

# Swim Ireland

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## 2020-2021 Swimming Season Plan (Version 3)

Jon Rudd (National Performance Director)



| WEEK COMM | DATE | DAY | END OF CYCLE | INTERNATIONAL & NATIONAL PROGRAMME | REGIONAL PROGRAMME | CAMPS & NOTES              |
|-----------|------|-----|--------------|------------------------------------|--------------------|----------------------------|
| Aug-20    |      |     |              |                                    |                    |                            |
|           | 22   | S   |              |                                    |                    |                            |
|           | 23   | S   |              |                                    |                    |                            |
|           | 24   | M   |              |                                    |                    |                            |
|           | 25   | T   |              |                                    |                    |                            |
|           | 26   | W   |              |                                    |                    |                            |
|           | 27   | TH  |              |                                    |                    |                            |
|           | 28   | F   |              |                                    |                    |                            |
|           | 29   | S   |              |                                    |                    |                            |
|           | 30   | S   |              |                                    |                    |                            |
| 31-Aug    | 31   | M   |              |                                    |                    | Season 2020-2021 Commences |
| Sep-20    |      |     |              |                                    |                    |                            |
|           | 1    | T   |              |                                    |                    |                            |
|           | 2    | W   |              |                                    |                    |                            |
|           | 3    | TH  |              |                                    |                    |                            |
|           | 4    | F   |              |                                    |                    |                            |
|           | 5    | S   |              |                                    |                    |                            |
|           | 6    | S   |              |                                    |                    |                            |
| 07-Sep    | 7    | M   |              |                                    |                    |                            |
|           | 8    | T   |              |                                    |                    |                            |
|           | 9    | W   |              |                                    |                    |                            |
|           | 10   | TH  |              |                                    |                    |                            |
|           | 11   | F   |              |                                    |                    |                            |
|           | 12   | S   |              |                                    |                    |                            |
|           | 13   | S   |              |                                    |                    |                            |
| 14-Sep    | 14   | M   |              |                                    |                    |                            |
|           | 15   | T   |              |                                    |                    |                            |
|           | 16   | W   |              |                                    |                    |                            |
|           | 17   | TH  |              |                                    |                    |                            |
|           | 18   | F   |              |                                    |                    |                            |
|           | 19   | S   |              |                                    |                    |                            |

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|-----------|------|-----|--------------|---|--|-----------------------------------|
|           | 20   | S   |              |   |  |                                   |
| 21-Sep    | 21   | M   |              |   |  |                                   |
|           | 22   | T   |              |   |  |                                   |
|           | 23   | W   |              |   |  |                                   |
|           | 24   | TH  |              |   |  |                                   |
|           | 25   | F   |              |   |  |                                   |
|           | 26   | S   |              |   |  | Swim Ireland Awards Night (Derry) |
|           | 27   | S   |              |   |  |                                   |
| 28-Sep    | 28   | M   |              |   |  |                                   |
|           | 29   | T   |              |   |  |                                   |
|           | 30   | W   |              |   |  |                                   |
| Oct-20    |      |     |              |   |  |                                   |
|           | 1    | TH  |              | SC 1 - National PE Squad Camp (Tenerife) Day 1  |  |                                   |
|           | 2    | F   |              | SC 1 - National PE Squad Camp (Tenerife) Day 2  |  |                                   |
|           | 3    | S   |              | SC 1 - National PE Squad Camp (Tenerife) Day 3  | Regional SC Development Meet Opportunity 1 |                                   |
|           | 4    | S   |              | SC 1 - National PE Squad Camp (Tenerife) Day 4  | Regional SC Development Meet Opportunity 1 |                                   |
| 05-Oct    | 5    | M   |              | SC 1 - National PE Squad Camp (Tenerife) Day 5  |  |                                   |
|           | 6    | T   |              | SC 1 - National PE Squad Camp (Tenerife) Day 6  |  |                                   |
|           | 7    | W   |              | SC 1 - National PE Squad Camp (Tenerife) Day 7  |  |                                   |
|           | 8    | TH  |              | SC 1 - National PE Squad Camp (Tenerife) Day 8  |  |                                   |
|           | 9    | F   |              | SC 1 - National PE Squad Camp (Tenerife) Day 9  |  |                                   |
|           | 10   | S   |              | SC 1 - National PE Squad Camp (Tenerife) Day 10 |  |                                   |
|           | 11   | S   |              | SC 1 - National PE Squad Camp (Tenerife) Day 11 |  |                                   |
| 12-Oct    | 12   | M   |              | SC 1 - National PE Squad Camp (Tenerife) Day 12 |  |                                   |
|           | 13   | T   |              | SC 1 - National PE Squad Camp (Tenerife) Day 13 |  |                                   |
|           | 14   | W   |              | SC 1 - National PE Squad Camp (Tenerife) Day 14 |  |                                   |
|           | 15   | TH  |              | SC 1 - National PE Squad Camp (Tenerife) Day 15 |  |                                   |
|           | 16   | F   |              |   | Regional SC Qualifying Meet Opportunity 1  |                                   |
|           | 17   | S   |              |   | Regional SC Qualifying Meet Opportunity 1  |                                   |
|           | 18   | S   |              |   | Regional SC Qualifying Meet Opportunity 1  |                                   |
| 19-Oct    | 19   | M   |              |   |  |                                   |

