BCST Summer Training Schedule 2024 (Subject to modification) *Tentative Start - June 24, 2024

	BCST Summer Training Schedule 2024 (Subject to modification) *Tentative Start - June 24, 2024												
Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sunday2					
National	8-10 AM (C); 3:45- 5:30 PM	8-10 AM (C); 3:45- 5:30 PM	8-10 AM (C)	8-10 AM (C); 3:45- 5:30 PM	8-10 AM (C)	8:30-10:30 AM	Off						
Sr Performance	8-10 AM (C)	10-noon (C); 3:45- 5:30 PM	8-10 AM	8-10AM; 3:45- 5:30 PM	10-Noon (C)	8:30-10:30 AM	Off	Futures Qualifiers: swim w/ National 8-10AM (C)					
Sr 1	10-Noon	10-Noon (C)	3:45 PM - 5:30 PM	10-12PM; 5:30- 7:15PM	10-Noon (C)	10:30 AM - 12:30 PM							
Sr 2	10 - Noon		3:45 PM - 5:30 PM	5:30-7:15PM	1-3 PM	8:30-10:30 (R)							
Sr Prep	10-Noon (C)	1-3 PM	10 - Noon	10-Noon; 5:30- 7:15 PM	10-Noon (C)	10:30 AM - 12:30 PM							
Champ	7 PM - 8:30 PM	1-3 PM	7 PM-8:30 PM	1-3 PM	1-3 PM		8-10 AM						
Regional	5:30 PM - 7 PM	10-Noon	5:30 PM - 7:15 PM	1-3 PM	10-Noon (C)		8-10 AM						
Divisional	10:30-Noon	10:30- Noon	10:30-Noon		10:30- Noon								
Orange	2:30 - 4 PM		3:45 - 5:15 PM		3:45 - 5:15 PM	12:30 PM - 2 PM							
Gold 1 & 2	1-2:30 PM		1-2:30 PM		1-2:30 PM		10-11:30 AM						
Silver	6:15-7:15 PM (R)		6:15-7:15 PM (R)		6:15-7:15 PM								
Bronze	5:15-6:15 PM (R) *C: Colman Pool	*R: Rec Pool	5:15-6:15 PM (R)		5:15-6:15 PM								
	C. Collian Pool	n. Net Poul											

Dryland Schedule

Dryland Schedule													
Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
National	2:30-3:30 PM			2:30-3:30 PM		7:15-8:15 AM	Off						
Sr Performance	2:30-3:30 PM			2:30-3:30 PM		7:15-8:15 AM	Off						
Sr 1			2:30-3:30 PM	4:15-5:15 PM		9:15-10:15 AM							
Sr 2			2:30-3:30 PM	4:15-5:15 PM		9:15-10:15 AM							
Sr Prep	1:30 - 2:30 PM		2:30-3:30 PM			9:15-10:15 AM							
Champ		12-12:45 PM		12-12:45 PM									
Спаптр		12-12.45 F W		12-12.45 FW									
Regional	4:30-5:15 PM		4:30-5:15 PM										