

# Swim Ireland

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## 2017-2018 Swimming Season Plan (Version IV)

Jon Rudd (National Performance Director)



WEEK COMM	DATE	DAY	END OF CYCLE	INTERNATIONAL & NATIONAL PROGRAMME	PROVINCIAL/REGIONAL PROGRAMME	CAMPS & NOTES
	31	Th	104		UK Schools Games (Loughborough) Day 1	
Sep-17						
	1	F	103		UK Schools Games (Loughborough) Day 2	
	2	S	102		UK Schools Games (Loughborough) Day 3	
	3	S	101		UK Schools Games (Loughborough) Day 4	
04-Sep	4	M	100			Season 2017-2018 Commences. Northern Ireland athletes should consider commencing season from 21/08/17
	5	T	99			
	6	W	98			
	7	TH	97			
	8	F	96			
	9	S	95			
	10	S	94			
11-Sep	11	M	93			Recommended Season 2017-2018 commencement for athletes returning from World University Games or World Junior Championships
	12	T	92			
	13	W	91			
	14	TH	90			National Squad PE & PP Orientation Camp (Dublin) Day 1
	15	F	89			National Squad PE & PP Orientation Camp (Dublin) Day 2
	16	S	88			National Squad PE & PP Orientation Camp (Dublin) Day 3 Regional Squads Level 1 & 2 Orientation/Skill Testing Day
	17	S	87			National Squad PE & PP Orientation Camp (Dublin) Day 4
18-Sep	18	M	86			
	19	T	85			
	20	W	84			
	21	TH	83			
	22	F	82			
	23	S	81			
	24	S	80			
25-Sep	25	M	79			
	26	T	78			
	27	W	77			

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	28	TH	76			
	29	F	75			
	30	S	74		Regional SC Development Meet Opportunity	Window 1 of 6 (One or Two Days). Not eligible for Irish SC Nationals Qualification. Age Groups 10 years & over.
Oct-17						
	1	S	73		Regional SC Development Meet Opportunity	
02-Oct	2	M	72			
	3	T	71			
	4	W	70			
	5	TH	69			
	6	F	68			
	7	S	67			
	8	S	66			Regional Squads Level 1 (Day 1)
09-Oct	9	M	65			
	10	T	64			
	11	W	63			
	12	TH	62			
	13	F	61		Regional SC Qualifying Meet (Venues TBC)	Window 1 of 3. Two or Three Day Meet. Regional SC Qualifier. Not eligible for Irish SC Nationals Qualification. Age Groups 10 years & over
	14	S	60		Regional SC Qualifying Meet (Venues TBC)	
	15	S	59		Regional SC Qualifying Meet (Venues TBC)	
16-Oct	16	M	58			
	17	T	57			
	18	W	56			
	19	TH	55	National Squad PE Depart for Amsterdam		
	20	F	54	Netherlands Swim Cup SC (Amsterdam) Day 1		
	21	S	53	Netherlands Swim Cup SC (Amsterdam) Day 2	Regional SC Minor Schools Meet (Venues TBC)	All Regions to run these school events on this weekend. Eligible for Irish SC Nationals Qualification
	22	S	52	Netherlands Swim Cup SC (Amsterdam) Day 3	Regional SC Senior Schools Meet (Venues TBC)	
23-Oct	23	M	51	Swim Cup SC (Amsterdam) Day 2		
	24	T	50			
	25	W	49			
	26	TH	48			

