

# Swim Ireland

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## 2023-2024 Swimming Season Plan (Version XI)



WEEK COMM	DATE	DAY	END OF CYCLE	INTERNATIONAL & NATIONAL COMPETITIONS	REGIONAL COMPETITIONS	NATIONAL/REGIONAL PROGRAMME CAMPS OTHER & NOTES
Aug-22						
28-Aug	28	M				2023-2024 Season Commences
	29	T				
	30	W				
	31	TH				
Sep-23						
	1	F				
	2	S				
	3	S				
04-Sep	4	M				
	5	T				
	6	W				
	7	TH				
	8	F				
	9	S				
	10	S				
11-Sep	11	M				
	12	T				
	13	W				
	14	TH				
	15	F				
	16	S				
	17	S				
18-Sep	18	M				
	19	T				
	20	W				
	21	TH				
	22	F				
	23	S				
	24	S				
25-Sep	25	M				

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	26	T				
	27	W		Depart for Corfu		
	28	TH		Orientation (Corfu)		
	29	F		LEN European Junior Open Water Championships (Corfu) Day 1		
	30	S		LEN European Junior Open Water Championships (Corfu) Day 2		
Oct-23						
	1	S		LEN European Junior Open Water Championships (Corfu) Day 3		
02-Oct	2	M		Return from Corfu		
	3	T				
	4	W				
	5	TH				
	6	F		World Aquatics World Cup 1 (Berlin) Day 1		
	7	S		World Aquatics World Cup 1 (Berlin) Day 2		
	8	S		World Aquatics World Cup 1 (Berlin) Day 3		
09-Oct	9	M				
	10	T				
	11	W				
	12	TH				
	13	F		World Aquatics World Cup 2 (Athens) Day 1		
	14	S		World Aquatics World Cup 2 (Athens) Day 2		National Programme Orientation Afternoon (Virtual)
	15	S		World Aquatics World Cup 2 (Athens) Day 3		
16-Oct	16	M				
	17	T				
	18	W				
	19	TH				
	20	F		World Aquatics World Cup 3 (Budapest) Day 1		
	21	S		World Aquatics World Cup 3 (Budapest) Day 2		
	22	S		World Aquatics World Cup 3 (Budapest) Day 3		
23-Oct	23	M				
	24	T				
	25	W				

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	26	TH				
	27	F				
	28	S				
	29	S				
30-Oct	30	M				
	31	T				
Nov-23						
	1	W				
	2	TH				National Programme Orientation Camp 1 (Dublin) Day 1
	3	F				National Programme Orientation Camp 1 (Dublin) Day 2
	4	S				National Programme Orientation Camp 1 (Dublin) Day 3 Swim Ireland Awards Evening (Closed Weekend for Competitions)
	5	S				
06-Nov	6	M				
	7	T				
	8	W				
	9	TH				
	10	F				
	11	S			Swim Ulster War Memorial Relay Meet	
	12	S				
13-Nov	13	M				
	14	T				
	15	W				
	16	TH				
	17	F		BUCS Championships (25m) (Sheffield) Day 1	Regional SC Championships (Option 1)	
	18	S		BUCS Championships (25m) (Sheffield) Day 2	Regional SC Championships (Option 1)	
	19	S		BUCS Championships (25m) (Sheffield) Day 3	Regional SC Championships (Option 1)	
20-Nov	20	M				
	21	T				
	22	W				
	23	TH				

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	24	F			Regional SC Championships (Option 2)	
	25	S			Regional SC Championships (Option 2)	
	26	S			Regional SC Championships (Option 2)	Qualification for Irish National Winter Championships (25m) Closes 26/11/22
27-Nov	27	M				
	28	T				
	29	W				
	30	TH				
Dec-23						
	1	F				
	2	S				
	3	S		Depart for Bucharest		
04-Dec	4	M		Orientation (Bucharest)		
	5	T		European Aquatics Championships (25m) (Bucharest) Day 1		
	6	W		European Aquatics Championships (25m) (Bucharest) Day 2		
	7	TH		European Aquatics Championships (25m) (Bucharest) Day 3		
	8	F		European Aquatics Championships (25m) (Bucharest) Day 4		
	9	S		European Aquatics Championships (25m) (Bucharest) Day 5		
	10	S		European Aquatics Championships (25m) (Bucharest) Day 6	Christmas Cracker Competition (Dublin)	
11-Dec	11	M		Return from Bucharest		
	12	T				
	13	W				
	14	TH		Irish National Winter Championships (25m) (Dublin) Day 1		
	15	F		Irish National Winter Championships (25m) (Dublin) Day 2		
	16	S		Irish National Winter Championships (25m) (Dublin) Day 3		
	17	S				
18-Dec	18	M				
	19	T				
	20	W				
	21	TH				
	22	F				

