

CBST-USAS Short Course Season Basics

- The season begins in September and ends in March
- Typical competition pool length is 25 yards (a.k.a. short course)
- Coaches will be choosing the short course meets that CBST would like to attend over the summer 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.
- Once the meet announcements and event lists are posted on the MA website we often have a very small window of opportunity to sign up and enter meets since some of them fill VERY quickly
 - This usually happens early in the season for some meets and throughout the season for additional meets (sign up via the portal using instructions and deadlines to be communicated).
- Practice times and locations:
 - Senior Group
 - Outside of high school season – all at CB South: Monday through Friday mornings and after school; Saturday mornings
 - During high school season –
 - Swimmers practicing with their high school team have limited CBST practices available (see separate high school swimming document for full details)
 - Flash group offers high level practices for swimmers not practicing with their high school team: Monday through Friday mornings at CB South; some days after school at PSC at Highpoint and some evenings at CB South; Saturday mornings at CB South (see separate high school swimming document for full details)
 - Age Group
 - Outside of SAL season – all at CB South: Monday through Friday evenings and Saturday mornings
 - During SAL season – Monday through Friday evenings at CB South or CB East; Saturday mornings at CB South
 - Note that high school regular season is mid-November through March and SAL season is October through January
- Dryland is included in some of the practices.
- How to balance CBST short course and SAL and/or high school team participation is a family decision. (See high school guidance document on resources section of the CBST website.)

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