

Swim Ireland

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2019-2020 Swimming Season Plan (Version VIII)

Jon Rudd (National Performance Director)



WEEK COMM	DATE	DAY	END OF CYCLE	INTERNATIONAL & NATIONAL PROGRAMME	PROVINCIAL/REGIONAL PROGRAMME	CAMPS & NOTES
Aug-19						
	27	T	99			
	28	W	98			
	29	TH	97			
	30	F	96			
	31	S	95			
Sep-19						
	1	S	94			
02-Sep	2	M	93			Season 2019-2020 Commences
	3	T	92			
	4	W	91			
	5	TH	90			
	6	F	89			
	7	S	88			
	8	S	87			
09-Sep	9	M	86			
	10	T	85			
	11	W	84			
	12	TH	83			
	13	F	82			
	14	S	81			Regional Squads Skills Academy Orientation Day Option 1 Regional Development Squad Orientation Day Option 1 Regional Coaching Group Coaching Day 1 Option 1
	15	S	80			Regional Squads Skills Academy Orientation Day Option 2 Regional Development Squad Orientation Day Option 2 Regional Coaching Group Coaching Day 1 Option 2
16-Sep	16	M	79			
	17	T	78			
	18	W	77			
	19	Th	76			
	20	F	75			
	21	S	74			Regional Squads Skills Academy Orientation Day Option 3 Regional Development Squad Orientation Day Option 3 Regional Coaching Group Coaching Day 1 Option 3

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2019-2020 Swimming Season Plan (Version VIII)

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	22	S	73			Regional Squads Skills Academy Orientation Day Option 4 Regional Development Squad Orientation Day Option 4 Regional Coaching Group Coaching Day 1 Option 4
23-Sep	23	M	72			
	24	T	71			
	25	W	70			
	26	TH	69			
	27	F	68			
	28	S	67			National Squad PE & PP Orientation Day (Dublin) Swim Ireland Awards Night (Dublin)
	29	S	66			
30-Sep	30	M	65			
Oct-19						
	1	T	64			
	2	W	63			
	3	TH	62			
	4	F	61			
	5	S	60		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
	6	S	59		Regional SC Development Meet Opportunity	
07-Oct	7	M	58			
	8	T	57			
	9	W	56			
	10	TH	55			
	11	F	54			
	12	S	53		Regional SC Minor Schools Meet (Venues TBC)	All Regions to run these school events on this weekend. Eligible for Irish SC Nationals Qualification
	13	S	52		Regional SC Senior Schools Meet (Venues TBC)	
14-Oct	14	M	51			
	15	T	50			
	16	W	49			
	17	TH	48			
	18	F	47		Regional SC Qualifying Meet (Venues TBC)	Regional Qualifying Meets - Window 1 of 2 (3 Days) Commences. One x 2 or 3-Day Meet in this period. Age Groups 10 years & over. Regions may merge if required. Eligible for Irish National SC Championships Qualification
	19	S	46		Regional SC Qualifying Meet (Venues TBC)	
	20	S	45	National Squad (PE) & Identified Athlete Camp (Tenerife) Day 1	Regional SC Qualifying Meet (Venues TBC)	

Swim Ireland

www.swimireland.ie

2019-2020 Swimming Season Plan (Version VIII)

