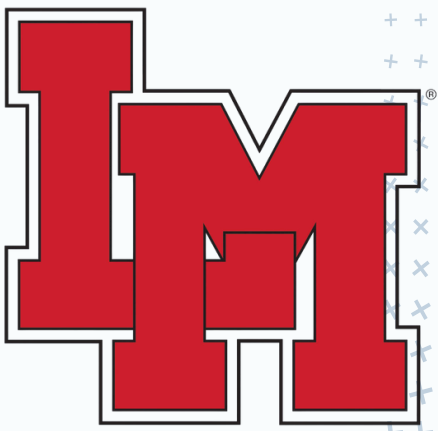




LMST "Start of Winter Sports" Practice Times

11/2/2026 - 12/4/2026

Week of 11/2 - 11/7 (Girl Regionals)

Monday (11/2) & Tuesday (11/3)

- LMST AM & PM Practices Same as Fall Schedule (8/24 - 11/7)

Wednesday (11/4) - MS Dual Meet

- Silver - NO Silver
- Gold, Platinum, Diamond, & Senior - 7:00-8:30 PM

Thursday (11/5) - Diving Regionals

- Diamond & Senior - AM ONLY (6:00-7:15 PM)
- Bronze-Platinum - TBD

Friday (11/6)

- Senior - 6:00-7:00 AM (Delayed Start)
- LMST PM Practices Same as Fall Schedule (8/24 - 11/7)

Saturday (11/7) - Swim Regionals

- Prep, Silver, Gold, Platinum, Diamond - TBD
- Senior - NO Practice (Midwest)

Week of 11/9 - 11/14 (Overlap HS)

Monday (11/9)

- Diamond & Senior Combined - 6:00-7:15 AM
- NO PM Practice (all groups, MS Meet & HS Girls and Boys Practices)

Tuesday (11/10) & Wednesday (11/11)

- Silver - 8:00-8:45 PM
- Gold - 8:00-9:00 PM
- Platinum - 8:00-9:15 PM
- Diamond & Senior Combined - 8:00-9:30 PM (Dryland on W the 11th from 7:00-8:00 PM)

Thursday (11/12)

- Same as Winter Schedule (12/7 & Beyond)

Friday (11/13)

- Bronze & Prep - 6:30-7:30 PM
- Silver, Gold, & Platinum - 7:30-8:45 PM
- Diamond & Senior Combined - 6:30-8:30 PM

Saturday (11/14)

- Prep - 10:30-11:30 AM
- Silver, Gold, & Platinum - 9:00-10:30 AM
- Diamond & Senior Combined - 9:00-11:00 AM

Week of 11/16 - 11/21 (DASH Meet)

Monday (11/16) & Thursday (11/19)

- Evenings same as Winter Schedule (12/7 & Beyond)
- NO Senior AM Practices on 11/16 (M) & 11/19 (Th), Diamond will have AM on 11/19 (Th)

Tuesday (11/17)

- Prep & Silver - 6:30-7:30 PM
- Gold & Platinum - 7:30-8:45 PM
- Diamond & Senior - 6:30-8:30 PM

Wednesday (11/18) & Friday (11/20)

- Same as Winter Schedule (12/7 & Beyond)

Saturday (11/21)

- NO AM Practice (DASH Giving Thanks Invite)

Week of 11/23 - 11/28 (Thanksgiving)

Monday (11/23)

- NO LMST Practice (MS Conference)

Tuesday (11/24)

- Diamond & Senior - 6:00-7:15 AM
- NO LMST Practice (HS Metro Meet)

Wednesday (11/25), Friday (11/27), Saturday (11/28)

- Prep & Bronze - 11:00 AM - 12:00 PM
- Silver - 10:30 AM - 12:00 PM
- Gold - 9:00-10:30 AM
- Platinum, Diamond, & Senior - 9:00-11:00 AM (Dryland TBD)

Week of 11/30 - 12/5 (Fast & Flurrious)

Monday (11/30), Wednesday (12/2), Thursday (12/3)

- Same as Winter Schedule (12/7 & Beyond)
- First week of return to Senior AM Practices/Dryland

Tuesday (12/1)

- NO LMST PM Practice (LMHS Dual Meet - CRJ)

Friday (12/4) & Saturday (12/5)

- NO LMST Practice (LMST Home Meet)

Weeks of 12/7, 12/14, 1/4 & Beyond

USE WINTER PRACTICE CALENDAR!

