

CLE SWIMMING GROUP INFORMATION
FALL 2023

AGE GROUP BRONZE	AGE GROUP SILVER	AGE GROUP GOLD	SENIOR BRONZE	SENIOR SILVER	SENIOR GOLD
Ages 10&Under	Ages 11-12 or 10&Under with a BB time	Ages 13-14 or 11-12 with a BB time	High School only	High School only or 13-14 with a BB time	Top High School Level Includes Method, swimmers must commit to 5x per week practices 2x per week lifting <i>Invite only</i>
2x per week	4x per week	4x per week	4x per week	6x per week with dryland	6x per week practices 2x per week lifting

****Ages defined as the swimmers age as of March 8, 2024****