



SHAKER SWIMMING

P.O. Box 201009 • Shaker Heights, OH • 44120 • 216-295-4163 • shakerswimming@msn.com • <http://www.shakerswimming.org>

SENIOR SHARK MEET SCHEDULE

Beginning in 2006, Lake Erie Swimming established a meet qualifying system based on National Age Group (NAG) Time Standards. Please refer to the following guidelines when selecting a meet, and double check with a coach if you have questions.

Bronze Meets: To enter a Bronze meet, swimmers must have "slower-than" NAG B Times or no time in the desired events.

Silver Meets: To enter a Silver meet, swimmers must have "faster-than" NAG B Times, but "slower-than" NAG A Times in the desired events.

Gold Meets: To enter a Gold meet, swimmers must have "faster-than" NAG A Times in the desired events.

DATE	LEVEL(S)	DEADLINE	MEET NAME AND LOCATION
October 18 – 19	Bronze, Silver, Gold	\$25 by 9/10/08	CCS at Canton
October 26	Silver, Gold	\$12 by 10/1/08	Mile Meet at Cleveland State
November 2	Gold	\$20 by 10/1/08	Senior Invitational at Cleveland State
November 8 – 9	Bronze, Silver, Gold	\$25 by 10/8/08	Battle of Lake Erie at Akron U.
November 21-23	Gold	\$35 by 10/8/08	Mark Braun at Cleveland State
Dec. 5 – 7	Bronze, Silver, Gold	\$25 by 11/5/08	SHSH Invite at Cleveland State
February 15	Silver, Bronze	\$15 by 1/14/09	Distance at Cleveland State
February 22	Silver, Bronze	\$15 by 1/21/09	Last Chance at Solon
March 1	Bronze	\$20 by 2/4/09	Bronze Champs at Akron U.
March 6 – 8	Gold	\$30 by 2/4/09	Gold Champs at Cleveland State
March 13 – 15	Silver	\$30 by 2/4/09	Silver Champs at Akron U.
March 26 – 29	Gold	See Eric	USA Sectional Meet

Shaker swimmers are encouraged to sign-up for all meets they qualify for. To sign-up, follow these steps:

1. An additional meet information sheet will be handed out and available online at www.shakerswimming.org 1-2 weeks prior to the entry deadline. Use the tear-off portion and return it with the meet entry fee. Make checks payable to **Shaker Swimming**
2. You can hand your entry to Sarah or Eric or mail to:
Shaker Swimming
P.O. Box 201009
Shaker Heights, OH 44120
3. Make sure we receive the entry prior to the deadline. Do not get left out of the meet because you paid too late.