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	27	F	47			
	28	S	46			
	29	S	45			
31-Oct	30	M	44			
	31	T	43			
<b>Nov-17</b>						
	1	W	42			
	2	TH	41			
	3	F	40		Regional SC Championships (Venues TBC) Day 1	Leinster, Munster & Connacht only. Ulster to run a Qualifying Meet if required. Age Groups as Youth (Male 16 years & under and Female 15 years & under) and Senior (Male 17 years & over and Female 16 years & over). Qualifying Times to reflect two age groups per gender
	4	S	39		Regional SC Championships (Venues TBC) Day 2	
	5	S	38		Regional SC Championships (Venues TBC) Day 3	
06-Nov	6	M	37			End of qualifying period for qualification to Irish National SC Championships. Qualifying times to be SC only from 01/12/16
	7	T	36			
	8	W	35			
	19	TH	34			
	10	F	33			
	11	S	32			
	12	S	31			
13-Nov	13	M	30			
	14	T	29			
	15	W	28			
	16	TH	27			
	17	F	26			
	18	S	25		Regional SC Development Meet Opportunity (Venues TBC)	Window 2 of 6 (One or Two Days). Not eligible for Irish SC Nationals Qualification. Age Groups 10 years & over
	19	S	24		Regional SC Development Meet Opportunity (Venues TBC)	
20-Nov	20	M	23			
	21	T	22			
	22	W	21			
	23	TH	20			
	24	F	19			

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	25	S	18			
	26	S	17			
27-Nov	27	M	16			
	28	T	15			
	29	W	14			
	30	TH	13			
<b>Dec-17</b>						
	1	F	12			
	2	S	11			
	3	S	10			
04-Dec	4	M	9			
	5	T	8			
	6	W	7			
	7	TH	6			
	8	F	5		Ulster Regional & Open LC Championships (Bangor) Day 1	N.Ireland Commonwealth Games Qualifying Opportunity
	9	S	4		Ulster Regional & Open LC Championships (Bangor) Day 2	Swim Ireland Christmas Cracker Meet (Dublin)
	10	S	3	Depart for Copenhagen	Ulster Regional & Open LC Championships (Bangor) Day 3	
11-Dec	11	M	2	Orientation (Copenhagen) Day 1		
	12	T	1	Orientation (Copenhagen) Day 2		
	13	W	0	LEN European SC Championships (Copenhagen) Day 1 LEN European SC Championships (Copenhagen) Day 2 Irish National SC Championships (Lisburn) Day 1		Age Groups as Youth (Male 16 years & under and Female 15 years & under) and Senior (Male 17 years & over and Female 16 years & over). Qualifying Times to reflect two age groups per gender. Full Olympic Programme plus 50m Form Strokes. 'A' and 'B' Finals per event (800m/1500m as Timed Finals). Four Open 200m Relays, single gender and mixed Freestyle and Medley relays – heats & finals
	14	TH		LEN European SC Championships (Copenhagen) Day 3 Irish National SC Championships (Lisburn) Day 2		
	15	F		LEN European SC Championships (Copenhagen) Day 4 Irish National SC Championships (Lisburn) Day 3		
	16	S		LEN European SC Championships (Copenhagen) Day 5 Irish National SC Championships (Lisburn) Day 4		
	17	S				
18-Dec	18	M	107	Return from Copenhagen		
	19	T	106			
	20	W	105			
	21	TH	104			
	22	F	103			

# Swim Ireland

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	23	S	102			
	24	S	101			
25-Dec	25	M	100			
	26	T	99			
	27	W	98			Regional Squads Level 2 & 3 Event Camp (Day 1)
	28	TH	97			Regional Squads Level 2 & 3 Event Camp (Day 2)
	29	F	96			Regional Squads Level 2 & 3 Event Camp (Day 3)
	30	S	95	Depart for National Squad PE Offshore Stroke Camp (Day 1)		
	31	S	94	National Squad PE Offshore Stroke Camp (Day 2)		
<b>Jan-18</b>						
02-Jan	1	M	93	National Squad PE Offshore Stroke Camp (Day 3)		
	2	T	92	National Squad PE Offshore Stroke Camp (Day 4)		
	3	W	91	National Squad PE Offshore Stroke Camp (Day 5)		
	4	TH	90	National Squad PE Offshore Stroke Camp (Day 6)		
	5	F	89	National Squad PE Offshore Stroke Camp (Day 7)		
	6	S	88	National Squad PE Offshore Stroke Camp (Day 8)		Regional Squads Level 1 (Day 2)
	7	S	87	National Squad PE Offshore Stroke Camp (Day 9)		
09-Jan	8	M	86	National Squad PE Offshore Stroke Camp (Day 10)		
	9	T	85	National Squad PE Offshore Stroke Camp (Day 11)		
	10	W	84	Return National Squad PE Offshore Stroke Camp (Day 12)		
	11	TH	83			
	12	F	82			
	13	S	81		Regional SC/LC Development Meet Opportunity	Window 3 of 6 (One or Two Days). Age Groups 10 years & over
	14	S	80		Regional SC/LC Development Meet Opportunity	
16-Jan	15	M	79			
	16	T	78			
	17	W	77			
	18	TH	76			
	19	F	75		Gerry Ryan Invitational LC Meet (Limerick) Day 1 Bangor Open Meet (Bangor) Day 1 Leinster Open Meet (Dublin) Day 1 TBC	