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WEEK COMM	DATE	DAY	END OF CYCLE	INTERNATIONAL & NATIONAL PROGRAMME	PROVINCIAL/REGIONAL PROGRAMME	CAMPS & NOTES
21-Oct	21	M	44	National Squad (PE) & Identified Athlete Camp (Tenerife) Day 2		
	22	T	43	National Squad (PE) & Identified Athlete Camp (Tenerife) Day 3		
	23	W	42	National Squad (PE) & Identified Athlete Camp (Tenerife) Day 4		
	24	TH	41	National Squad (PE) & Identified Athlete Camp (Tenerife) Day 5		
	25	F	40	National Squad (PE) & Identified Athlete Camp (Tenerife) Day 6		
	26	S	39	National Squad (PE) & Identified Athlete Camp (Tenerife) Day 7		
	27	S	38	National Squad (PE) & Identified Athlete Camp (Tenerife) Day 8		
28-Oct	28	M	37	National Squad (PE) & Identified Athlete Camp (Tenerife) Day 9		Regional Development Squad Camp (Day 1) Option 1
	29	T	36	National Squad (PE) & Identified Athlete Camp (Tenerife) Day 10		Regional Development Squad Camp (Day 2) Option 1
	30	W	35	National Squad (PE) & Identified Athlete Camp (Tenerife) Day 11		Regional Development Squad Camp (Day 3) Option 1
	31	TH	34			Regional Development Squad Camp (Day 4) Option 1
Nov-19						
	1	F	33		Regional SC Championships (Day 1) Option 1	Option 1 of one weekend for all four Regions to run their SC Championships. 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
	2	S	32		Regional SC Championships (Day 2) Option 1	
	3	S	31		Regional SC Championships (Day 3) Option 1	
04-Nov	4	M	30			
	5	T	29			
	6	W	28			
	7	TH	27	Depart for Aberdeen		National PE Squad athletes selected for this meet not to enter the Regional SC Championships if held 1/2/3 November 2019
	8	F	26	Orientation Aberdeen		
	9	S	25	National Squad (PE) North District Open SC (Aberdeen) Day 1		Regional Development Squad Supplementary Coaching Day Option 1
	10	S	24	National Squad (PE) North District Open SC (Aberdeen) Day 2		Regional Development Squad Supplementary Coaching Day Option 2
11-Nov	11	M	23	Return from Aberdeen		
	12	T	22			
	13	W	21			
	14	TH	20			
	15	F	19		Regional SC Championships (Day 1) Option 2	Option 2 of one weekend for all four Regions to run their SC Championships. 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
	16	S	18		Regional SC Championships (Day 2) Option 2	
	17	S	17		Regional SC Championships (Day 3) Option 2	
18-Nov	18	M	16			End of qualifying period for qualification to Irish National SC Championships. Qualifying times to be SC from 01/12/19 or LC from 01/07/19

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2019-2020 Swimming Season Plan (Version VIII)

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	19	T	15			
	20	W	14			
	21	TH	13			
	22	F	12			
	23	S	11			Regional Skills Academy Coaching Day 1 Option 1
	24	S	10			Regional Skills Academy Coaching Day 1 Option 2
25-Nov	25	M	9			
	26	T	8			
	27	W	7			
	28	TH	6			
	29	F	5			
	30	S	4		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
Dec-19						
	1	S	3	Depart for Glasgow	Regional SC Development Meet Opportunity (Venues TBC)	
02-Dec	2	M	2	Orientation (Glasgow)		
	3	T	1	Orientation (Glasgow)		
	4	W	0	LEN European SC Championships (Glasgow) Day 1		
	5	TH		LEN European SC Championships (Glasgow) Day 2		
	6	F		LEN European SC Championships (Glasgow) Day 3		
	7	S		LEN European SC Championships (Glasgow) Day 4		
	8	S		LEN European SC Championships (Glasgow) Day 5	Swim Ireland Christmas Cracker Meet (Dublin)	
09-Dec	9	M	114	Depart for Dublin		
	10	T	113	National PE Squad Camp (Dublin)		
	11	W	112	National PE Squad Camp (Dublin)		
	12	TH	111	Irish National SC Championships (Dublin) 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 – timed finals
	13	F	110	Irish National SC Championships (Dublin) Day 2		
	14	S	109	Irish National SC Championships (Dublin) Day 3		
	15	S	108	Irish National SC Championships (Dublin) Day 4		
16-Dec	16	M	107			
	17	T	106			
	18	W	105			

Swim Ireland

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2019-2020 Swimming Season Plan (Version VIII)

