

CBST-USAS Long Course Season Basics

- The season begins in mid-April and ends in late July or early August
- Typical competition pool length is 50 meters (a.k.a. long course)
- Coaches will be choosing the long course meets that CBST would like to attend in late January for planning purposes
 - As Middle Atlantic posts them, you can see all meets which our coaches may choose listed on the Middle Atlantic Swimming website (“Meets” tab along top of page) to get an idea of dates and locations (which are limited due to the small number of long course pools in Middle Atlantic).
- Once the meet announcements and event lists are posted on the MA website we have a very small window of opportunity to sign up and enter meets since they fill VERY quickly
 - This usually happens BEFORE the swimmers are back in the water in mid-April and most often well before the end of the short course season for some meets (sign up via the portal using instructions and deadlines to be communicated).
- Practice times during the school year are (at CB South):
 - Senior before and after Central Bucks high school hours on weekdays plus Saturday mornings
 - Age group weekday evenings and Saturday mornings
- Practice times during the Central Bucks summer recess are:
 - Senior mornings Monday through Saturday (at CB South and local long course pool)
 - Age group in the mornings on Tuesday, Thursday, Friday, and Saturday, and in the afternoon/early evening on Monday and Wednesday (at CB South, some groups have some practices available at local long course pool)
- Dryland is included in some of the practices.
- How to balance CBST long course and summer club participation is a family decision.

See also www.cbsd.org (Aquatics Programs => Swim Teams => CBST-USAS) and www.cbswimteam.org (especially CBST Resources).

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