



SHAKER SWIMMING

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

SENIOR SHARK MEET SCHEDULE

DATE	LEVEL(S)	DEADLINE	MEET NAME AND LOCATION
October 17 – 18	Bronze, Silver, Gold	\$30 by 9/16/09	CCS at Canton
October 25	Silver, Gold	\$12 by 9/23/09	Mile Meet at Cleveland State
November 1	Silver, Gold	\$20 by 9/30/09	High School Tune-up at Cleveland State
November 20-22	Gold	\$35 by 9/30/09	Mark Braun at Cleveland State
December 4 – 6	Bronze, Silver, Gold	\$25 by 10/28/09	SHSH Invite at Cleveland State
March 5 – 7	Silver	\$30 by 2/10/10	Silver Champs at Akron U.
March 12 – 14	Gold	\$30 by 2/10/10	Gold Champs at Cleveland State
March 25 – 28	15-16 NAG AAA	TBA	USA Swimming Sectionals at TBA

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.

NAG – National Age Group Time Standards, available at www.usaswimming.org

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.