

# Swimming Steps of Progression

## **GCST Team Progression**

Senior Team  
Gold Team  
Silver Team  
Bronze 1, 2 Team  
Join GCST

## **Swim Meet Progression**

Olympic Games  
Olympic Trials Qualifier  
Senior Nationals Qualifier  
Junior Nationals Qualifier  
NCSA Junior Nats  
Futures Qualifier  
Southern Zone Qualifier  
Sectionals Qualifier  
FL Senior Champs Qualifier  
FL Age Group Champs Qualifier (FLAGS 14 & under)  
Area 5 Swim Meet

## **Team / Camp Progression**

US Olympic Team  
US National Team  
National Junior Team  
National Select Camp  
Southern Zone Select Camp  
FL Zone Team  
FL All-Star Team

## **High School Progression**

State HS Championships  
Regional HS Championships  
District HS Championships  
Lee Conference Meet