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WEEK COMM	DATE	DAY	END OF CYCLE	INTERNATIONAL & NATIONAL PROGRAMME	PROVINCIAL/REGIONAL PROGRAMME	CAMPS & NOTES
	19	TH	104			
	20	F	103			
	21	S	102			
	22	S	101			
23-Dec	23	M	100			
	24	T	99			
	25	W	98			
	26	TH	97			
	27	F	96	National Squad PE & Identified Athlete Camp (Tenerife) Day 1		Regional Development Squad Camp (Day 1) Option 2
	28	S	95	National Squad PE & Identified Athlete Camp (Tenerife) Day 2		Regional Development Squad Camp (Day 2) Option 2 Regional Coaching Group Coaching Day 2 Option 1
	29	S	94	National Squad PE & Identified Athlete Camp (Tenerife) Day 3		Regional Development Squad Camp (Day 3) Option 2 Regional Coaching Group Coaching Day 2 Option 2
30-Dec	30	M	93	National Squad PE & Identified Athlete Camp (Tenerife) Day 4		Regional Development Squad Camp (Day 4) Option 2
	31	T	92	National Squad PE & Identified Athlete Camp (Tenerife) Day 5		
Jan-20						
	1	W	91	National Squad PE & Identified Athlete Camp (Tenerife) Day 6		
	2	TH	90	National Squad PE & Identified Athlete Camp (Tenerife) Day 7 National Squad PP Onshore Camp (Dublin) Day 1		Regional Development Squad Camp (Day 1) Option 3
	3	F	89	National Squad PE & Identified Athlete Camp (Tenerife) Day 8 National Squad PP Onshore Camp (Dublin) Day 2		Regional Development Squad Camp (Day 2) Option 3
	4	S	88	National Squad PE & Identified Athlete Camp (Tenerife) Day 9 National Squad PP Onshore Camp (Dublin) Day 3		Regional Development Squad Camp (Day 3) Option 3 Regional Coaching Group Coaching Day 2 Option 3
	5	S	87	National Squad PE & Identified Athlete Camp (Tenerife) Day 10		Regional Development Squad Camp (Day 4) Option 3 Regional Coaching Group Coaching Day 2 Option 4
06-Jan	6	M	86	National Squad PE & Identified Athlete Camp (Tenerife) Day 11		
	7	T	85	National Squad PE & Identified Athlete Camp (Tenerife) Day 12		
	8	W	84	National Squad PE & Identified Athlete Camp (Tenerife) Day 13		
	9	TH	83			
	10	F	82			
	11	S	81			Regional Skills Academy Coaching Day 2 Option 1
	12	S	80			Regional Skills Academy Coaching Day 2 Option 2
13-Jan	13	M	79			
	14	T	78			
	15	W	77			

Swim Ireland

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2019-2020 Swimming Season Plan (Version VIII)

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WEEK COMM	DATE	DAY	END OF CYCLE	INTERNATIONAL & NATIONAL PROGRAMME	PROVINCIAL/REGIONAL PROGRAMME	CAMPS & NOTES
	16	TH	76	National PP Squad Depart for Geneva		
	17	F	75	National Squad PE Depart for Antwerp Challenge International Meet (Geneva) Day 1	Gerry Ryan Invitational LC Meet (Limerick) Day 1 Bangor Open Meet (Bangor) Day 1 Leinster Open Meet (Dublin) Day 1	2018 Irish Open (Post Summer) Qualifying Meets No 1 (x 3)
	18	S	74	Flanders Cup (Antwerp) PE Squad Day 1 Challenge International Meet (Geneva) PP Squad Day 2	Gerry Ryan Invitational LC Meet (Limerick) Day 2 Bangor Open Meet (Bangor) Day 2 Leinster Open Meet (Dublin) Day 2	
	19	S	73	Flanders Cup (Antwerp) PE Squad Day 2 Challenge International Meet (Geneva) PP Squad Day 3	Gerry Ryan Invitational LC Meet (Limerick) Day 3 Bangor Open Meet (Bangor) Day 3 Leinster Open Meet (Dublin) Day 3	
20-Jan	20	M	72	National Squad PE Return from Antwerp National PP Squad Return from Geneva		
	21	T	71			
	22	W	70			
	23	TH	69			
	24	F	68			
	25	S	67		Regional SC/LC Development Meet Opportunity	Window 3 of 6 (One or Two Days). Age Groups 10 years & over
	26	S	66		Regional SC/LC Development Meet Opportunity	
27-Jan	27	M	65			
	28	T	64			
	29	W	63			
	30	TH	62			
	31	F	61			
Feb-20						Regional Qualifying Meets - Window 2 of 2 (83 Days) Commences. One or Two x 2 or 3-Day Meet/s in this period. 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) and Irish National Division 2 Competition
	1	S	60			
	2	S	59			
03-Feb	3	M	58			
	4	T	57			
	5	W	56			
	6	TH	55			
	7	F	54			
	8	S	53			Regional Development Squad Re-Test Day Option 1
	9	S	52	Irish Minor Schools (Dublin)		Regional Development Squad Re-Test Day Option 2
10-Feb	10	M	51			
	11	T	50			

