

# Swim Ireland

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## 2022-2023 Swimming Season Plan (Version I)



WEEK COMM	DATE	DAY	END OF CYCLE	INTERNATIONAL & NATIONAL COMPETITIONS	REGIONAL COMPETITIONS	NATIONAL/REGIONAL PROGRAMME CAMPS OTHER & NOTES
Aug-22						
29-Aug	29	M				2022-2023 Season Commences
	30	T				
	31	W				
Sep-22						
	1	TH				
	2	F				
	3	S				
	4	S				
05-Sep	5	M				
	6	T				
	7	W				
	8	TH				
	9	F				
	10	S				
	11	S				
12-Sep	12	M				
	13	T				
	14	W				
	15	TH				
	16	F				
	17	S				Regional Skills Academy Orientation (Munster)
	18	S				Regional Development Programme Stage 1 & 2 Orientation (Connacht/Munster)
19-Sep	19	M				
	20	T				
	21	W				
	22	TH				
	23	F				
	24	S				Regional Skills Academy Orientation (Leinster, Ulster)
	25	S				Regional Skills Academy Orientation (Connacht)
26-Sep	26	M				

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	27	T				
	28	W				
	29	TH				
	30	F				
Oct-22						
	1	S			Future Challenger Series Round 1 Meet 1 (Connacht) Future Challenger Series Round 1 Meet 1 (Ulster)	Regional Development Stage 1 Orientation (Leinster) Regional Development Stage 1 & 2 Orientation (Ulster)
	2	S			Future Challenger Series Round 1 Meet 1 (Connacht)	Regional Development Stage 2 Orientation (Leinster)
03-Oct	3	M				
	4	T				
	5	W				
	6	TH				National Relay Camp (Limerick)
	7	F				National Relay Camp (Limerick)
	8	S		SC Interprovincial Meet (Limerick)	Swim Ulster Minor Schools Cup & Championships Aspiring Champions Meet 1 (Connacht, Munster)	National Relay Camp (Limerick)
	9	S			Aspiring Champions Meet 1 (Connacht, Munster)	
10-Oct	10	M				
	11	T				
	12	W				
	13	TH				Performance Coaching Conference (Dublin) Day 1
	14	F				Performance Coaching Conference (Dublin) Day 2
	15	S			Aspiring Champions Series Meet 1 (Ulster)	Performance Coaching Conference (Dublin) Day 3
	16	S			Future Challenger Series Round 1 Meet 1 (Leinster) Aspiring Champions Series Meet 1 (Ulster)	
17-Oct	17	M				
	18	T				
	19	W				
	20	TH				
	21	F				
	22	S				
	23	S				Depart for Flagstaff
24-Oct	24	M				Identified Athlete Altitude Camp (Flagstaff) Day 1
	25	T				Identified Athlete Altitude Camp (Flagstaff) Day 2
	26	W				Identified Athlete Altitude Camp (Flagstaff) Day 3

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	27	TH				Identified Athlete Altitude Camp (Flagstaff) Day 4
	28	F				Identified Athlete Altitude Camp (Flagstaff) Day 5
	29	S			Aspiring Champions Meet 1 Day 1(Leinster)	Identified Athlete Altitude Camp (Flagstaff) Day 6 Regional Development Programme Stage 2 Camp (Connacht/Munster)
	30	S			Aspiring Champions Meet 1 Day 2 (Leinster)	Identified Athlete Altitude Camp (Flagstaff) Day 7 Regional Development Programme Stage 2 Camp (Connacht/Munster)
31-Oct	31	M				National Programme Camp 1 (Dublin) Day 1 Identified Athlete Altitude Camp (Flagstaff) Day 8 Regional Development Programme Stage 2 Camp (Connacht/Munster) Regional Development Programme Stage 1 Intervention (Connacht/Munster)
Nov-22						
	1	T				National Programme Camp 1 (Dublin) Day 2 Identified Athlete Altitude Camp (Flagstaff) Day 9
	2	W				National Programme Camp 1 (Dublin) Day 3 Identified Athlete Altitude Camp (Flagstaff) Day 10
	3	TH				National Programme Camp 1 (Dublin) Day 4 Identified Athlete Altitude Camp (Flagstaff) Day 11
	4	F			Regional SC Championships (Ulster)	Identified Athlete Altitude Camp (Flagstaff) Day 12 Regional Development Programme Stage 2 Camp (Leinster)
	5	S			Regional SC Championships (Ulster)	Identified Athlete Altitude Camp (Flagstaff) Day 13 Regional Development Programme Stage 2 Camp (Leinster)
	6	S			Regional SC Championships (Ulster)	Identified Athlete Altitude Camp (Flagstaff) Day 14 Regional Development Programme Stage 2 Camp (Leinster) Regional Development Programme Stage 1 Intervention
07-Nov	7	M				Identified Athlete Altitude Camp (Flagstaff) Day 15
	8	T				Identified Athlete Altitude Camp (Flagstaff) Day 16
	9	W				Identified Athlete Altitude Camp (Flagstaff) Day 17
	10	TH				Identified Athlete Altitude Camp (Flagstaff) Day 18
	11	F			Regional SC Championships (Connacht, Leinster, Munster)	Identified Athlete Altitude Camp (Flagstaff) Day 19
	12	S			Regional SC Championships (Connacht, Leinster, Munster) Swim Ulster War Memorial Relay Meet	Identified Athlete Altitude Camp (Flagstaff) Day 20
	13	S			Regional SC Championships (Connacht, Leinster, Munster)	Return from Flagstaff
14-Nov	14	M				Qualification for Irish National SC Championships Closes 13/11/22
	15	T				
	16	W				
	17	TH		Depart for Stockport		
	18	F		Stockport Metro Meet (Stockport) Day 1		

