

**BCST Summer Training Schedule 2023 (Subject to modification)**

Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sunday2
<b>National</b>	8-10 AM (C); 3:45-5:30 PM	10-noon 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	
<b>Sr Performance</b>	10 AM-Noon (C)	8 AM-10 (C); 3:45-5:30 PM	6-8 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)
<b>Sr 1</b>	10-Noon	10-Noon (C)	3:45 PM - 5:45 PM	10-12PM; 5:30-7:15PM	10-Noon (C)	10:30 AM - 12:30 PM		
<b>Sr 2</b>	10 - Noon	1:45 PM - 3:45 PM	3:45 PM - 5:45 PM	5:30-7:15PM	1:45 PM - 3:45 PM			
<b>Sr Prep</b>	10-Noon (C)	1-3 PM	10 - Noon	10-12PM; 5:30-7:15 PM	10-Noon (C)	10:30 AM - 12:30 PM		
<b>Champ</b>	7 PM - 8:30 PM	1-2:30 PM	7 PM - 8:30 PM	1-3 PM	3:45-5:15 PM		8-10 AM	
<b>Regional</b>	5:30 PM - 7 PM	10-Noon	5:45 PM - 7:15 PM	1-3 PM	10-Noon (C)		8-10 AM	
<b>Divisional</b>	10:30- Noon	10:30- Noon	10:30- Noon		10:30- Noon			
<b>Orange</b>	1-2:30 PM		1-2:30 PM		1-2:30 PM	12:30 PM - 2 PM		
<b>Gold 1 &amp; 2</b>	1-2:30 PM		1-2:30 PM		1-2:30 PM		10-11:30 AM	
<b>Silver</b>	2:30-3:30 PM		2:30-3:30 PM		5:15-6:15 PM R			
<b>Bronze</b>	5:15-6:15 PM R		5:45-6:45 PM		2:30-3:30 PM			

\*C: Colman Pool

\*R: Rec Pool

