
	D		6:55-7:55	X	6:55-7:55	5:10-6:10	X	
	PM		X	X	5:30-6:45	3:00-5:00	X	
Senior Silver	AM	PX3 Meet	X	X	X	X	X	EBSC Dual
	D		X	X	X	6:40-7:40	X	
	PM		5:30-6:45	5:00-6:30 (H)	6:45-8:30	5:00-6:30	X	
Senior Bronze	D	11:10-12:10 am	X	X	5:35-6:35	X	X	EBSC Dual
	W	9:15-11:00 am	5:30-6:45	6:30-8:00 (H)	6:45-8:30	5:00-6:30	X	
Juniors	W	SA State	X	5:00-7:00*	5:20-6:50 (H)	6:30-8:15	5:00-7:00*	EBSC Dual
Age Group Gold	W	SA State	6:45-8:15	6:30-8:30*	X	X	6:30-8:30*	EBSC Dual
Age Group Silver	W	SA State	6:45-8:00	6:30-8:15*	X	X	7:00-8:15	EBSC Dual
Age Group Bronze	W	SA State	X	5:30-6:30	X	5:30-6:30	6:20-7:10	EBSC Dual
Super 8	W	SA State	5:30-6:30	X	5:30-6:30	X	5:30-6:20	EBSC Dual
HARTFORD		13-Dec	14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec
HHS-Seniors	AM	PX3 Meet	X	X	X	X	X	EBSC Dual
	D		X	X	X	X	4:50-5:20	
	W		6:45-8:30	5:00-6:30	7:00-8:30	X	5:30-7:00	
HHS-JVHS Seniors	W	X	X	5:00-6:30	X	X	5:30-7:00	EBSC Dual
HHS-MS Seniors	D	PX3 Meet	X	X	X	X	4:50-5:20	EBSC Dual
	W		6:45-8:15	6:30-8:00	7:00-8:30	X	5:30-7:00	
HHS Juniors	W	SA State	6:45-8:15	X	5:20-6:50	X	5:30-7:00	EBSC Dual
HHS Age Group Gold	W	SA State	5:20-6:35	X	7:30-8:30	X	5:30-6:30	EBSC Dual
HHS Age Group Silver	W	SA State	5:20-6:35	X	7:30-8:30	X	6:30-7:30	EBSC Dual
HHS Age Group Bronze	W	X	6:35-7:45	X	6:40-7:30	X	6:30-7:30	EBSC Dual
HHS Super 8	W	X	6:35-7:45	X	6:40-7:30	X	6:30-7:30	EBSC Dual

ARROWHEAD		Sunday 20-Dec	Monday 21-Dec	Tuesday 22-Dec	Wednesday 23-Dec	Thursday 24-Dec	Friday 25-Dec	Saturday 26-Dec
Senior Gold	AM	X	X	5:00-6:45	X	10:30-12:00	X	X
	D	X	6:55-7:55	X	6:55-7:55	X	X	X
	PM	X	5:30-6:45	5:30-7:00 (H)	5:30-6:45	X	*X*	*X*
Senior Sterling Silver	AM	X	X	5:00-6:45	X	10:30-12:00	X	X
	D	x	6:55-7:55	X	6:55-7:55	X	X	X
	PM	X	X	5:30-7:00 (H)	5:30-6:45	X	X	X
Senior Silver	AM	9:15-11:00	X	X	X	12:00-1:30	X	X
	D	8:30-9:05	X	X	X	10:50-11:50	X	X
	PM	X	5:30-6:45	7:00-8:30 (H)	6:45-8:30	X	X	X
Senior Bronze	D	11:10-12:10 am	X	X	5:35-6:35	X	X	X
	W	9:15-11:00 am	X	7:00-8:30 (H)	6:45-8:30	12:00-1:30	X	X
Juniors	W	7:30-9:15 am	X	5:00-7:00*	5:20-6:50 (H)	X	X	X
Age Group Gold	W	X	6:45-8:15	6:30-8:30*	X	X	X	X