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2019-2020 Swimming Season Plan (Version VIII)

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WEEK COMM	DATE	DAY	END OF CYCLE	INTERNATIONAL & NATIONAL PROGRAMME	PROVINCIAL/REGIONAL PROGRAMME	CAMPS & NOTES
	12	W	49			
	13	TH	48			
	14	F	47			
	15	S	46			Regional Development Squad Re-Test Day Option 3
	16	S	45			Regional Development Squad Re-Test Day Option 4
17-Feb	17	M	44	National Squad PP Onshore Camp (Bangor) Day 1		
	18	T	43	National Squad PP Onshore Camp (Bangor) Day 2		
	19	W	42	National Squad PP Onshore Camp (Bangor) Day 3		
	20	TH	41	National Squad PP Onshore Camp (Bangor) Day 4 McCullagh International Meet (Bangor) Day 1		2019 Irish Open (Post Summer) Qualifying Meet No 2 Evening Heats, Morning Finals
	21	F	40	McCullagh International Meet (Bangor) Day 2		
	22	S	39	McCullagh International Meet (Bangor) Day 3	Closed Weekend for Regional Qualifying Meets	
	23	S	38	McCullagh International Meet (Bangor) Day 4		
24-Feb	24	M	37			End of qualifying period for qualification to Irish National LC Championships. Qualifying times to be LC only from 01/07/19
	25	T	36			
	26	W	35			
	27	TH	34			
	28	F	33			
	29	S	32		Regional SC/LC Development Meet Opportunity	Window 4 of 6 (One or Two Days). Age Groups 10 years & over
Mar-20						
	1	S	31		Regional SC/LC Development Meet Opportunity	
02-Mar	2	M	30			
	3	T	29			
	4	W	28			
	5	TH	27			
	6	F	26	National Squad PE & Identified Athlete Preparation Meet Day 1		
	7	S	25	National Squad PE & Identified Athlete Preparation Meet Day 2		Regional Skills Academy Re-Test Option 1
	8	S	24	National Squad PE & Identified Athlete Preparation Meet Day 3		Regional Skills Academy Re-Test Option 2
09-Mar	9	M	23			
	10	T	22			
	11	W	21			

Swim Ireland

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2019-2020 Swimming Season Plan (Version VIII)

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	12	TH	20			
	13	F	19			
	14	S	18			
	15	S	17			
16-Mar	16	M	16			
	17	T	15			
	18	W	14			
	19	TH	13			
	20	F	12			
	21	S	11			Regional Skills Academy Re-Test Option 3
	22	S	10			Regional Skills Academy Re-Test Option 4
23-Mar	23	M	9			
	24	T	8			
	25	W	7			
	26	TH	6			
	27	F	5			
	28	S	4			
	29	S	3			
30-Mar	30	M	2			
	31	T	1			
Apr-20						
	1	W	0	Irish Open LC Championships (Dublin) Day 1		2020 Olympic Games, European Championships, European Junior Championships Qualifying Meet
	2	TH		Irish Open LC Championships (Dublin) Day 2		
	3	F		Irish Open LC Championships (Dublin) Day 3		
	4	S		Irish Open LC Championships (Dublin) Day 4	Closed Weekend for Regional Qualifying Meets	
	5	S		Irish Open LC Championships (Dublin) Day 5		
06-Apr	6	M	106	Junior National Team Day (Dublin)		
	7	T	105			
	8	W	104			
	9	TH	103			
	10	F	102			

