

# OCTOBER 26-NOVEMBER 28, 2026

# HENDERSONVILLE

| SUN                                          | MON                                                                                                      | TUE                                                                        | WED                                                                                                      | THU                                                                        | FRI                                                                                                      | SAT                                                       |
|----------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|
|                                              | <b>OCT 26.</b><br>3:30-5:00 PM<br>@ SEA STAR<br>6:00-7:00 PM<br>@ SEA STAR                               | <b>OCT 27.</b><br>3:30-5:30 PM<br>@ SEA STAR<br>6:00-7:00 PM<br>@ SEA STAR | <b>OCT 28.</b><br>5:30-6:45 AM<br>@ SEA STAR<br>3:30-5:00 PM<br>@ SEA STAR<br>6:00-7:00 PM<br>@ SEA STAR | <b>OCT 29.</b><br>3:30-5:30 PM<br>@ SEA STAR<br>6:00-7:00 PM<br>@ SEA STAR | <b>OCT 30.</b><br>5:30-6:45 AM<br>@ SEA STAR<br>NO AFTERNOON<br>PRACTICE<br>TODAY                        | <b>OCT 31.</b><br>MTSC MIDDLE<br>SCHOOL MEET<br>@ LEBANON |
| <b>NOV 01.</b><br>1:00-3:00 PM<br>@ SEA STAR | <b>NOV 02.</b><br>5:30-6:45 AM<br>@ SEA STAR<br>3:30-5:00 PM<br>@ SEA STAR<br>6:00-7:00 PM<br>@ SEA STAR | <b>NOV 03.</b><br>3:30-5:30 PM<br>@ SEA STAR<br>6:00-7:00 PM<br>@ SEA STAR | <b>NOV 04.</b><br>5:30-6:45 AM<br>@ SEA STAR<br>3:30-5:00 PM<br>@ SEA STAR<br>6:00-7:00 PM<br>@ SEA STAR | <b>NOV 05.</b><br>3:30-5:30 PM<br>@ SEA STAR<br>6:00-7:00 PM<br>@ SEA STAR | <b>NOV 06.</b><br>3:30-5:30 PM<br>@ SEA STAR<br>4:30-5:30 PM<br>@ SEA STAR<br>BOWLING<br>GREEN MEET      | <b>NOV 07.</b><br>NAC<br>MEET                             |
| <b>NOV 08.</b><br>NAC<br>MEET                | <b>NOV 09.</b><br>3:30-5:00 PM<br>@ SEA STAR<br>6:00-7:00 PM<br>@ SEA STAR                               | <b>NOV 10.</b><br>3:30-5:30 PM<br>@ SEA STAR<br>6:00-7:00 PM<br>@ SEA STAR | <b>NOV 11.</b><br>5:30-6:45 AM<br>@ SEA STAR<br>3:30-5:00 PM<br>@ SEA STAR<br>6:00-7:00 PM<br>@ SEA STAR | <b>NOV 12.</b><br>3:30-5:30 PM<br>@ SEA STAR<br>6:00-7:00 PM<br>@ SEA STAR | <b>NOV 13.</b><br>5:30-6:45 AM<br>@ SEA STAR<br>3:30-5:30 PM<br>@ SEA STAR<br>4:30-5:30 PM<br>@ SEA STAR | <b>NOV 14.</b><br>MTSC HIGH<br>SCHOOL MEET<br>@ LEBANON   |
| <b>NOV 15.</b><br>NO<br>PRACTICE             | <b>NOV 16.</b><br>5:30-6:45 AM<br>@ SEA STAR<br>3:30-5:00 PM<br>@ SEA STAR<br>6:00-7:00 PM<br>@ SEA STAR | <b>NOV 17.</b><br>3:30-5:30 PM<br>@ SEA STAR<br>6:00-7:00 PM<br>@ SEA STAR | <b>NOV 18.</b><br>5:30-6:45 AM<br>@ SEA STAR<br>3:30-5:00 PM<br>@ SEA STAR<br>6:00-7:00 PM<br>@ SEA STAR | <b>NOV 19.</b><br>3:30-5:30 PM<br>@ SEA STAR<br>6:00-7:00 PM<br>@ SEA STAR | <b>NOV 20.</b><br>3:30-5:30 PM<br>@ SEA STAR<br>4:30-5:30 PM<br>@ SEA STAR                               | <b>NOV 21.</b><br>6:00-8:00 AM<br>@ SEA STAR              |
| <b>NOV 22.</b><br>NO<br>PRACTICE             | <b>NOV 23.</b><br>3:30-5:00 PM<br>@ SEA STAR<br>6:00-7:00 PM<br>@ SEA STAR                               | <b>NOV 24.</b><br>7:30-9:30 AM<br>@ SEA STAR<br>8:30-9:30 AM<br>@ SEA STAR | <b>NOV 25.</b><br>7:30-9:30 AM<br>@ SEA STAR<br>8:30-9:30 AM<br>@ SEA STAR                               | <b>NOV 26.</b><br>7:00-8:00 AM<br>@ SEA STAR<br>HAPPY<br>THANKSGIVING      | <b>NOV 27.</b><br>7:30-9:30 AM<br>@ SEA STAR<br>8:30-9:30 AM<br>@ SEA STAR                               | <b>NOV 28.</b><br>6:00-8:00 AM<br>@ SEA STAR              |

MEETS/EVENTS

OCT-NOV HVILLE PRACTICE SCHEDULE

OCT 31: MTSC Middle School Meet  
 NOV 07-08: NAC Invitational  
 NOV 14: MTSC High School Meet  
 DEC 04-06: Ensworth Invitational (prelim/final)  
 DEC 12: Ensworth Marshmallow Mini Meet (12 & U)

Lebanon, TN  
 Nashville, TN  
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 Nashville, TN  
 Nashville, TN