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|-----------|------|-----|--------------|------------------------------------|---|---|
|           | 20   | T   |              |                                    |   |   |
|           | 21   | W   |              |                                    |   |   |
|           | 22   | TH  |              |                                    |   |   |
|           | 23   | F   |              |                                    |   |   |
|           | 24   | S   |              |                                    |   |   |
|           | 25   | S   |              |                                    |   |   |
| 26-Oct    | 26   | M   |              |                                    |   |   |
|           | 27   | T   |              |                                    |   |   |
|           | 28   | W   |              |                                    |   |   |
|           | 29   | TH  |              |                                    |   |   |
|           | 30   | F   |              |                                    |   |   |
|           | 31   | S   |              |                                    |   |   |
| Nov-20    |      |     |              |                                    |   |   |
|           | 1    | S   |              |                                    |   |   |
| 02-Nov    | 2    | M   |              |                                    |   |   |
|           | 3    | T   |              |                                    |   |   |
|           | 4    | W   |              |                                    |   |   |
|           | 5    | TH  |              |                                    |   |   |
|           | 6    | F   |              |                                    | Regional SC Championships Option 1<br>Ulster War Memorial Competition |   |
|           | 7    | S   |              |                                    | Regional SC Championships Option 1                                    |   |
|           | 8    | S   |              |                                    | Regional SC Championships Option 1                                    |   |
| 09-Nov    | 9    | M   |              |                                    |   | Qualification for Irish National SC Championships Closes 9/11/21 for<br>Regions utilising Option 1 for their Regional SC Championships  |
|           | 10   | T   |              |                                    |   |   |
|           | 11   | W   |              |                                    |   |   |
|           | 12   | TH  |              |                                    |   |   |
|           | 13   | F   |              |                                    | Regional SC Championships Option 2                                    |   |
|           | 14   | S   |              |                                    | Regional SC Championships Option 2                                    |   |
|           | 15   | S   |              |                                    | Regional SC Championships Option 2                                    |   |
| 16-Nov    | 16   | M   |              |                                    |   | Qualification for Irish National SC Championships Closes 16/11/21 for<br>Regions utilising Option 2 for their Regional SC Championships |
|           | 17   | T   |              |                                    |   |   |

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| WEEK COMM | DATE | DAY | END OF CYCLE | INTERNATIONAL & NATIONAL PROGRAMME             | REGIONAL PROGRAMME                           | CAMPS & NOTES                                       |
|-----------|------|-----|--------------|--|--|---|
|           | 18   | W   |              |  |  |   |
|           | 19   | TH  |              |  |  |   |
|           | 20   | F   |              |  |  |   |
|           | 21   | S   |              |  |  |   |
|           | 22   | S   |              |  |  |   |
| 23-Nov    | 23   | M   |              |  |  |   |
|           | 24   | T   |              |  |  |   |
|           | 25   | W   |              |  |  |   |
|           | 26   | TH  |              |  |  |   |
|           | 27   | F   |              |  |  |   |
|           | 28   | S   |              |  |  | Regional Skills Academy – Coaching Day 1 (Option 1) |
|           | 29   | S   |              |  |  | Regional Skills Academy – Coaching Day 1 (Option 2) |
| 30-Nov    | 30   | M   |              |  |  |   |
| Dec-20    |      |     |              |  |  |   |
|           | 1    | T   |              |  |  |   |
|           | 2    | W   |              |  |  |   |
|           | 3    | TH  |              |  |  |   |
|           | 4    | F   |              |  |  |   |
|           | 5    | S   |              |  | Regional SC Division 2 Meet Opportunity      |   |
|           | 6    | S   |              |  | Regional SC Division 2 Meet Opportunity      |   |
| 07-Dec    | 7    | M   |              |  |  |   |
|           | 8    | T   |              |  |  |   |
|           | 9    | W   |              |  |  |   |
|           | 10   | TH  |              |  |  |   |
|           | 11   | F   |              |  |  |   |
|           | 12   | S   |              |  |  | Regional Skills Academy – Coaching Day 1 (Option 3) |
|           | 13   | S   |              |  | Swim Ireland Christmas Cracker Meet (Dublin) |   |
| 14-Dec    | 14   | M   |              |  |  |   |
|           | 15   | T   |              |  |  |   |
|           | 16   | W   |              |  |  |   |
|           | 17   | TH  |              | Irish National SC Championships (Dublin) Day 1 |  |   |