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	19	S		Stockport Metro Meet (Stockport) Day 2		
	20	S		Stockport Metro Meet (Stockport) Day 3	Future Challenger Series Round 1 Meet 2 (Leinster)	Skills Academy Intervention (Connacht, Munster)
21-Nov	21	M		Return from Stockport		
	22	T				
	23	W				
	24	TH				
	25	F				
	26	S		Depart for North Carolina		LEN Officials Seminar (Belfast) Closed Weekend Regional Skills Academy Intervention (Ulster)
	27	S		Orientation (North Carolina)		LEN Officials Seminar (Belfast) Closed Weekend Regional Skills Academy Intervention (Leinster)
28-Nov	28	M		Orientation (North Carolina)		
	29	T		Orientation (North Carolina)		
	30	W		Toyota US Open (North Carolina) Day 1		
Dec-22						
	1	TH		Toyota US Open (North Carolina) Day 2		
	2	F		Toyota US Open (North Carolina) Day 3		
	3	S		Toyota US Open (North Carolina) Day 4	Future Challenger Series Round 1 Meet 2 (Connacht, Munster)	
	4	S		Return from North Carolina	Future Challenger Series Round 1 Meet 2 (Connacht, Ulster)	
05-Dec	5	M				
	6	T				
	7	W		Depart for Melbourne		
	8	TH		Orientation (Melbourne)		
	9	F		Orientation (Melbourne)		
	10	S		Orientation (Melbourne)		
	11	S		Orientation (Melbourne)	Christmas Cracker Competition (Dublin)	
12-Dec	12	M		Orientation (Melbourne)		
	13	T		FINA World SC Championships (Melbourne) Day 1		
	14	W		FINA World SC Championships (Melbourne) Day 2		
	15	TH		Irish National SC Championships (Dublin) Day 1 FINA World SC Championships (Melbourne) Day 3		
	16	F		Irish National SC Championships (Dublin) Day 2 FINA World SC Championships (Melbourne) Day 4		
	17	S		Irish National SC Championships (Dublin) Day 3 FINA World SC Championships (Melbourne) Day 5		

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	18	S		FINA World SC Championships (Melbourne) Day 6		
19-Dec	19	M		Return from Melbourne		
	20	T				
	21	W				
	22	TH				
	23	F				
	24	S				
	25	S				
	26	M				
27-Dec	27	T				
	28	W				Regional Development Programme Stage 2 Camp (Ulster)
	29	TH				Regional Development Programme Stage 2 Camp (Ulster)
	30	F				Regional Development Programme Stage 2 Camp (Ulster) Regional Development Programme Stage 1 Intervention (Ulster)
	31	S				
Jan-23						
	1	S				Depart for Sierra Nevada
02-Jan	2	M				Identified Athlete Altitude Camp (Sierra Nevada) Day 1
	3	T				Identified Athlete Altitude Camp (Sierra Nevada) Day 2
	4	W				Identified Athlete Altitude Camp (Sierra Nevada) Day 3
	5	TH				Identified Athlete Altitude Camp (Sierra Nevada) Day 4
	6	F				Identified Athlete Altitude Camp (Sierra Nevada) Day 5
	7	S				Identified Athlete Altitude Camp (Sierra Nevada) Day 6 Skills Academy Intervention (Connacht)
	8	S				Identified Athlete Altitude Camp (Sierra Nevada) Day 7
	9	M				Identified Athlete Altitude Camp (Sierra Nevada) Day 8
10-Jan	10	T				Identified Athlete Altitude Camp (Sierra Nevada) Day 9
	11	W				Identified Athlete Altitude Camp (Sierra Nevada) Day 10
	12	TH				Identified Athlete Altitude Camp (Sierra Nevada) Day 11
	13	F				Identified Athlete Altitude Camp (Sierra Nevada) Day 12
	14	S				Identified Athlete Altitude Camp (Sierra Nevada) Day 13 Skills Academy Intervention (Ulster, Leinster, Munster)
	15	S			Leinster Minor Schools	Identified Athlete Altitude Camp (Sierra Nevada) Day 14 Regional Development Programme Stage 1 & 2 Intervention (Connacht/Munster)