Age Group Silver	W	X	6:45-8:00	6:30-8:15*	X	X	X	X
Age Group Bronze	W	X	X	5:30-6:30	X	X	X	X
Super 8	W	X	5:30-6:30	X	5:30-6:30	X	X	X
HARTFORD		20-Dec	21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec
HHS-Seniors	AM	X	X	X	X	X	X	9:45-11:15
	D	X	X	X	X	X	X	8:50-9:35 am
	W	X	6:45-8:30	5:30-7:00	7:00-8:30	X	X	X
HHS-JVHS Seniors	W	X	X	5:30-7:00	X	X	X	9:45-11:15 am
HHS-MS Seniors	D	X	X	X	X	X	X	8:50-9:35 am
	W	X	6:45-8:15	7:00-8:30	7:00-8:30	X	X	9:45-11:15 am
HHS Juniors	W	X	6:45-8:15	X	5:20-6:50	X	X	9:45-11:15 am
HHS Age Group Gold	W	X	5:20-6:35	X	7:30-8:30	X	X	10:45 am -12 pm
HHS Age Group Silver	W	X	5:20-6:35	X	7:30-8:30	X	X	10:45 am - 12 pm
HHS Age Group Bronze	W	X	6:35-7:45	X	6:40-7:30	X	X	X
HHS Super 8	W	X	6:35-7:45	X	6:40-7:30	X	X	X

ARROWHEAD		Sunday 27-Dec	Monday 28-Dec	Tuesday 29-Dec	Wednesday 30-Dec	Thursday 31-Dec	Friday 1-Jan	Saturday 2-Jan
Senior Gold	AM	X	10:30-1:00	10:30-12:30	10:30-12:30	10:30-12:30	X	10:30-12:30
	D	X	X	9:20-10:20	X	9:20-10:20	X	12:40-1:40
	PM	X	X	X	X	X	X	
Senior Sterling Silver	AM	X	1:00-3:00	12:30-2:30	12:30-3:30	10:30-12:30	X	12:30-2:30
	D	X	X	11:20-12:20	X	9:20-10:20	X	11:20-12:20
	PM	X	X		X	X	X	X
Senior Silver	AM	9:15-11:00	1:00-3:00	12:30-2:30	12:30-3:30	X	X	12:30-2:30
	D	8:30-9:05	X	11:20-12:20	X	X	X	11:20-12:20
	PM	X	X		X	X	X	X
Senior Bronze	D	11:10-12:10 am	X	4:40-5:40	X	X	X	X
	W	9:15-11:00 am	3:00-5:00	2:30-4:30	3:30-6:30	X	X	X
Juniors	W	7:30-9:15 am	X	4:30-7:30	TBA (H)	X	X	X
Age Group Gold	W	X	5:00-8:00	X	6:30-8:00	X	X	X
Age Group Silver	W	X	6:30-8:00	X	6:30-8:00	X	X	X
Age Group Bronze	W	X	X	6:30-7:30	5:30-6:30	X	X	X
Super 8	W	X	5:30-6:30	5:30-6:30	X	X	X	X
HARTFORD		27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan
HHS-Seniors	AM	X				X	X	TBA
	D	X	TBA	TBA	TBA	X	X	
	W	X				X	X	
HHS-JVHS Seniors	W	X	TBA	TBA	TBA	X	X	TBA
HHS-MS Seniors	D	X	TBA	TBA	TBA	X	X	TBA
	W	X				X	X	
HHS Juniors	W	X	TBA	TBA	TBA	X	X	TBA
HHS Age Group Gold	W	X	TBA	TBA	TBA	X	X	TBA
HHS Age Group Silver	W	X	TBA	TBA	TBA	X	X	TBA
HHS Age Group Bronze	W	X	TBA	TBA	TBA	X	X	TBA
HHS Super 8	W	X	TBA	TBA	TBA	X	X	TBA

ARROWHEAD		Sunday 3-Jan	Monday 4-Jan	Tuesday 5-Jan	Wednesday 6-Jan	Thursday 7-Jan	Friday 8-Jan	Saturday 9-Jan