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	20	S	74		Gerry Ryan Invitational LC Meet (Limerick) Day 2 Bangor Open Meet (Bangor) Day 2 Leinster Open Meet (Dublin) Day 1 TBC	2018 Irish Open (Post Summer) Qualifying Meets No 1 (x 3) National Squad athletes do not attend
	21	S	73		Gerry Ryan Invitational LC Meet (Limerick) Day 3 Bangor Open Meet (Bangor) Day 3 Leinster Open Meet (Dublin) Day 1 TBC	
23-Jan	22	M	72			
	23	T	71			
	24	W	70			
	25	TH	69	National Squad PE & PP Depart Luxembourg		2018 Irish Open (Post Summer) Qualifying Meets No 1 (x1) National Squad Only
	26	F	68	Euro Meet (Luxembourg City) Day 1		
	27	S	67	Euro Meet (Luxembourg City) Day 2		
	28	S	66	Euro Meet (Luxembourg City) Day 3		
30-Jan	29	M	65	National Squad PE & PP Return Luxembourg		
	30	T	64			
	31	W	63			
<b>Feb-18</b>						
	1	TH	62			
	2	F	61		Regional SC/LC Qualifying Meet (Venues TBC)	Window 2 of 3. One, two or three day meet. Age groups 10 years & over. Regions may merge if required. Not eligible for Irish LC Championships Qualification. Eligible for Irish National Summer LC Championships Qualification (if held in a LC Pool)
	3	S	60		Regional SC/LC Qualifying Meet (Venues TBC)	
	4	S	59		Regional SC/LC Qualifying Meet (Venues TBC)	
05-Feb	5	M	58			
	6	T	57			
	7	W	56			
	8	TH	55			
	9	F	54			
	10	S	53			
	11	S	52		Irish Minor Schools (Dublin)	
12-Feb	12	M	51	National Squad PP Onshore Event Camp (Day 1)		
	13	T	50	National Squad PP Onshore Event Camp (Day 2)		
	14	W	49	National Squad PP Onshore Event Camp (Day 3)		
	15	TH	48	National Squad PP Onshore Event Camp (Day 4)		

