

## SCST SENIOR MEET SHEET – 2009-2010

Please turn in to Coach Lewarchick by Friday September 25<sup>th</sup>. Remember you need to sign-up for the meets on-line.

**Swimmers Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_

<u>MEET</u>	<u>DAY /DATE</u>	<u>HOST /LOCATION</u>
___ 1650 Time Trial	Sunday 9//27/09	SCST / NRC
___ 400 IM / 1650	Sunday 10/18/09	SCST / NRC
___ Glenbrook	Friday- Sunday 10/23 – 10/25	Glenbrook High School
___ SCST Fall Classic	Friday – Sunday 11/6 – 11/8	SCST / NRC
___ Western Great Lakes	Friday – Sunday 11/20 -11/22	Schroeder Aquatic Center
___ West Chicago	Friday – Sunday 11/20 – 11/22	West Chicago High School
___ Junior Nationals	Thursday- Sunday 12/10 -12/13	Ohio State University
___ Waukesha	Friday – Sunday 12/11 – 12/13	Waukesha High Schools
___ Academy	Friday – Sunday 1/8 – 1/10/10	Vaughn Center
___ New Trier Meet	Friday – Sunday 1/22 – 1/24/10	New Trier High School
___ 1650 Time Trial	Sunday 1/31/10	SCST / NRC
___ SCST Meet	Friday – Sunday 2/12 – 2/14-10	SCST / NRC
___ Regionals	Friday – Sunday 2/26 – 2/28-10	Barrington High School
___ Senior State	Thursday – Sunday 3/4 – 3/7/10	UIC
___ Age Group State	Friday – Sunday 3/12 – 3/14	SCST / UIC
___ NCSA Nationals	Tuesday – Saturday 3/16 – 3/20	Orlando Florida

*As a senior level swimmer it is expected that you swim all the meets you qualify for.*