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16-Jan	16	M				Identified Athlete Altitude Camp (Sierra Nevada) Day 15
	17	T				Identified Athlete Altitude Camp (Sierra Nevada) Day 16
	18	W				Identified Athlete Altitude Camp (Sierra Nevada) Day 17
	19	TH		Depart for National Programme Offshore Meet		Identified Athlete Altitude Camp (Sierra Nevada) Day 18
	20	F		National Programme Offshore Meet (TBC) Day 1 Provisionally Flanders Cup for PE/PT and Geneva for PP	Leinster Open Meet (Dublin) Day 1 Gerry Ryan Meet (Limerick) Day 1	Identified Athlete Altitude Camp (Sierra Nevada) Day 19
	21	S		National Programme Offshore Meet (TBC) Day 2	Ulster Open Meet (Bangor) Day 1 Leinster Open Meet (Dublin) Day 2 Gerry Ryan Meet (Limerick) Day 2	Identified Athlete Altitude Camp (Sierra Nevada) Day 20
	22	S		National Programme Offshore Meet (TBC) Day 3	Ulster Open Meet (Bangor) Day 2 Leinster Open Meet (Dublin) Day 3 Gerry Ryan Meet (Limerick) Day 3	Return from Sierra Nevada
23-Jan	23	M		Return from National Programme Offshore Meet		Qualification for McCullagh International Closes 22/01/23
	24	T				
	25	W				
	26	TH		Depart for National Programme Offshore Meet		
	27	F		National Programme Offshore Meet for Altitude Camp Athletes (Venue TBC) Day 1		
	28	S		National Programme Offshore Meet for Altitude Camp Athletes (Venue TBC) Day 1		
	29	S		National Programme Offshore Meet for Altitude Camp Athletes (Venue TBC) Day 1	Connacht Minor Schools Meet Future Challenger Series Round 2 Meet 1 (Munster)	
30-Jan	30	M		Return from National Programme Offshore Meet		
	31	T				
Feb-23						
	1	W				
	2	TH				
	3	F				
	4	S			Munster Minor Schools Meet Future Challenger Series Round 2 Meet 1 (Connacht) Ulster Secondary Schools Cup & Championships	
	5	S			Regional SC Senior Schools Meet (Connacht, Leinster)	
6-Feb	6	M				
	7	T				
	8	W				
	9	TH				
	10	F				

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	11	S			Aspiring Champions Meet 2 (Connacht)	
	12	S		LC Interprovincial Meet (Dublin/Bangor)	Aspiring Champions Meet 2 (Connacht)	
13-Feb	13	M				National Relay Camp (Dublin) National Programme PP Camp (Bangor) Day 1
	14	T				National Relay Camp (Dublin) National Programme PP Camp (Bangor) Day 2
	15	W				National Relay Camp (Dublin) National Programme PP Camp (Bangor) Day 3
	16	TH		Mc Cullagh International (Bangor) 3 days only starting Thursday or Friday		
	17	F		Mc Cullagh International (Bangor) 3 days only starting Thursday or Friday		
	18	S		Mc Cullagh International (Bangor) 3 days only starting Thursday or Friday	Future Challenger Series Round 2 Meet 1 (Ulster) Aspiring Champions Series Meet 2 (Leinster)	
	19	S		Mc Cullagh International (Bangor) 3 days only starting Thursday or Friday	Aspiring Champions Series Meet 2 (Leinster)	
20-Feb	20	M				
	21	T				
	22	W				
	23	TH				
	24	F				
	25	S				
	26	S				
27-Feb	27	M				Qualification for Irish Open Championships Closes 26/02/2023
	28	T				
Mar-23						
	1	W				
	2	TH				
	3	F				
	4	S			Future Challenger Series Round 2 Meet 1 (Leinster) – Option 1	
	5	S			Future Challenger Series Round 2 Meet 1 (Leinster) – Option 2	
06-Mar	6	M				
	7	T				
	8	W				
	9	TH		Depart for Edinburgh		
	10	F		Edinburgh International Swim Meet (Edinburgh) Day 1		Depart