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|-----------|------|-----|--------------|---|--------------------|--|
|           | 18   | F   |              | Irish National SC Championships (Dublin) Day 2  |                    |  |
|           | 19   | S   |              | Irish National SC Championships (Dublin) Day 3  |                    |  |
|           | 20   | S   |              | Irish National SC Championships (Dublin) Day 4  |                    |  |
| 21-Dec    | 21   | M   |              |   |                    |  |
|           | 22   | T   |              |   |                    |  |
|           | 23   | W   |              |   |                    |  |
|           | 24   | TH  |              |   |                    |  |
|           | 25   | F   |              |   |                    |  |
|           | 26   | S   |              |   |                    |  |
|           | 27   | S   |              |   |                    |  |
| 28-Dec    | 28   | M   |              | SC 1 - National PE & PT* Squad Camp (Tenerife) Day 1<br>SC 1 - National PT& PP Squad Camp (Dublin) Day 1  |                    | Regional Pathway Squad Onshore Camp (Venue TBC) – Day 1  |
|           | 29   | T   |              | SC 1 - National PE & PT* Squad Camp (Tenerife) Day 2<br>SC 1 - National PT& PP Squad Camp (Dublin) Day 2  |                    | Regional Pathway Squad Onshore Camp (Venue TBC) – Day 2  |
|           | 30   | W   |              | SC 1 - National PE & PT* Squad Camp (Tenerife) Day 3<br>SC 1 - National PT& PP Squad Camp (Dublin) Day 3  |                    | Regional Pathway Squad Onshore Camp (Venue TBC) – Day 3  |
|           | 31   | TH  |              | SC 1 - National PE & PT* Squad Camp (Tenerife) Day 4<br>SC 1 - National PT & PP Squad Camp (Dublin) Day 4 |                    | Regional Pathway Squad Onshore Camp (Venue TBC) – Day 4  |
| Jan-21    |      |     |              |   |                    |  |
|           | 1    | F   |              | SC 1 - National PE & PT* Squad Camp (Tenerife) Day 5  |                    |  |
|           | 2    | S   |              | SC 1 - National PE & PT* Squad Camp (Tenerife) Day 6  |                    |  |
|           | 3    | S   |              | SC 1 - National PE & PT* Squad Camp (Tenerife) Day 7  |                    |  |
| 04-Jan    | 4    | M   |              | SC 1 - National PE & PT* Squad Camp (Tenerife) Day 8  |                    |  |
|           | 5    | T   |              | SC 1 - National PE & PT* Squad Camp (Tenerife) Day 9  |                    |  |
|           | 6    | W   |              | SC 1 - National PE & PT* Squad Camp (Tenerife) Day 10   |                    |  |
|           | 7    | TH  |              |   |                    |  |
|           | 8    | F   |              |   |                    |  |
|           | 9    | S   |              |   |                    | National PT & PP Squad Orientation Day (Dublin)<br>Regional Squad Orientation Day (Venues TBC) |
|           | 10   | S   |              |   |                    |  |
| 11-Jan    | 11   | M   |              |   |                    |  |
|           | 12   | T   |              |   |                    |  |
|           | 13   | W   |              |   |                    |  |
|           | 14   | TH  |              |   |                    |  |