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2019-2020 Swimming Season Plan (Version VIII)

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	11	S	101			
	12	S	100			
13-Apr	13	M	99			
	14	T	98			
	15	W	97			
	16	TH	96			
	17	F	95			
	18	S	94		Closed Weekend for Regional Qualifying Meets	Regional Development Squad Coaching Day 2 Option 1
	19	S	93	Irish Senior Schools Relays/Schools Interpro (Castlebar)		
20-Apr	20	M	92			Regional Qualifying Meets - Window 2 of 2 (81 Days) Finishes
	21	T	91			
	22	W	90			
	23	TH	89			
	24	F	88			
	25	S	87			Regional Development Squad Coaching Day 2 Option 2 Regional Coaching Group Coaching Day 3 Option 1
	26	S	86			Regional Development Squad Coaching Day 2 Option 3 Regional Coaching Group Coaching Day 3 Option 2
27-Apr	27	M	85			
	28	T	84			
	29	W	83			
	30	TH	82			
May-20						
	1	F	81		Regional LC Champs (Venues TBC) Day 1	Option 1 of one or two weekends for all four regions to run their Championships. Irish Summer Nationals and Irish National Division 2 Competition Qualifying Meet. Age groups 11/12 years, 13/14 years, 15/16 years, 17 years & over. 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	80		Regional LC Champs (Venues TBC) Day 2	
	3	S	79	European Championships Orientation Camp (Dublin) Day 1	Regional LC Champs (Venues TBC) Day 3	
04-May	4	M	78	European Championships Orientation Camp (Dublin) Day 2 Senior National Team Day (Dublin)	Regional LC Champs (Venues TBC) Day 4	
	5	T	77	European Championships Orientation Camp (Dublin) Day 3		
	6	W	76	European Championships Orientation Camp (Dublin) Day 4		
	7	TH	75	European Championships Orientation Camp (Dublin) Day 5		

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2019-2020 Swimming Season Plan (Version VIII)

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	8	F	74	Depart for Budapest		
	9	S	73	Orientation (Budapest)		Regional Skills Academy Coaching Day 3 Option 1
	10	S	72	Orientation (Budapest)		Regional Skills Academy Coaching Day 3 Option 2
11-May	11	M	71	LEN European Championships (Budapest) Day 1		
	12	T	70	LEN European Championships (Budapest) Day 2		
	13	W	69	LEN European Championships (Budapest) Day 3		
	14	TH	68	LEN European Championships (Budapest) Day 4		
	15	F	67	LEN European Championships (Budapest) Day 5		
	16	S	66	LEN European Championships (Budapest) Day 6	Regional SC/LC Development Meet Opportunity	Window 5 of 6 (One or Two Days). Age Groups 10 years & over
	17	S	65	LEN European Championships (Budapest) Day 7	Regional SC/LC Development Meet Opportunity	
18-May	18	M	64	Return from Budapest		
	19	T	63			
	20	W	62			
	21	TH	61			
	22	F	60		Regional LC Champs (Venues TBC) Day 1	Option 2 of one or two weekends for all four regions to run their Championships. Irish Summer Nationals and Irish National Division 2 Competition Qualifying Meet. Age groups 11/12 years, 13/14 years, 15/16 years, 17 years & over. 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)
	23	S	59		Regional LC Champs (Venues TBC) Day 2	
	24	S	58		Regional LC Champs (Venues TBC) Day 3	
25-May	25	M	57			
	26	T	56			
	27	W	55	Depart for Glasgow		
	28	TH	54	Glasgow International Meet (Glasgow) Day 1		
	29	F	53	Glasgow International Meet (Glasgow) Day 2	Regional LC Champs (Venues TBC) Day 1	Option 3 of one or two weekends for all four regions to run their Championships. Irish Summer Nationals and Irish National Division 2 Competition Qualifying Meet. Age groups 11/12 years, 13/14 years, 15/16 years, 17 years & over. 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)
	30	S	52	Glasgow International Meet (Glasgow) Day 3	Regional LC Champs (Venues TBC) Day 2	
	31	S	51	Glasgow International Meet (Glasgow) Day 4	Regional LC Champs (Venues TBC) Day 3	
Jun-20						
01-Jun	1	M	50		Regional LC Champs (Venues TBC) Day 4	
	2	T	49			
	3	W	48			
	4	TH	47			