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	11	S		Edinburgh International Swim Meet (Edinburgh) Day 2	Future Challenger Series Round 2 Meet 2 (Munster)	Regional Development Stage 1 & 2 and Pathway Programme Offshore Meet
	12	S		Edinburgh International Swim Meet (Edinburgh) Day 3		Regional Development Stage 1 & 2 and Pathway Programme Offshore Meet
13-Mar	13	M		Return from Edinburgh		Return
	14	T				
	15	W				
	16	TH				
	17	F				
	18	S			Future Challenger Series Round 2 Meet 2 (Connacht) Aspiring Champions Series Meet 2 (Ulster)	
	19	S			Future Challenger Series Round 2 Meet 2 (Connacht) Aspiring Champions Series Meet 2 (Ulster)	
20-Mar	20	M				
	21	T				
	22	W				
	23	TH				
	24	F				
	25	S		Irish Minor Schools (Dublin)	Aspiring Champions Meet 2 (Munster)	
	26	S		Irish Senior Schools Relays/Schools Interpro (Dublin)	Aspiring Champions Meet 2 (Munster)	
27-Mar	27	M				
	28	T				
	29	W				
	30	TH				
	31	F				
Apr-23						
	1	S		Irish Open Championships (Dublin) Day 1	Skills Academy Interprovincial Option 1	Trials for 2023 WLC, WUG &, EJC
	2	S		Irish Open Championships (Dublin) Day 2	Skills Academy Interprovincial Option 2	
03-Apr	3	M		Irish Open Championships (Dublin) Day 3		
	4	T		Irish Open Championships (Dublin) Day 4		
	5	W		Irish Open Championships (Dublin) Day 5		
	6	TH				
	7	F				
	8	S				



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Easter	9	S				
10-Apr	10	M				
	11	T				
	12	W				
	13	TH				
	14	F				
	15	S				Regional Development Programme Stage 1 Intervention (Leinster) Regional Development Programme Stage 1 & 2 Intervention (Ulster)
	16	S				Regional Development Programme Stage 2 Intervention (Leinster)
17-Apr	17	M				
	18	T				Swim Ireland AGM
	19	W				
	20	TH				
	21	F				
	22	S			Future Challenger Series Round 2 Meet 2 (Ulster)	
	23	S				
24-Apr	24	M				
	25	T				
	26	W				
	27	TH				
	28	F			Regional Age Group & Senior LC Championships (Ulster)	
	29	S			Regional Age Group & Senior LC Championships (Ulster)	
	30	S			Regional Age Group & Senior LC Championships (Ulster)	
May-23						
01-May	1	M				
	2	T				
	3	W				
	4	TH				
	5	F			Regional Age Group & Senior LC Championships (Munster)	
	6	S			Regional Age Group & Senior LC Championships (Munster)	
	7	S			Future Challenger Series Round 2 Meet 2 (Leinster) Regional Age Group & Senior LC Championships (Munster)	

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08-May	8	M				
	9	T				
	10	W				
	11	TH		Depart for Canet		
	12	F		Mare Nostrum Camp (Canet)	Regional Age Group & Senior LC Championships (Leinster)	
	13	S		Identified Athletes Mare Nostrum (Canet) Day 1	Regional Age Group & Senior LC Championships (Leinster)	
	14	S		Identified Athletes Mare Nostrum (Canet) Day 2	Regional Age Group & Senior LC Championships (Leinster)	
15-May	15	M		Mare Nostrum Camp (Canet)		
	16	T		Mare Nostrum Camp (Barcelona)		
	17	W		Identified Athletes Mare Nostrum (Barcelona) Day 1		
	18	TH		Identified Athletes Mare Nostrum (Barcelona) Day 2		
	19	F		Return from Barcelona	Regional Age Group & Senior LC Championships (Connacht)	
	20	S			Regional Age Group & Senior LC Championships (Connacht)	
	21	S			Regional Age Group & Senior LC Championships (Connacht)	
22-May	22	M				
	23	T				
	24	W				
	25	TH		Depart for Glasgow		Preparation Meet for Junior National Teams at Summer Benchmark International Meets
	26	F		Glasgow International Swim Meet (Glasgow) Day 1		
	27	S		Glasgow International Swim Meet (Glasgow) Day 2		
	28	S		Glasgow International Swim Meet (Glasgow) Day 3		
29-May	29	M		Return from Glasgow		
	30	T				
	31	W				
Jun-23						
	1	TH				Qualification for Irish National Summer Championships & Irish National Division 2 Meet Closes 31/5/23. Qualifying times to be from 01/01/23 and LC only for Irish National Summer Championships
	2	F				Onshore Head to Head/Stroke Camp (Limerick) Day 1
	3	S				Onshore Head to Head/Stroke Camp (Limerick) Day 2
	4	S				Onshore Head to Head/Stroke Camp (Limerick) Day 3