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|---------------|------|-----|--------------|---|--|--|
|               | 15   | F   |              |   |  |  |
|               | 16   | S   |              |   |  | Regional Coaching Conference (Ulster)<br>Regional Skills Academy – Coaching Day 2 (Option 1) |
|               | 17   | S   |              |   |  | Regional Coaching Conference (Ulster)<br>Regional Skills Academy – Coaching Day 2 (Option 2) |
| 18-Jan        | 18   | M   |              |   |  |  |
|               | 19   | T   |              |   |  |  |
|               | 20   | W   |              |   |  |  |
|               | 21   | TH  |              |   |  |  |
|               | 22   | F   |              | Depart for Antwerp                                      | Gerry Ryan Invitational LC Meet (Limerick) Day 1<br>Bangor Open Meet (Bangor) Day 1<br>Leinster Open Meet (Dublin) Day 1 |  |
|               | 23   | S   |              | Flanders Cup (Antwerp) National PE, PT & PP Squad Day 1 | Gerry Ryan Invitational LC Meet (Limerick) Day 2<br>Bangor Open Meet (Bangor) Day 2<br>Leinster Open Meet (Dublin) Day 2 |  |
|               | 24   | S   |              | Flanders Cup (Antwerp) National PE, PT & PP Squad Day 2 | Gerry Ryan Invitational LC Meet (Limerick) Day 3<br>Bangor Open Meet (Bangor) Day 3<br>Leinster Open Meet (Dublin) Day 3 |  |
| 25-Jan        | 25   | M   |              | Return from Antwerp                                     |  | Qualification for McCullagh International Closes 25/01/21                                    |
|               | 26   | T   |              |   |  |  |
|               | 27   | W   |              |   |  |  |
|               | 28   | TH  |              |   |  |  |
|               | 29   | F   |              |   |  |  |
|               | 30   | S   |              |   | Regional SC/LC Development Meet Opportunity 2  | Regional Development Squad Stage 1 – Day 1 (Option 1)  |
|               | 31   | S   |              |   | Regional SC/LC Development Meet Opportunity 2  | Regional Development Squad Stage 1 – Day 1 (Option 2)  |
| <b>Feb-21</b> |      |     |              |   |  |  |
| 01-Feb        | 1    | M   |              |   |  | Regional Qualifying Meets - Window 2 of 2 (74 Days) Commences                                |
|               | 2    | T   |              |   |  |  |
|               | 3    | W   |              |   |  |  |
|               | 4    | TH  |              |   |  |  |
|               | 5    | F   |              |   |  |  |
|               | 6    | S   |              |   | Regional SC Minor Schools Meet   |  |
|               | 7    | S   |              |   | Regional SC Senior Schools Meet  |  |
| 08-Feb        | 8    | M   |              |   |  |  |
|               | 9    | T   |              |   |  |  |

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|-----------|------|-----|--------------|--|--|--|
|           | 10   | W   |              |  |  |  |
|           | 11   | TH  |              |  |  |  |
|           | 12   | F   |              |  | Regional LC Qualifying Meet (Preferred Option 1) |  |
|           | 13   | S   |              |  | Regional LC Qualifying Meet (Preferred Option 1) | Regional Development Squad Stage 1 & 2 – Offshore Meet (Swansea) |
|           | 14   | S   |              |  | Regional LC Qualifying Meet (Preferred Option 1) | Regional Development Squad Stage 1 & 2 – Offshore Meet (Swansea) |
| 15-Feb    | 15   | M   |              | SC 1 - National PP Squad Camp (Bangor) Day 1 |  | Regional Development Squad Stage 2 – 2-Day Camp                  |
|           | 16   | T   |              | SC 1 - National PP Squad Camp (Bangor) Day 2 |  |  |
|           | 17   | W   |              | SC 1 - National PP Squad Camp (Bangor) Day 3 |  |  |
|           | 18   | TH  |              | SC 1 - National PP Squad Camp (Bangor) Day 4 |  |  |
|           | 19   | F   |              |  |  |  |
|           | 20   | S   |              |  |  |  |
|           | 21   | S   |              |  |  |  |
| 22-Feb    | 22   | M   |              |  |  |  |
|           | 23   | T   |              |  |  |  |
|           | 24   | W   |              | Depart from Bangor                           |  |  |
|           | 25   | TH  |              | McCullagh International (Bangor) Day 1       |  |  |
|           | 26   | F   |              | McCullagh International (Bangor) Day 2       |  |  |
|           | 27   | S   |              | McCullagh International (Bangor) Day 3       |  |  |
|           | 28   | S   |              | McCullagh International (Bangor) Day 4       |  |  |
| Mar-21    |      |     |              |  |  |  |
| 01-Mar    | 1    | M   |              |  |  | Qualification for Irish Open Championships Closes 01/03/21       |
|           | 2    | T   |              |  |  |  |
|           | 3    | W   |              |  |  |  |
|           | 4    | TH  |              |  |  |  |
|           | 5    | F   |              |  |  |  |
|           | 6    | S   |              |  |  | Regional Development Squad Stage 1 – Day 2 (Option 1)            |
|           | 7    | S   |              |  |  | Regional Development Squad Stage 1 – Day 2 (Option 2)            |
| 08-Mar    | 8    | M   |              |  |  |  |
|           | 9    | T   |              |  |  |  |
|           | 10   | W   |              |  |  |  |
|           | 11   | TH  |              | Depart for Edinburgh                         |  |  |