Senior Gold	AM	X	X	5:00-6:45	X	5:00-6:45	5:00-6:45	7:00-9:00 or
	D	X	6:55-7:55	X	6:55-7:55	X	X	9:10-10:10
	PM	X	5:30-6:45	3:00-5:00	5:30-6:45	X	X	Big Cheese
Senior Sterling Silver	AM	X	X	5:00-6:45	X	5:00-6:45	5:00-6:45	7:00-9:00 or
	D	X	6:55-7:55	X	6:55-7:55	X	X	9:10-10:10
	PM	X	X	3:00-5:00	5:30-6:45	X	X	Big Cheese
Senior Silver	AM	9:15-11:00	X	X	X	X	X	7:00-9:00 or
	D	8:30-9:05	X	X	X	5:50-6:50	X	9:10-10:10
	PM	X	5:30-6:45	X	6:45-8:30	7:00-8:30	X	X
Senior Bronze	D	11:10-12:10 am	X	X	5:35-6:35	X	X	9:20-10:20
	W	9:15-11:00 am	X	X	6:45-8:30	7:00-8:30	X	10:30-12:00
Juniors	W	7:30-9:15 am	X	X	5:20-6:50 (H)	5:30-7:00	5:00-7:00*	X
Age Group Gold	W	X	6:15-8:15*	X	X	X	6:30-8:30*	12:00-1:30
Age Group Silver	W	X	6:45-8:00	X	X	X	7:00-8:15	10:00-12:00*
Age Group Bronze	W	X	X	X	X	5:30-6:30	6:20-7:10	X
Super 8	W	X	5:30-6:30	X	5:30-6:30	X	5:30-6:20	X
HARTFORD		3-Jan	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan
HHS-Seniors	AM	X	X	X	X	X	X	9:45-11:15
	D	X	X	X	X	X	4:50-5:20	8:50-9:35 am
	W	X	6:45-8:30	X	7:00-8:30	7:00-8:30	5:30-7:00	Big Cheese
HHS-JVHS Seniors	W	X	X	X	X	7:00-8:30	X	9:45-11:15 am
HHS-MS Seniors	D	X	X	X	X	X	X	8:50-9:35 am
	W	X	6:45-8:15	X	7:00-8:30	7:00-8:30	5:30-7:00	9:45-11:15 am
HHS Juniors	W	X	6:45-8:15	X	5:20-6:50	5:00-7:00*	5:30-7:00	9:45-11:15 am
HHS Age Group Gold	W	X	5:20-6:35	X	7:30-8:30	5:00-7:00*	X	10:45 am -12 pm
HHS Age Group Silver	W	X	5:20-6:35	X	7:30-8:30	X	6:00-7:30*	10:45 am - 12 pm
HHS Age Group Bronze	W	X	6:35-7:45	X	6:40-7:30	X	6:30-7:30	X
HHS Super 8	W	X	6:35-7:45	X	6:40-7:30	X	6:30-7:30	X

ARROWHEAD		Sunday 10-Jan	Monday 11-Jan	Tuesday 12-Jan	Wednesday 13-Jan	Thursday 14-Jan	Friday 15-Jan	Saturday 16-Jan
Senior Gold	AM	X	5:00-6:45	X	X	X	X	10:30-12:00
	D	X	X	X	5:10-6:10	X	X	12:10-1:10
	PM	X	3:00-5:00	5:30-7:00 (H)	3:00-5:00	3:00-5:00	3:00-5:00	X
Senior Sterling Silver	AM	X	5:00-6:45	X	X	X	X	10:30-12:00
	D	X	X	X	5:10-6:10	X	X	12:10-1:10
	PM	X	3:00-5:00	5:30-7:00 (H)	3:00-5:00	3:00-5:00	3:00-5:00	X
Senior Silver	AM	9:15-11:00	X	X	X	X	X	12:00-1:30
	D	8:30-9:05	X	X	X	5:20-6:20	X	10:50-11:50