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	16	F	47	Dave McCullagh LC Memorial Meet (Bangor) Day 1		2018 Irish Open (Post Summer) Qualifying Meet No 2
	17	S	46	Dave McCullagh LC Memorial Meet (Bangor) Day 2		
	18	S	45	Dave McCullagh LC Memorial Meet (Bangor) Day 3		End of qualifying period for qualification to Irish National LC Championships. Qualifying times to be LC only from 01/07/17
19-Feb	19	M	44			
	20	T	43			
	21	W	42			
	22	TH	41	National Squad PE Offshore Event Camp (Day 1)		
	23	F	40	National Squad PE Offshore Event Camp (Day 2)		
	24	S	39	National Squad PE Offshore Event Camp (Day 3)		Regional Squads Level 2 & 3 Skills Day
	25	S	38	National Squad PE Offshore Event Camp (Day 4)		
26-Feb	26	M	37	National Squad PE Offshore Event Camp (Day 5)		
	27	T	36	National Squad PE Offshore Event Camp (Day 6)		
	28	W	35	National Squad PE Depart for Edinburgh		
<b>Mar-18</b>						
	1	TH	34	Edinburgh International Meet (Edinburgh) Day 1		
	2	F	33	Edinburgh International Meet (Edinburgh) Day 2		
	3	S	32	Edinburgh International Meet (Edinburgh) Day 3	Regional SC/LC Development Meet Opportunity	Window 4 of 6 (One or Two Days). Age Groups 10 years & over
	4	S	31	Edinburgh International Meet (Edinburgh) Day 4	Regional SC/LC Development Meet Opportunity	Regional Squads Level 1 (Day 3)
05-Mar	5	M	30	National Squad PE Return from Edinburgh		
	6	T	29			
	7	W	28			
	8	TH	27			
	9	F	26		Regional SC/LC Qualifying Meet Opportunity	Window 3 of 3. One, two or three day meet. Age groups 10 years & over. Regions may merge if required. Eligible for Irish National Summer LC Championships Qualification (if held in a LC Pool)
	10	S	25		Regional SC/LC Qualifying Meet Opportunity	
	11	S	24		Regional SC/LC Qualifying Meet Opportunity	
12-Mar	12	M	23			
	13	T	22			
	14	W	21			
	15	TH	20			
	16	F	19			

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	17	S	18			
	18	S	17			
19-Mar	19	M	16			
	20	T	15			
	21	W	14			
	22	TH	13			
	23	F	12			
	24	S	11		Depart for Gold Coast	
	25	S	10		Commonwealth Games Orientation (Gold Coast)	
26-Mar	26	M	9		Commonwealth Games Orientation (Gold Coast)	
	27	T	8		Commonwealth Games Orientation (Gold Coast)	
	28	W	7		Commonwealth Games Orientation (Gold Coast)	
	29	TH	6		Commonwealth Games Orientation (Gold Coast)	
	30	F	5		Commonwealth Games Orientation (Gold Coast)	
	31	S	4		Commonwealth Games Orientation (Gold Coast)	
<b>Apr-18</b>						
	1	S	3		Commonwealth Games Orientation (Gold Coast)	
02-Apr	2	M	2		Commonwealth Games Orientation (Gold Coast)	
	3	T	1		Commonwealth Games Orientation (Gold Coast)	
	4	W	0	Irish Open LC Championships (Dublin) Day 1	Commonwealth Games (Gold Coast) Day 1	2018 European LC Championships, European Junior Championships & World Youth Olympics Qualifying Meet (two simultaneous venues – Dublin & Gold Coast). In comparison to the Irish LC Championships in 2017, qualifying times to be reviewed across three age bands and event order to be reviewed across five days rather than four
	5	TH		Irish Open LC Championships (Dublin) Day 2	Commonwealth Games (Gold Coast) Day 2	
	6	F		Irish Open LC Championships (Dublin) Day 3	Commonwealth Games (Gold Coast) Day 3	
	7	S		Irish Open LC Championships (Dublin) Day 4	Commonwealth Games (Gold Coast) Day 4	
	8	S		Irish Open LC Championships (Dublin) Day 5	Commonwealth Games (Gold Coast) Day 5	
09-Apr	9	M	116		Commonwealth Games (Gold Coast) Day 6	
	10	T	115		Commonwealth Games (Gold Coast) Day 7	
	11	W	114		Orientation (Gold Coast)	
	12	TH	113		Return from Gold Coast	Optional National Squad Training (Dublin) Day 1
	13	F	112			Optional National Squad Training (Dublin) Day 2
	14	S	111			National Team Day (Dublin)