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|------------|------|-----|--------------|--|--|--|
|            | 12   | F   |              | Edinburgh International (Edinburgh) National PE & PT Squad Day 1<br>National PP Squad Camp (Dublin/Limerick) Day 1 |  | Edinburgh International (Edinburgh) Regional Pathway Squad Day 1 |
|            | 13   | S   |              | Edinburgh International (Edinburgh) National PE & PT Squad Day 2<br>National PP Squad Camp (Dublin/Limerick) Day 2 | Regional SC/LC Development Meet Opportunity 3    | Edinburgh International (Edinburgh) Regional Pathway Squad Day 2 |
|            | 14   | S   |              | Edinburgh International (Edinburgh) National PE & PT Squad Day 3<br>National PP Squad Camp (Dublin/Limerick) Day 3 | Regional SC/LC Development Meet Opportunity 3    | Edinburgh International (Edinburgh) Regional Pathway Squad Day 3 |
| 15-Mar     | 15   | M   |              | Return from Edinburgh  |  |  |
|            | 16   | T   |              |  |  |  |
|            | 17   | W   |              |  |  |  |
|            | 18   | TH  |              |  |  |  |
|            | 19   | F   |              |  |  |  |
|            | 20   | S   |              | Irish Senior Schools Relays/Schools Interpro (Venue TBC)   |  |  |
|            | 21   | S   |              | Irish Minor Schools (Dublin)   |  |  |
| 22-Mar     | 22   | M   |              |  |  |  |
|            | 23   | T   |              |  |  |  |
|            | 24   | W   |              |  |  |  |
|            | 25   | TH  |              |  |  |  |
|            | 26   | F   |              |  | Regional LC Qualifying Meet (Preferred Option 2) |  |
|            | 27   | S   |              |  | Regional LC Qualifying Meet (Preferred Option 2) |  |
|            | 28   | S   |              |  | Regional LC Qualifying Meet (Preferred Option 2) |  |
| 29-Mar     | 29   | M   |              |  |  |  |
|            | 30   | T   |              |  |  |  |
|            | 31   | W   |              |  |  |  |
| Apr-21     |      |     |              |  |  |  |
|            | 1    | TH  |              |  |  |  |
|            | 2    | F   |              |  |  |  |
|            | 3    | S   |              |  |  |  |
| Easter Sun | 4    | S   |              |  |  |  |
| 05-Apr     | 5    | M   |              | SC 2 - National PT & PP Squad Camp (Bangor) Day 1  |  |  |
|            | 6    | T   |              | SC 2 - National PT & PP Squad Camp (Bangor) Day 2  |  |  |
|            | 7    | W   |              | SC 2 - National PT & PP Squad Camp (Bangor) Day 3  |  |  |
|            | 8    | TH  |              | SC 2 - National PT & PP Squad Camp (Bangor) Day 4  |  |  |
|            | 9    | F   |              | SC 2 - National PT & PP Squad Camp (Bangor) Day 5  |  |  |



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|-----------|------|-----|--------------|---|--------------------|---|
|           | 10   | S   |              |   |                    | Swim Ireland AGM – CLOSED WEEKEND FOR ALL COMPETITIONS/CAMPS  |
|           | 11   | S   |              |   |                    |   |
| 12-Apr    | 12   | M   |              |   |                    |   |
|           | 13   | T   |              |   |                    |   |
|           | 14   | W   |              | SC 2 - National PE & PT* Squad Camp (Tenerife) Day 1  |                    |   |
|           | 15   | TH  |              | SC 2 - National PE & PT* Squad Camp (Tenerife) Day 2  |                    |   |
|           | 16   | F   |              | SC 2 - National PE & PT* Squad Camp (Tenerife) Day 3  |                    |   |
|           | 17   | S   |              | SC 2 - National PE & PT* Squad Camp (Tenerife) Day 4  |                    | Regional Skills Academy – Coaching Day 3 (Option 1)   |
|           | 18   | S   |              | SC 2 - National PE & PT* Squad Camp (Tenerife) Day 5  |                    | Regional Skills Academy – Coaching Day 3 (Option 2)<br>Regional Qualifying Meets - Window 2 of 2 (74 Days) Finishes |
| 19-Apr    | 19   | M   |              | SC 2 - National PE & PT* Squad Camp (Tenerife) Day 6  |                    |   |
|           | 20   | T   |              | SC 2 - National PE & PT* Squad Camp (Tenerife) Day 7<br>SC 1 - Irish Open Championships (Dublin) Day 1  |                    |   |
|           | 21   | W   |              | SC 2 - National PE & PT* Squad Camp (Tenerife) Day 8<br>SC 1 - Irish Open Championships (Dublin) Day 2  |                    |   |
|           | 22   | TH  |              | SC 2 - National PE & PT* Squad Camp (Tenerife) Day 9<br>SC 1 - Irish Open Championships (Dublin) Day 3  |                    |   |
|           | 23   | F   |              | SC 2 - National PE & PT* Squad Camp (Tenerife) Day 10<br>SC 1 - Irish Open Championships (Dublin) Day 4 |                    |   |
|           | 24   | S   |              | SC 2 - National PE & PT* Squad Camp (Tenerife) Day 11<br>SC 1 - Irish Open Championships (Dublin) Day 5 |                    |   |
|           | 25   | S   |              | SC 1 - National Team Day (Dublin)   |                    |   |
| 26-Apr    | 26   | M   |              |   |                    |   |
|           | 27   | T   |              |   |                    |   |
|           | 28   | W   |              |   |                    |   |
|           | 29   | TH  |              |   |                    |   |
|           | 30   | F   |              |   |                    | Regional Championships Meets - Window (31 Days) Commences   |
| May-21    |      |     |              |   |                    |   |
|           | 1    | S   |              |   |                    |   |
|           | 2    | S   |              |   |                    |   |
| 03-May    | 3    | M   |              |   |                    |   |
|           | 4    | T   |              |   |                    |   |
|           | 5    | W   |              |   |                    |   |
|           | 6    | TH  |              |   |                    |   |

