



# Swim Ireland

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

Jon Rudd (National Performance Director)

**\*\*\* LSC – will attend Event.**

**\*\* Eligibility of swimmer – qualification.**

WEEK	DATE	DAY	END OF CYCLE	INTERNATIONAL & NATIONAL PROGRAMME	PROVINCIAL/REGIONAL PROGRAMME	CAMPS & NOTES
	31	Th	104		UK Schools Games (Loughborough) Day 1	
Sep17						
	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			
	28	TH	76			
	29	F	75			
	30	S	74		Regional SC Development Meet Opportunity	
Oct17						Window 1 of 6 (One or Two Days). Not eligible for Irish SC Nationals Qualification. Age Groups 10 years & over
	1	S	73		Regional SC Development Meet Opportunity Venue Tipperary plus another	
02-Oct	2	M	72			
	3	T	71			
	4	W	70			
	5	TH	69			
	6	F	68		Dolphin Open Mayfield	
	7	S	67		Nenagh Invitation/ Dolphin Open	
	8	S	66		Dolphin Open	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 Mallow (for all who are eligibility)	
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 Venue UL( Up to each swimmer))	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 Venue UL( Up to each swimmer))	
23-Oct	23	M	51	Swim Cup SC (Amsterdam) Day 2		
	24	T	50			
	25	W	49			
	26	TH	48			
	27	F	47			

	28	S	46		Mallow Invitation Mallow	
	29	S	45			
31-Oct	30	M	44			
	31	T	43			
<b>Nov17</b>						
	1	W	42			
	2	TH	41			
	3	F	40		Regional SC Championships (Venues TBC) Day	Leinster, Munster & Connacht only. Ulster to run a Qualifying Meet if required. Age Groups as
	4	S	39		Regional SC Championships	

					Venues Day 2 UL	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
	5	S	38		Regional SC Championships Venues Day 3 UL(for all who are qualify)	
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		Askeaton Open Coaches will decide nearer the time	
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 Tralee/Waterford	
20-Nov	20	M	23			
	21	T	22			
	22	W	21			
	23	TH	20			
	24	F	19			
	25	S	18		Kingdom Invitation	
	26	S	17			
27-Nov	27	M	16			
	28	T	15			
	29	W	14			
	30	TH	13			
<b>Dec17</b>						
	1	F	12			
	2	S	11			
	3	S	10			
04-Dec	4	M	9		Inter club gala in ul	
	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	Swim Ireland Christmas Cracker Meet (Dublin)	Ulster Regional & Open LC Championships (Bangor) Day 2	
	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		
	14	TH		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

	15	F		LEN European SC Championships (Copenhagen) Day 3 Irish National SC Championships (Lisburn) Day 2		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
	16	S		LEN European SC Championships (Copenhagen) Day 4 Irish National SC Championships (Lisburn) Day 3		
	17	S		LEN European SC Championships (Copenhagen) Day 5 Irish National SC Championships (Lisburn) Day 4		
18-Dec	18	M	107	Return from Copenhagen		
	19	T	106			
	20	W	105			
	21	TH	104			
	22	F	103			
	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>Jan18</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 Mallow	Window 3 of 6 (One or Two Days). Age Groups 10 years & over
	14	S	80		Regional SC/LC Development Meet Opportunity Askeaton	
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	2018 Irish Open (Post Summer) Qualifying Meets No 1 (x 3) National Squad athletes do not attend
	20	S	74		Gerry Ryan Invitational LC Meet (Limerick) Day 2 Bangor Open Meet (Bangor) Day 2 Leinster Open Meet (Dublin) Day 1 TBC	
	21	S	73		Gerry Ryan Invitational LC Meet (Limerick) Day 3  For all who qualify  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>Feb18</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 UL	
	4	S	59		Regional SC/LC Qualifying Meet Venues UL	
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)		
	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	SWSC Masters	
	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)	Ennis Invitation.	
	24	S	39	National Squad PE Offshore Event Camp (Day 3)	Ennis Invitation. SWSC Invitation	Regional Squads Level 2 & 3 Skills Day

	25	S	38	National Squad PE Offshore Event Camp (Day 4)	SWSC Invitation	
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		
Mar18						
	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 Tralee plus another	Regional Squads Level 1 (Day 3)
05-Mar	5	M	30	National Squad PE Return from Edinburgh		
	6	T	29		Limerick Masters UL	
	7	W	28			
	8	TH	27			
	9	F	26		Regional SC/LC Qualifying Meet Opportunity UL	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 UL	
	11	S	24		Regional SC/LC Qualifying Meet Opportunity UL	
12-Mar	12	M	23			
	13	T	22			
	14	W	21			
	15	TH	20			

	16	F	19			
	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	Kingdom Masters	Commonwealth Games Orientation (Gold Coast)	
Apr18						
	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
	5	TH		Irish Open LC Championships (Dublin) Day 2	Commonwealth Games (Gold Coast) Day 2	
	6	F		Irish Open LC	Commonwealth Games (Gold Coast) Day	

				Championships (Dublin) Day 3	3	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
	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)
	15	S	110	Interpro Schools (Dublin)		
16-Apr	16	M	109			
	17	T	108			
	18	W	107			
	29	TH	106			
	20	F	105	Mallow Invitation		
	21	S	104	Mallow Invitation		Regional Squads Level 2 & 3 Stroke Camp

	22	S	103	<b>Tiger Sharks invitation</b>		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>May18</b>						
	1	T	94			
	2	W	93			
	3	TH	92			
	4	F	91			
	5	S	90		Regional LC Youth & Senior Champs (Venues TBC) Day 1UL	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 UL	
07-May	7	M	88		Regional LC Youth & Senior Champs (Venues TBC) Day 3 UL	
	8	T	87			
	19	W	86			
	10	TH	85			
	11	F	84			
	12	S	83		North Munster	
	13	S	82		North Munster	
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 Mallow/Thurles	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	<b>Fermoy Invitation</b>		
	27	S	68			
22-May	28	M	67			
	29	T	66			
	30	W	65			
	31	TH	64			



Jun18						
	1	F	63		Regional LC Age Group Champs (Venues TBC) Day 1 UL	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 UL	
	3	S	61		Regional LC Age Group Champs (Venues TBC) Day 3 UL	
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)	Dolphin Minnows	
	9	S	55§	Mare Nostrum (Canet) Day 1	Dolphin Minnows	Regional Squads Level 1 (Day 4)
	10	S	54	Mare Nostrum (Canet) Day 2	Dolphin Minnows	
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 Douglas/Askeaton	
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	Limerick invitation(end of season) TBT	
	24	S	40	Sette Colli (Rome) Day 3	Limerick Invitation	
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		
Jul-18						

	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	Irish National Div 2 LC Meet (Limerick) Day	
	6	F	28	Irish National Div 2 LC Meet (Limerick) Day 2	
	7	S	27	Irish National Div 2 LC Meet (Limerick) Day 3	
	8	S	26	Irish National Div 2 LC Meet (Limerick) Day 4	
09-Jul	9	M	25		
	10	T	24		
	11	W	23		
	12	TH	22		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		
	14	S	20		
	15	S	19		
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>Aug18</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		
	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 Aires) 06/10/18 – 18/10/18
<b>Sep18</b>						
	1	S				2018-2019 Season Commences

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