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2019-2020 Swimming Season Plan (Version VIII)

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WEEK COMM	DATE	DAY	END OF CYCLE	INTERNATIONAL & NATIONAL PROGRAMME	PROVINCIAL/REGIONAL PROGRAMME	CAMPS & NOTES
	5	F	46			
	6	S	45			
	7	S	44	Depart for Barcelona		
08-Jun	8	M	47	Transfer Camp (Barcelona)		Qualification for Irish National Summer Championships & Irish National Div 2 Championships Closes Today.
	9	T	46	Mare Nostrum (Barcelona) Day 1		Qualifying times to be from 01/01/20 and LC only for Irish National Summer Championships
	10	W	45	Mare Nostrum (Barcelona) Day 2		
	11	TH	44	Transfer Camp (Canet)		
	12	F	43	Transfer Camp (Canet)		
	13	S	42	Mare Nostrum (Canet) Day 1	Regional SC/LC Development Meet Opportunity	Window 6 of 6 (One or Two Days). Age Groups 10 years & over Regional Skills Academy Coaching Day 4 Option 1 Regional Coaching Group Coaching Day 4 Option 1 Regional Development Squad Supplementary Coaching Day Option 1
	14	S	41	Mare Nostrum (Canet) Day 2	Regional SC/LC Development Meet Opportunity	Regional Skills Academy Coaching Day 4 Option 2 Regional Coaching Group Coaching Day 4 Option 2 Regional Development Squad Supplementary Coaching Day Option 2
15-Jun	15	M	40	Return from Canet		
	16	T	39			
	17	W	38			
	18	TH	37			
	19	F	36			
	20	S	35			Regional Skills Academy Coaching Day 4 Option 3 Regional Coaching Group Coaching Day 4 Option 3 Regional Development Squad Supplementary Coaching Day Option 3
	21	S	34			Regional Skills Academy Coaching Day 4 Option 4 Regional Coaching Group Coaching Day 4 Option 4 Regional Development Squad Supplementary Coaching Day Option 4
22-Jun	22	M	33			
	23	T	32			
	24	W	31			Regional Development Squad Depart for Scottish National C'ships
	25	TH	30			Scottish National Championships (Glasgow) Day 1
	26	F	29			Scottish National Championships (Glasgow) Day 2
	27	S	28			Scottish National Championships (Glasgow) Day 3
	28	S	27			Scottish National Championships (Glasgow) Day 4
29-Jun	29	M	26	Depart for Aberdeen		Regional Development Squad Return from Scottish National C'ships
	30	T	25	Orientation (Aberdeen)		

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2019-2020 Swimming Season Plan (Version VIII)