	PM	X	6:30-8:00	7:00-8:30 (H)	6:45-8:30	6:30-8:30	X	X
Senior Bronze	D	11:10-12:10 am	X	X	5:35-6:35	X	X	10:50-11:50
	W	9:15-11:00 am	5:00-6:30	X	6:45-8:30	6:30-8:30	X	12:00-1:30
Juniors	W	7:30-9:15 am	X	5:00-7:00*	5:20-6:50 (H)	5:00-6:30	5:00-7:00*	X
Age Group Gold	W	X	X	6:30-8:30*	5:00-6:45	X	6:30-8:30*	X
Age Group Silver	W	X	6:30-8:00	6:30-8:15*	X	X	7:00-8:15	X
Age Group Bronze	W	X	X	5:30-6:30	X	5:30-6:30	6:20-7:10	X
Super 8	W	X	5:30-6:30	X	5:30-6:30	X	5:30-6:20	X
HARTFORD		10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan
HHS-Seniors	AM	X	X	X	X	X	X	9:45-11:15
	D	X	X	X	X	X	4:50-5:20	8:50-9:35 am
	W	X	6:45-8:30	5:30-7:00	7:00-8:30	7:00-8:30	5:30-7:00	X
HHS-JVHS Seniors	W	X	X	5:30-7:00	X	7:00-8:30	X	9:45-11:15 am
HHS-MS Seniors	D	X	X	X	X	X	X	8:50-9:35 am
	W	X	6:45-8:15	7:00-8:30	7:00-8:30	7:00-8:30	5:30-7:00	9:45-11:15 am
HHS Juniors	W	X	6:45-8:15	X	5:20-6:50	5:00-7:00*	5:30-7:00	9:45-11:15 am
HHS Age Group Gold	W	X	5:20-6:35	X	7:30-8:30	5:00-7:00*	X	10:45 am -12 pm
HHS Age Group Silver	W	X	5:20-6:35	X	7:30-8:30	X	6:00-7:30*	10:45 am - 12 pm
HHS Age Group Bronze	W	X	6:35-7:45	X	6:40-7:30	X	6:30-7:30	X
HHS Super 8	W	X	6:35-7:45	X	6:40-7:30	X	6:30-7:30	X

ARROWHEAD		Sunday 17-Jan	Monday 18-Jan	Tuesday 19-Jan	Wednesday 20-Jan	Thursday 21-Jan	Friday 22-Jan	Saturday 23-Jan
Senior Gold	AM	X	X	5:00-6:45	X	5:00-6:45	5:00-6:45	7:00-9:00
	D	X	6:55-7:55	X	6:55-7:55	X	X	9:10-10:10
	PM	X	5:30-6:45	5:30-7:00 (H)	5:30-6:45	X	X	X
Senior Sterling Silver	AM	X	X	5:00-6:45	X	5:00-6:45	5:00-6:45	7:00-9:00
	D	X	6:55-7:55	X	6:55-7:55	X	X	9:10-10:10
	PM	X	X	5:30-7:00 (H)	5:30-6:45	X	X	X
Senior Silver	AM	9:15-11:00	X	X	X	X	X	9:00-11:00
	D	8:30-9:05	X	X	X	5:20-6:20	X	11:10-12:10
	PM	X	5:30-6:45	7:00-8:30 (H)	6:45-8:30	6:30-8:00	X	X
Senior Bronze	D	11:10-12:10 am	X	X	5:35-6:35	X	X	9:00-11:00
	W	9:15-11:00 am	X	7:00-8:30 (H)	6:45-8:30	6:30-8:00	X	7:50-8:50
Juniors	W	7:30-9:15 am	X	5:00-7:00*	5:20-6:50 (H)	4:30-6:30	5:00-7:00*	11:00-12:30
Age Group Gold	W	X	6:45-8:15	6:30-8:30*	X	X	6:30-8:30*	12:30-2:00
Age Group Silver	W	X	6:45-8:00	6:30-8:15*	X	X	7:00-8:15	12:30-2:00