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	15	S	110		Interpro Schools (Dublin)	
16-Apr	16	M	109			
	17	T	108			
	18	W	107			
	29	TH	106			
	20	F	105			
	21	S	104			Regional Squads Level 2 & 3 Stroke Camp
	22	S	103			Regional Squads Level 2 & 3 Stroke Camp
23-Apr	23	M	102			
	24	T	101			
	25	W	100			
	26	TH	99			
	27	F	98			
	28	S	97			
	29	S	96			
30-Apr	30	M	95			
<b>May-18</b>						
	1	T	94			
	2	W	93			
	3	TH	92			
	4	F	91			
	5	S	90		Regional LC Youth & Senior Champs (Venues TBC) Day 1	All four regions to run their Championships this weekend over three days. Irish Summer Nationals Qualifying Meet. Regions may merge if required. Age groups 15 years, 16 years, 17 years & over. Full Olympic Programme (including Olympic relays) plus 50m Form Strokes. Finals for all events other than relays and 400m/800m/1500 (Timed Finals)
	6	S	89		Regional LC Youth & Senior Champs (Venues TBC) Day 2	
07-May	7	M	88		Regional LC Youth & Senior Champs (Venues TBC) Day 3	
	8	T	87			
	19	W	86			
	10	TH	85			
	11	F	84			
	12	S	83			

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	13	S	82			
14-May	14	M	81			
	15	T	80			
	16	W	79			
	17	TH	78			
	18	F	77			
	19	S	76		Regional SC/LC Development Meet Opportunity	Window 5 of 6 (One or Two Days). Age Groups 10 years & over
	20	S	75		Regional SC/LC Development Meet Opportunity	
21-May	21	M	74			
	22	T	73			
	23	W	72			
	24	TH	71			
	25	F	70			
	26	S	69			
	27	S	68			
22-May	28	M	67			
	29	T	66			
	30	W	65			
	31	TH	64			
<b>Jun-18</b>						
	1	F	63		Regional LC Age Group Champs (Venues TBC) Day 1	All four regions to run their Age Championships this weekend over two or three days. Irish Summer Nationals Qualifying Meet. Age groups 11/12 years, 13 years, 14 years. Regions may merge if required. Full Olympic Programme (including Olympic relays) plus 50m Form Strokes. Finals for all events other than relays and 400m/800m/1500 (Timed Finals)
	2	S	62		Regional LC Age Group Champs (Venues TBC) Day 2	
	3	S	61		Regional LC Age Group Champs (Venues TBC) Day 3	
04-Jun	4	M	60			
	5	T	59			
	6	W	58	National Squad Identified Female Camp 1 (Day 1)		
	7	TH	57	National Squad Identified Female Camp 1 (Day 2)		
	8	F	56	National Squad Identified Female Camp 1 (Day 3)		
	9	S	55	Mare Nostrum (Canet) Day 1		Regional Squads Level 1 (Day 4)

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	10	S	54	Mare Nostrum (Canet) Day 2		
11-Jun	11	M	53	National Squad Identified Female Camp 1 (Day 6)		
	12	T	52	National Squad Identified Female Camp 1 (Day 7)		
	13	W	51	Mare Nostrum (Barcelona) Day 1		
	14	TH	50	Mare Nostrum (Barcelona) Day 2 National Squad Identified Male Relay Camp (Day 1)		
	15	F	49	National Squad Identified Female Camp 1 (Day 10) National Squad Identified Male Relay Camp (Day 2)		
	16	S	48	Mare Nostrum (Monaco) Day 1	Regional SC/LC Development Meet Opportunity	Window 6 of 6 (One or Two Days). Age Groups 10 years & over
	17	S	47	Mare Nostrum (Monaco) Day 2	Regional SC/LC Development Meet Opportunity	
18-Jun	18	M	46	National Squad Identified Male Relay Camp (Day 3)		Qualification for Irish National Summer Championships & Irish National Div 2 Championships Closes Today
	19	T	45	National Squad Identified Male Relay Camp (Day 4)		
	20	W	44	National Squad Identified Male Relay Camp (Day 5)		
	21	TH	43	National Squad Identified Male Relay Camp (Day 6)		
	22	F	42	Sette Colli (Rome) Day 1		
	23	S	41	Sette Colli (Rome) Day 2		
	24	S	40	Sette Colli (Rome) Day 3		
25-Jun	25	M	39	National Squad Identified Male Relay Camp (Day 10)		
	26	T	38			
	27	W	37	Regional Squads Level 2 & 3 Depart for Glasgow		
	28	TH	36	Scottish National Championships (Glasgow) Day 1		Regional Squads Level 2 Offshore Meet
	29	F	35	Scottish National Championships (Glasgow) Day 2		
	30	S	34	Scottish National Championships (Glasgow) Day 3		
<b>Jul-18</b>						
	1	S	33	Scottish National Championships (Glasgow) Day 4		
02-Jul	2	M	32	Regional Squads Level 2 & 3 Return from Glasgow		
	3	T	31			
	4	W	30			
	5	TH	29			
	6	F	28			
	7	S	27			

