

## BCST Fall 2022-23 Schedule

<u>GROUPS</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>National Group</b>	5:00-7:00am 3:45-5:45pm	3:45-5:45pm	5:00-7:00am 3:45-5:45pm	3:45-5:45pm	3:45-5:45pm	8:30-10:30am	
<b>Senior Performance</b>	5:00-7:00am 3:45-5:45pm	3:45-5:45pm	5:00-7:00am	3:45-5:45pm	3:45-5:45pm	8:30-10:30am	
<b>Senior 1</b>	5:00-7:00am	5:30-7:30pm	3:45-5:45	5:30-7:30pm	5:30-7:30pm	10:30-12:30pm	
<b>Senior 2</b>	5:00-7:00am (R)		5:00-7:00am (R)		5:00-7:00am	12:30-2:30pm	8:00-10:00am
<b>Senior Prep</b>	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:00-7:00am	10:30-12:30pm	
<b>Champ</b>	5:30-7:30pm	7:15-9:00pm	5:30-7:30pm	7:15-9:00pm	5:30-7:30pm		8:00-10:00am
<b>Regional</b>	7:15-9:00pm	7:15-9:00pm	7:15-9:00pm	7:15-9:00pm	7:15-9:00pm		8:00-10:00am
<b>Divisional</b>		6:15-7:30pm (R)		6:15-7:30pm (R)			11:30-1:00pm
<b>Orange</b>	7:15-8:45pm		7:15-8:45pm		7:15-8:45pm	12:30-2:00pm	
<b>Gold 1</b>	6:15-7:30pm (R)		6:15-7:30pm (R)		6:15-7:30pm (R)		10:00-11:30am
<b>Gold 2</b>	7:30-8:45pm (R)	7:30-8:45pm (R)		7:30-8:45pm (R)			10:00-11:30am
<b>Silver</b>		5:15-6:15pm (R)		5:15-6:15pm (R)	5:15-6:15pm (R)		
<b>Bronze</b>	5:15-6:15pm (R)		5:15-6:15pm (R)		4:15-5:15pm (R)		

### Dryland Schedule Fall 2022

Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>National</b>		6:00-7:00 PM		6:00-7:00 PM		7:15-8:15 AM	
<b>Sr Performance</b>		6:00-7:00 PM	3-4 PM Athletes with early dismissal	6-7 PM Athletes w/o early dismissal Weds	6:00-7:00 PM		
<b>Sr 1</b>		4:30-5:30 PM		4:30-5:30 PM		9:15-10:15 AM	
<b>Sr 2</b>		4:30-5:30 PM		4:30-5:30 PM	4:30-5:30 PM		
<b>Sr Prep</b>			4:00-4:45 PM		4:30-5:30 PM	9:15-10:15 AM	
<b>Champ</b>	4:30-5:15 PM		4:45-5:30 PM				
<b>Regional</b>	6:00-6:45 PM		6:00-6:45 pm				