Age Group Bronze	W	X	X	5:30-6:30	X	5:30-6:30	6:20-7:10	X
Super 8	W	X	5:30-6:30	X	5:30-6:30	X	5:30-6:20	X
HARTFORD		17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
HHS-Seniors	AM	X	X	X	X	X	X	9:45-11:15
	D	X	X	X	X	X	4:50-5:20	8:50-9:35 am
	W	X	6:45-8:30	5:30-7:00	7:00-8:30	7:00-8:30	5:30-6:30	X
HHS-JVHS Seniors	W	X	X	5:30-7:00	X	7:00-8:30	X	9:45-11:15 am
HHS-MS Seniors	D	X	X	X	X	X	X	8:50-9:35 am
	W	X	6:45-8:15	7:00-8:30	7:00-8:30	7:00-8:30	5:30-6:30	9:45-11:15 am
HHS Juniors	W	X	6:45-8:15	X	5:20-6:50	5:00-7:00*	5:30-6:30	9:45-11:15 am
HHS Age Group Gold	W	X	5:20-6:35	X	7:30-8:30	5:00-7:00*	5:30-6:30	X
HHS Age Group Silver	W	X	5:20-6:35	X	7:30-8:30	X	6:30-7:30	X
HHS Age Group Bronze	W	X	6:35-7:45	X	6:40-7:30	X	6:30-7:30	X
HHS Super 8	W	X	6:35-7:45	X	6:40-7:30	X	6:30-7:30	X

ARROWHEAD		Sunday 24-Jan	Monday 25-Jan	Tuesday 26-Jan	Wednesday 27-Jan	Thursday 28-Jan	Friday 29-Jan	Saturday 30-Jan
Senior Gold	AM	X	X	5:00-6:45	X	5:00-6:45	5:00-6:45	SST A+
	D	X	6:40-7:40	X	6:40-7:40	X	X	X
	PM	X	4:45-6:30	5:30-7:00 (H)	4:45-6:30	X	or SST	X
Senior Sterling Silver	AM	X	X	5:00-6:45	X	5:00-6:45	5:00-6:45	SST A+
	D	X	6:40-7:40	X	6:40-7:40	X	X	X
	PM	X	X	5:30-7:00 (H)	4:45-6:30	X	or SST	X
Senior Silver	AM	9:15-11:00	X	X	X	X	4:45-6:30	7:00-9:00
	D	8:30-9:05	X	X	X	5:20-6:20	or	or
	PM	X	4:45-6:30	7:00-8:30 (H)	6:30-8:00	6:30-8:00	SST A+	SST A+
Senior Bronze	D	11:10-12:10 am	X	X	5:20-6:20	X	4:45-6:30	X
	W	9:15-11:00 am	X	7:00-8:30 (H)	6:30-8:00	6:30-8:00	or SST A+	7:00-9:00
Juniors	W	7:30-9:15 am	X	4:45-6:30	5:20-6:50 (H)	4:30-6:30	6:30-8 or SST A+	SST A+ or 9-10:30 AM
Age Group Gold	W	X	6:30-8:00	6:30-8:00	X	X	6:30-8 or SST A+	SST A+ or 9-10:30 AM
Age Group Silver	W	X	6:30-8:00	6:30-8:00	X	X	X	10:00-12:00*
Age Group Bronze	W	X	X	5:30-6:30	X	5:30-6:30	X	12:00-1:00
Super 8	W	X	5:30-6:30	X	5:30-6:30	X	X	12:00-1:00
HARTFORD		24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan
HHS-Seniors	AM	X	X	X	X	X	X	SST A+
	D	X	X	X	X	X	4:50-5:20	or
	W	X	6:45-8:30	5:30-7:00	7:00-8:30	7:00-8:30	5:30-6:30	X
HHS-JVHS Seniors	W	X	X	5:30-7:00	X	7:00-8:30	X	X
HHS-MS Seniors	D	X	X	X	X	X	4:50-5:20	SST A+ or