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	8	S	26			
09-Jul	9	M	25			
	10	T	24			
	11	W	23			
	12	TH	22	Irish National Div 2 LC Meet (Limerick) Day 1		Age groups 11/12 years, 13 years, 14 years, 15 years & over. Full Olympic Programme plus 50m Form Events. Finals for all events in all age groups other than 800m/1500m as Timed Finals. Olympic relays in age groups 11-14 years and 15 years & over plus Finals.
	13	F	21	Irish National Div 2 LC Meet (Limerick) Day 2		
	14	S	20	Irish National Div 2 LC Meet (Limerick) Day 3		
	15	S	19	Irish National Div 2 LC Meet (Limerick) Day 4		
16-Jul	16	M	18			
	17	T	17			
	18	W	16			
	19	TH	15			
	20	F	14			
	21	S	13			
	22	S	12			
23-Jul	23	M	11			
	24	T	10			
	25	W	9	Irish National Summer LC Championships (Dublin) Day 1		Age groups 12/13 years, 14 years, 15 years, 16 years, 17 years & over. Full Olympic Programme plus 50m Form Events. Finals for all events in all age groups other than 800m/1500m as Timed Finals. Olympic relays in age groups 12-14 years and 15 years & over plus Finals.
	26	TH	8	Irish National Summer LC Championships (Dublin) Day 2		
	27	F	7	Irish National Summer LC Championships (Dublin) Day 3		
	28	S	6	Irish National Summer LC Championships (Dublin) Day 4		
	29	S	5	Irish National Summer LC Championships (Dublin) Day 5		
30-Jul	30	M	4			
	31	T	3			
<b>Aug-18</b>						
	1	W	2			
	2	TH	1	Bubbling Under Team Offshore Meet (Venue TBC) Day 1		
	3	F	0	LEN European LC Championships (Glasgow) Day 1 Bubbling Under Team Offshore Meet (Venue TBC) Day 2		
	4	S		LEN European LC Championships (Glasgow) Day 2 Bubbling Under Team Offshore Meet (Venue TBC) Day 3		

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	5	S		LEN European LC Championships (Glasgow) Day 3 Bubbling Under Team Offshore Meet (Venue TBC) Day 4		
06-Aug	6	M		LEN European LC Championships (Glasgow) Day 4		
	7	T		LEN European LC Championships (Glasgow) Day 5		
	8	W		LEN European Open Water Championships (Glasgow) Day 1		
	9	TH		LEN European Open Water Championships (Glasgow) Day 2		
	10	F				
	11	S		LEN European Open Water Championships (Glasgow) Day 3		
		S		LEN European Open Water Championships (Glasgow) Day 4		
13-Aug	13	M				
	14	T				
	15	W				
	16	TH				
	17	F				
	18	S				
	29	S				
20-Aug	20	M				
	21	T				
	22	W				
	23	TH				
	24	F				
	25	S				
	26	S				
27-Aug	27	M				
	28	T				
	29	W				
	30	TH				
	31	F				World Youth Olympics (Buenos Aries) 06/10/18 – 18/10/18
Sep-18						
	1	S				2018-2019 Season Commences

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ALL COMPETITIONS (OTHER THAN SCHOOLS COMPETITIONS) TO BE AGE CLASSIFIED AS OF 31<sup>st</sup> DECEMBER