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05-Jun	5	M				Onshore Head to Head/Stroke Camp (Limerick) Day 4
	6	T				
	7	W				
	8	TH				
	9	F				
	10	S				
	11	S			Regional SC Swim Festival (Leinster)	
12-Jun	12	M				
	13	T				
	14	W				
	15	TH				
	16	F				
	17	S				Swim Ireland Tutor Conference (Closed Date)
	18	S				
19-Jun	19	M				
	20	T				
	21	W				
	22	TH		Identified Athletes French Open (Venue TBC) Day 1		
	23	F		Identified Athletes French Open (Venue TBC) Day 2		
	24	S		Identified Athletes French Open (Venue TBC) Day 3	Regional SC Swim Festival (Munster)	
	25	S		Identified Athletes French Open (Venue TBC) Day 4	Regional SC Swim Festival (Connacht, Ulster)	
26-Jun	26	M				
	27	T				
	28	W				
	29	TH				
	30	F				
Jul-23						
	1	S		Depart for TBC		
	2	S		Orientation (TBC)		
03-Jul	3	M		Orientation (TBC)		
	4	T		LEN European Junior Championships (TBC) Day 1		
	5	W		LEN European Junior Championships (TBC) Day 2		

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				Irish National Division 2 Competition (Limerick) Day 1		
	6	TH		LEN European Junior Championships (TBC) Day 3 Irish National Division 2 Competition (Limerick) Day 2		
	7	F		LEN European Junior Championships (TBC) Day 4 Irish National Division 2 Competition (Limerick) Day 3		
	8	S		LEN European Junior Championships (TBC) Day 5 Irish National Division 2 Competition (Limerick) Day 4		
	9	S		LEN European Junior Championships (TBC) Day 6 Irish National Division 2 Competition (Limerick) Day 5		
10-Jul	10	M		Return from TBC		
	11	T				
	12	W				
	13	TH				
	14	F				
	15	S				
	16	S		Depart for Fukuoka		
17-Jul	17	M		Orientation (Fukuoka)		
	18	T		Orientation (Fukuoka)		
	19	W		Orientation (Fukuoka)		
	20	TH		Orientation (Fukuoka)		
	21	F		Orientation (Fukuoka)		
	22	S		Orientation (Fukuoka)		
	23	S		FINA World Championships (Fukuoka) Day 1		
24-Jul	24	M		FINA World Championships (Fukuoka) Day 2		
	25	T		FINA World Championships (Fukuoka) Day 3		
	26	W		FINA World Championships (Fukuoka) Day 4 Irish Summer National Championships (Dublin) Day 1		
	27	TH		FINA World Championships (Fukuoka) Day 5 Irish Summer National Championships (Dublin) Day 2		
	28	F		FINA World Championships (Fukuoka) Day 6 Irish Summer National Championships (Dublin) Day 3 FISU World University Games (Chengdu) Day 1		FISU World University Games (Chengdu) Swimming Specific Dates TBC
	29	S		FINA World Championships (Fukuoka) Day 7 Irish Summer National Championships (Dublin) Day 4 FISU World University Games (Chengdu) Day 2		
	30	S		FINA World Championships (Fukuoka) Day 8 Irish Summer National Championships (Dublin) Day 5 FISU World University Games (Chengdu) Day 3		

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31-Jul	31	M		Return from Fukuoka FISU World University Games (Chengdu) Day 4		
Aug-23						
	1	T		FISU World University Games (Chengdu) Day 5		
	2	W		FISU World University Games (Chengdu) Day 6		
	3	TH		FISU World University Games (Chengdu) Day 7		
	4	F		FISU World University Games (Chengdu) Day 8		
	5	S		FISU World University Games (Chengdu) Day 9		
	6	S		FISU World University Games (Chengdu) Day 10		
07-Aug	7	M		FISU World University Games (Chengdu) Day 11		
	8	T		FISU World University Games (Chengdu) Day 12		
	9	W				
	10	TH				
	11	F				
	12	S				
	13	S				
14-Aug	14	M				
	15	T				
	16	W				
	17	TH				
	18	F				
	19	S				
	20	S				

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