	W	X	6:45-8:15	7:00-8:30	7:00-8:30	7:00-8:30	5:30-6:30	X
HHS Juniors	W	X	6:45-8:15	X	5:20-6:50	5:00-7:00*	5:30-6:30	A+ or X
HHS Age Group Gold	W	X	5:20-6:35	X	7:30-8:30	5:00-7:00*	5:30-6:30	A+ or X
HHS Age Group Silver	W	X	5:20-6:35	X	7:30-8:30	X	6:00-7:30*	X
HHS Age Group Bronze	W	X	6:35-7:45	X	6:40-7:30	X	6:30-7:30	X
HHS Super 8	W	X	6:35-7:45	X	6:40-7:30	X	6:30-7:30	X

ARROWHEAD		Sunday 31-Jan	Monday 1-Feb	Tuesday 2-Feb	Wednesday 3-Feb	Thursday 4-Feb	Friday 5-Feb	Saturday 6-Feb
Senior Gold	AM	SST A+	X	5:00-6:45	X	5:00-6:45	5:00-6:45	7:00-9:00
	D	X	6:40-7:40	X	6:40-7:40	X	X	9:10-10:10
	PM	X	4:45-6:30	5:30-7:00 (H)	4:45-6:30	X	X	X
Senior Sterling Silver	AM	SST A+	X	5:00-6:45	X	5:00-6:45	5:00-6:45	7:00-9:00
	D	X	6:40-7:40	X	6:40-7:40	X	X	9:10-10:10
	PM	X	X	5:30-7:00 (H)	4:45-6:30	X	X	X
Senior Silver	AM	SST A+	X	X	X	X	X	9:00-11:00
	D	X	X	X	X	5:20-6:20	X	11:10-12:10
	PM	X	4:45-6:30	7:00-8:30 (H)	6:30-8:00	6:30-8:00	X	X
Senior Bronze	D	11:10-12:10 am	X	X	5:20-6:20	X	X	9:00-11:00
	W	9:15-11:00 am	X	7:00-8:30 (H)	6:30-8:00	6:30-8:00	X	7:50-8:50
Juniors	W	SST A+	X	4:45-6:30	5:20-6:50 (H)	4:30-6:30	5:00-7:00*	X
Age Group Gold	W	SST A+	6:30-8:00	6:30-8:00	X	X	6:30-8:30*	11:00-12:30
Age Group Silver	W	X	6:30-8:00	6:30-8:00	X	X	7:00-8:15	11:00-12:30
Age Group Bronze	W	X	X	5:30-6:30	X	5:30-6:30	6:20-7:10	X
Super 8	W	X	5:30-6:30	X	5:30-6:30	X	5:30-6:20	X
HARTFORD		31-Jan	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb
HHS-Seniors	AM	SST A+	X	X	X	X	X	9:45-11:15
	D	or	X	X	X	X	4:50-5:20	8:50-9:35 am
	W	X	6:45-8:30	5:30-7:00	7:00-8:30	7:00-8:30	5:30-7:00	X
HHS-JVHS Seniors	W	X	X	5:30-7:00	X	7:00-8:30	X	9:45-11:15 am
HHS-MS Seniors	D	SST A+ or	X	X	X	X	X	8:50-9:35 am
	W	X	6:45-8:15	7:00-8:30	7:00-8:30	7:00-8:30	5:30-7:00	9:45-11:15 am
HHS Juniors	W	SST A+ or X	6:45-8:15	X	5:20-6:50	5:00-7:00*	5:30-7:00	9:45-11:15 am
HHS Age Group Gold	W	SST A+ or X	5:20-6:35	X	7:30-8:30	5:00-7:00*	X	10:45 am -12 pm
HHS Age Group Silver	W	X	5:20-6:35	X	7:30-8:30	X	6:00-7:30*	10:45 am - 12 pm
HHS Age Group Bronze	W	X	6:35-7:45	X	6:40-7:30	X	6:30-7:30	X
HHS Super 8	W	X	6:35-7:45	X	6:40-7:30	X	6:30-7:30	X