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WEEK COMM	DATE	DAY	END OF CYCLE	INTERNATIONAL & NATIONAL PROGRAMME	PROVINCIAL/REGIONAL PROGRAMME	CAMPS & NOTES
Jul-20						
	1	W	24	LEN European Junior Championships (Aberdeen) Day 1		
	2	TH	23	LEN European Junior Championships (Aberdeen) Day 2		
	3	F	22	LEN European Junior Championships (Aberdeen) Day 3		
	4	S	21	LEN European Junior Championships (Aberdeen) Day 4		
	5	S	20	LEN European Junior Championships (Aberdeen) Day 5		
06-Jul	6	M	19	Return from Aberdeen		
	7	T	18			
	8	W	17	Irish National Div 2 Competition (Limerick) Day 1		Age groups 11/12 years, 13 years, 14 years, 15 years, 16 years & over. Full Olympic Programme plus 50m Form Events. Finals for all Olympic events in all age groups other than 800m/1500m (Timed Finals) One final in 50m Form Events. 200m relays (male, female, mixed) in age groups 11-14 years and 15/Over as Timed Finals. SC Meet with LC & SC qualification times
	9	TH	16	Irish National Div 2 Competition (Limerick) Day 2		
	10	F	15	Irish National Div 2 Competition (Limerick) Day 3		
	11	S	14	Irish National Div 2 Competition (Limerick) Day 4 Depart for Hamamatsu		
	12	S	13	Irish National Div 2 Competition (Limerick) Day 5 OG Preparation Camp (Hamamatsu) Day 1		
13-Jul	13	M	12	OG Preparation Camp (Hamamatsu) Day 2		
	14	T	11	OG Preparation Camp (Hamamatsu) Day 3		
	15	W	10	OG Preparation Camp (Hamamatsu) Day 4		
	16	TH	9	OG Preparation Camp (Hamamatsu) Day 5		
	17	F	8	OG Preparation Camp (Hamamatsu) Day 6		
	18	S	7	OG Preparation Camp (Hamamatsu) Day 7		
	19	S	6	OG Preparation Camp (Hamamatsu) Day 8		
20-Jul	20	M	5	OG Preparation Camp (Hamamatsu) Day 9		
	21	T	4	Depart for Tokyo		
	22	W	3	Irish National Summer LC Championships (Dublin) Day 1 OG Orientation (Tokyo)		Age groups 12/13 years, 14 years, 15 years, 16 years, 17 years & over. Full Olympic Programme plus 50m Form Events. Finals for all Olympic events in all age groups other than 800m/1500m (Timed Finals). One 15&Over Final in 50m Form Events. ALL Olympic relays in age groups 12-14 years and 15 years & over as Timed Finals.
	23	TH	2	Irish National Summer LC Championships (Dublin) Day 2 OG Orientation (Tokyo)		
	24	F	1	Irish National Summer LC Championships (Dublin) Day 3 OG Orientation (Tokyo)		
	25	S	0	Irish National Summer LC Championships (Dublin) Day 4 Olympic Games (Tokyo) Day 1		
	26	S		Irish National Summer LC Championships (Dublin) Day 5 Olympic Games (Tokyo) Day 2		
27-Jul	27	M		Olympic Games (Tokyo) Day 3		
	28	T		Olympic Games (Tokyo) Day 4		

Swim Ireland

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2019-2020 Swimming Season Plan (Version VIII)

Jon Rudd (National Performance Director)



WEEK COMM	DATE	DAY	END OF CYCLE	INTERNATIONAL & NATIONAL PROGRAMME	PROVINCIAL/REGIONAL PROGRAMME	CAMPS & NOTES
	29	W		Olympic Games (Tokyo) Day 5		
	30	TH		Olympic Games (Tokyo) Day 6		
	31	F		Olympic Games (Tokyo) Day 7		
Aug-20						
	1	S		Olympic Games (Tokyo) Day 8		
	2	S		Olympic Games (Tokyo) Day 9		
03-Aug	3	M				
	4	T				
	5	W				
	6	TH				
	7	F				
	8	S				
	9	S		Olympic Closing Ceremony		
10-Aug	10	M				
	11	T				
	12	W				
	13	TH				
	14	F				
	15	S				
	16	S				
17-Aug	17	M				
	18	T				
	19	W				
	20	TH				
	21	F				
	22	S				
	23	S				

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