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| WEEK COMM | DATE | DAY | END OF CYCLE | INTERNATIONAL & NATIONAL PROGRAMME          | REGIONAL PROGRAMME | CAMPS & NOTES  |
|-----------|------|-----|--------------|---|--------------------|--|
|           | 7    | F   |              | Depart for Budapest                         |                    |  |
|           | 8    | S   |              | Orientation (Budapest)                      |                    |  |
|           | 9    | S   |              | Orientation (Budapest)                      |                    |  |
| 10-May    | 10   | M   |              | LEN European Championships (Budapest) Day 1 |                    |  |
|           | 11   | T   |              | LEN European Championships (Budapest) Day 2 |                    |  |
|           | 12   | W   |              | LEN European Championships (Budapest) Day 3 |                    |  |
|           | 13   | TH  |              | LEN European Championships (Budapest) Day 4 |                    |  |
|           | 14   | F   |              | LEN European Championships (Budapest) Day 5 |                    |  |
|           | 15   | S   |              | LEN European Championships (Budapest) Day 6 |                    |  |
|           | 16   | S   |              | LEN European Championships (Budapest) Day 7 |                    |  |
| 17-May    | 17   | M   |              | Return from Budapest                        |                    |  |
|           | 18   | T   |              |   |                    |  |
|           | 19   | W   |              |   |                    |  |
|           | 20   | TH  |              |   |                    |  |
|           | 21   | F   |              |   |                    |  |
|           | 22   | S   |              |   |                    |  |
|           | 23   | S   |              |   |                    |  |
| 24-May    | 24   | M   |              |   |                    |  |
|           | 25   | T   |              |   |                    |  |
|           | 26   | W   |              |   |                    |  |
|           | 27   | TH  |              |   |                    |  |
|           | 28   | F   |              |   |                    |  |
|           | 29   | S   |              |   |                    | Regional Development Squad Stage 1 – Day 3 (Option 1)<br>Regional Development Squad Stage 2 – Day 1 (Option 1) |
|           | 30   | S   |              |   |                    | Regional Development Squad Stage 1 – Day 3 (Option 2)<br>Regional Development Squad Stage 2 – Day 1 (Option 2) |
| 31-May    | 31   | M   |              |   |                    | Regional Championships Meets - Window (31 Days) Finishes   |
| Jun-21    |      |     |              |   |                    |  |
|           | 1    | T   |              |   |                    |  |
|           | 2    | W   |              |   |                    |  |
|           | 3    | TH  |              |   |                    |  |
|           | 4    | F   |              |   |                    |  |

