

# Choosing a League

## SSL or Metro League

### SSL

#### Aviator or Filing 54\*

- 8 weeks of programming
- Recreational, no DQ's at meets
- Parent and swimmer choose which events to enter at the meets
- Team Suits are optional
- Registration options: Aviator + Splash  
Landing - all ages, by time  
Jet Stream - all ages, evening

### Both Offer

The BEST summer experience!

- Knowledgeable coaching staff
- Practices Monday-Thursday
- Team social events
- Team t-shirt and cap
- Flexible with summer schedules

### Metro

#### Runway 35

- 10 weeks of programming
- Traditional swim team - meets are scored
- dual meets + Championship meets (A/B league & State Meet) within Metro League and Denver area
- Swimmers are encouraged to work toward A-League and State qualification times
- Coaches choose meet line-ups
- Team suit is required, purchase available through team store