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|-----------|------|-----|--------------|--|--------------------------------------|---|
|           | 5    | S   |              |  |                                      | Swim Ireland Tutor Conference   |
|           | 6    | S   |              | Depart for Canet   |                                      | Swim Ireland Tutor Conference   |
| 07-Jun    | 7    | M   |              | SC1 - Orientation (Canet) National PE & PT* Squad  |                                      |   |
|           | 8    | T   |              | SC1 - Orientation (Canet) National PE & PT* Squad  |                                      |   |
|           | 9    | W   |              | SC1- Mare Nostrum (Canet) Day 1 National PE & PT* Squad  |                                      |   |
|           | 10   | TH  |              | SC1 - Mare Nostrum (Canet) Day 2 National PE & PT* Squad   |                                      |   |
|           | 11   | F   |              | Return from Canet  |                                      |   |
|           | 12   | S   |              |  |                                      | Regional Development Squad Stage 1 – Day 3 (Option 3)<br>Regional Development Squad Stage 2 – Day 1 (Option 3)  |
|           | 13   | S   |              |  |                                      | Regional Development Squad Stage 1 – Day 3 (Option 4)<br>Regional Development Squad Stage 2 – Day 1 (Option 4)  |
| 14-Jun    | 14   | M   |              |  |                                      | Qualification for Irish National Summer Championships & Irish National Division 2 Competition Closes 14/06/21. Qualifying times to be from 01/01/21 and LC only for Irish National Summer Championships |
|           | 15   | T   |              | SC2 - Irish Open Championships (Dublin) Day 1  |                                      |   |
|           | 16   | W   |              | SC2 - Irish Open Championships (Dublin) Day 2  |                                      |   |
|           | 17   | TH  |              | SC2 - Irish Open Championships (Dublin) Day 3  |                                      |   |
|           | 18   | F   |              | SC2 - Irish Open Championships (Dublin) Day 4  |                                      |   |
|           | 19   | S   |              | SC2 - Irish Open Championships (Dublin) Day 5  |                                      | Regional Skills Academy – Coaching Day 4 (Option 1)   |
|           | 20   | S   |              | SC2 – National Team Day (Dublin)   |                                      | Regional Skills Academy – Coaching Day 4 (Option 2)   |
| 21-Jun    | 21   | M   |              |  |                                      |   |
|           | 22   | T   |              |  |                                      |   |
|           | 23   | W   |              | Depart for Glasgow   |                                      |   |
|           | 24   | TH  |              | SC1 - Scot Nat Champs (Glasgow) National PE & PT* Squad Day 1  |                                      |   |
|           | 25   | F   |              | SC1 - Scot Nat Champs (Glasgow) National PE & PT* Squad Day 2<br>SC 1 - National PT & PP Squad, EJC & EYOF Camp (Dublin) Day 1 |                                      |   |
|           | 26   | S   |              | SC1 - Scot Nat Champs (Glasgow) National PE & PT* Squad Day 3<br>SC 1 - National PT & PP Squad, EJC & EYOF Camp (Dublin) Day 2 | Regional SC Swim Festival (Option 1) |   |
|           | 27   | S   |              | SC1 - Scot Nat Champs (Glasgow) National PE & PT* Squad Day 4<br>SC 1 - National PT & PP Squad, EJC & EYOF Camp (Dublin) Day 3 | Regional SC Swim Festival (Option 2) |   |
| 28-Jun    | 28   | M   |              | Return from Glasgow  |                                      |   |
|           | 29   | T   |              |  |                                      |   |
|           | 30   | W   |              |  |                                      |   |
| Jul-21    |      |     |              |  |                                      |   |
|           | 1    | TH  |              |  |                                      |   |

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|-----------|------|-----|--------------|---|--------------------|---------------|
|           | 2    | F   |              |   |                    |               |
|           | 3    | S   |              |   |                    |               |
|           | 4    | S   |              |   |                    |               |
| 05-Jul    | 5    | M   |              |   |                    |               |
|           | 6    | T   |              |   |                    |               |
|           | 7    | W   |              | Irish National Division 2 Competition (Limerick) Day 1                                      |                    |               |
|           | 8    | TH  |              | Irish National Division 2 Competition (Limerick) Day 2                                      |                    |               |
|           | 9    | F   |              | Irish National Division 2 Competition (Limerick) Day 3                                      |                    |               |
|           | 10   | S   |              | Irish National Division 2 Competition (Limerick) Day 4<br>OG Team Depart for Doha           |                    |               |
|           | 11   | S   |              | Irish National Division 2 Competition (Limerick) Day 5<br>OG Preparation Camp (Doha) Day 1  |                    |               |
| 12-Jul    | 12   | M   |              | OG Preparation Camp (Doha) Day 2  |                    |               |
|           | 13   | T   |              | OG Preparation Camp (Doha) Day 3  |                    |               |
|           | 14   | W   |              | OG Preparation Camp (Doha) Day 4  |                    |               |
|           | 15   | TH  |              | Depart for Tokyo/Hamamatsu  |                    |               |
|           | 16   | F   |              | OG Preparation Camp (Hamamatsu) Day 1   |                    |               |
|           | 17   | S   |              | OG Preparation Camp (Hamamatsu) Day 2   |                    |               |
|           | 18   | S   |              | OG Preparation Camp (Hamamatsu) Day 3   |                    |               |
| 19-Jul    | 19   | M   |              | OG Preparation Camp (Hamamatsu) Day 4   |                    |               |
|           | 20   | T   |              | Depart for Tokyo  |                    |               |
|           | 21   | W   |              | OG Orientation (Tokyo)<br>SC1 - Irish Summer National Championships (Dublin) Day 1          |                    |               |
|           | 22   | TH  |              | OG Orientation (Tokyo)<br>SC1 - Irish Summer National Championships (Dublin) Day 2          |                    |               |
|           | 23   | F   |              | OG Orientation (Tokyo)<br>SC1 - Irish Summer National Championships (Dublin) Day 3          |                    |               |
|           | 24   | S   |              | IOC Olympic Games (Tokyo) Day 1<br>SC1 - Irish Summer National Championships (Dublin) Day 4 |                    |               |
|           | 25   | S   |              | IOC Olympic Games (Tokyo) Day 2<br>SC1 - Irish Summer National Championships (Dublin) Day 5 |                    |               |
| 26-Jul    | 26   | M   |              | IOC Olympic Games (Tokyo) Day 3   |                    |               |
|           | 27   | T   |              | IOC Olympic Games (Tokyo) Day 4   |                    |               |
|           | 28   | W   |              | IOC Olympic Games (Tokyo) Day 5   |                    |               |
|           | 29   | TH  |              | IOC Olympic Games (Tokyo) Day 6   |                    |               |

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|-----------|------|-----|--------------|---|--------------------|---------------|
|           | 30   | F   |              | IOC Olympic Games (Tokyo) Day 7             |                    |               |
|           | 31   | S   |              | IOC Olympic Games (Tokyo) Day 8             |                    |               |
| Aug-21    |      |     |              |   |                    |               |
|           | 1    | S   |              | IOC Olympic Games (Tokyo) Day 9             |                    |               |
| 02-Aug    | 2    | M   |              |   |                    |               |
|           | 3    | T   |              |   |                    |               |
|           | 4    | W   |              |   |                    |               |
|           | 5    | TH  |              |   |                    |               |
|           | 6    | F   |              |   |                    |               |
|           | 7    | S   |              |   |                    |               |
|           | 8    | S   |              |   |                    |               |
| 09-Aug    | 9    | M   |              |   |                    |               |
|           | 10   | T   |              |   |                    |               |
|           | 11   | W   |              |   |                    |               |
|           | 12   | TH  |              |   |                    |               |
|           | 13   | F   |              | Depart for Chengdu                          |                    |               |
|           | 14   | S   |              | Orientation (Chengdu)                       |                    |               |
|           | 15   | S   |              | Orientation (Chengdu)                       |                    |               |
| 16-Aug    | 16   | M   |              | Orientation (Chengdu)                       |                    |               |
|           | 17   | T   |              | Orientation (Chengdu)                       |                    |               |
|           | 18   | W   |              | Orientation (Chengdu)                       |                    |               |
|           | 19   | TH  |              | World University Games 2021 (Chengdu) Day 1 |                    |               |
|           | 20   | F   |              | World University Games 2021 (Chengdu) Day 2 |                    |               |
|           | 21   | S   |              | World University Games 2021 (Chengdu) Day 3 |                    |               |
|           | 22   | S   |              | World University Games 2021 (Chengdu) Day 4 |                    |               |
| 23-Aug    | 23   | M   |              | World University Games 2021 (Chengdu) Day 5 |                    |               |
|           | 24   | T   |              | World University Games 2021 (Chengdu) Day 6 |                    |               |
|           | 25   | W   |              | World University Games 2021 (Chengdu) Day 7 |                    |               |
|           | 26   | TH  |              | World University Games 2021 (Chengdu) Day 8 |                    |               |
|           | 27   | F   |              | Return from Chengdu                         |                    |               |
|           | 28   | S   |              |   |                    |               |

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|--------------|------|-----|-----------------|------------------------------------|--------------------|---------------|
|              | 29   | S   |                 |                                    |                    |               |
| 30-Aug       | 30   | M   |                 |                                    |                    |               |
|              | 31   | T   |                 |                                    |                    |               |

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

*All members should note that this plan is subject to change, particularly in relation to any Government phasing that takes place up to and including this time and any legislation that we receive in the months ahead regarding competitions, numbers permitted in venues and any such similar guidelines. Please also note that the Plan covers Scenarios 1 & 2 in relation to the 2021 Irish Open Championships (Olympic & Paralympic Trials) referenced as Sc1 and Sc2. Our preference will be to run with Sc1 but we may revert to Sc2 as and when we know when athletes on both sides of the border can return to training and prepare accordingly*

*Dates for the 2021 LEN European Junior Championships and the 2021 FINA World Junior Championships will be added once they are received*