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	23	S				
	24	S				
25-Dec	25	M				
	26	T				
	27	W				National Programme PP Camp (Bangor) Day 1
	28	TH				National Programme PP Camp (Bangor) Day 2
	29	F				National Programme PP Camp (Bangor) Day 3
	30	S				National Programme PP Camp (Bangor) Day 4
	31	S				
Jan-24						
01-Jan	1	M				
	2	T				
	3	W				
	4	TH				
	5	F				
	6	S				
	7	S				
08-Jan	8	M				
	9	T				
	10	W				
	11	TH				
	12	F				
	13	S				
	14	S			Leinster Minor Schools	
15-Jan	15	M				
	16	T				
	17	W		Depart for Antwerp		
	18	TH		Orientation (Antwerp)		
	19	F		Flanders Cup (Antwerp) Day 1	Gerry Ryan Meet (Limerick) Day 1	
	20	S		Flanders Cup (Antwerp) Day 2	Gerry Ryan Meet (Limerick) Day 2	
	21	S		Flanders Cup (Antwerp) Day 3	Gerry Ryan Meet (Limerick) Day 3	

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22-Jan	22	M		Return from Antwerp		
	23	T				
	24	W				
	25	TH				
	26	F			Leinster Open Meet (Dublin) Day 1	
	27	S			Leinster Open Meet (Dublin) Day 2 Ulster Open Meet (Bangor) Day 1	
	28	S			Leinster Open Meet (Dublin) Day 3 Ulster Open Meet (Bangor) Day 2	
29-Jan	29	M				
	30	T				
	31	W				
Feb-24						
	1	TH				
	2	F				
	3	S			Regional Minor/Primary Schools Championships	
	4	S			Regional Senior/Secondary Schools Championships	
05-Feb	5	M				
	6	T		Depart for World Championships		
	7	W		Orientation (Doha)		
	8	TH		Orientation (Doha)		
	9	F		Orientation (Doha)		
	10	S		Orientation (Doha)		
	11	S		World Aquatics Swimming Championships (Doha) Day 1		
12-Feb	12	M		World Aquatics Swimming Championships (Doha) Day 2		
	13	T		World Aquatics Swimming Championships (Doha) Day 3		
	14	W		World Aquatics Swimming Championships (Doha) Day 4		
	15	TH		World Aquatics Swimming Championships (Doha) Day 5		
	16	F		World Aquatics Swimming Championships (Doha) Day 6		
	17	S		World Aquatics Swimming Championships (Doha) Day 7		
	18	S		World Aquatics Swimming Championships (Doha) Day 8		
19-Feb	19	M		Return from Doha		

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	20	T				
	21	W				
	22	TH				
	23	F		BUCS Championships (50m) (Sheffield) Day 1		
	24	S		BUCS Championships (50m) (Sheffield) Day 2		
	25	S		BUCS Championships (50m) (Sheffield) Day 3		
26-Feb	26	M				
	27	T				
	28	W				
	29	TH				
Mar-24						
	1	F				
	2	S				
	3	S				
04-Mar	4	M				
	5	T				
	6	W				
	7	TH		Depart for Edinburgh		
	8	F		Edinburgh International Swim Meet (Edinburgh) Day 1		
	9	S		Edinburgh International Swim Meet (Edinburgh) Day 2		
	10	S		Edinburgh International Swim Meet (Edinburgh) Day 3		
11-Mar	11	M		Return for Edinburgh		Qualification for McCullagh International Closes 11/03/23
	12	T				
	13	W				
	14	TH				
	15	F				
	16	S				
	17	S				
18-Mar	18	M				
	19	T				
	20	W				

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	21	TH				
	22	F				
	23	S		Irish Senior/Secondary Schools Relays/Schools Interpro (Dublin)		
	24	S		Irish Minor/Primary Schools (Dublin)		
25-Mar	25	M				
	26	T				
	27	W				
	28	TH				
E	29	F				
E	30	S				
E	31	S				
Apr-24						
01-Apr	1	M				
	2	T				
	3	W				
	4	TH				
	5	F				
	6	S				
	7	S				
08-Apr	8	M				
	9	T				
	10	W		Open Training Day (Bangor)		
	11	TH		McCullagh International (Bangor) Day 1		Trials for 2024 Summer Benchmark International Teams Other Than Olympic Games
	12	F		McCullagh International (Bangor) Day 2		
	13	S		McCullagh International (Bangor) Day 3		
	14	S		McCullagh International (Bangor) Day 4		
15-Apr	15	M				Qualification for Irish Open Championships closes 14/04/24. Qualifying times to be from 01/07/23
	16	T				
	17	W				
	18	TH				



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	19	F				
	20	S				
	21	S				
22-Apr	22	M				
	23	T				Swim Ireland AGM
	24	W				
	25	TH				
	26	F			Regional Age Group & Senior LC Championships (Option 1)	
	27	S			Regional Age Group & Senior LC Championships (Option 1)	
	28	S			Regional Age Group & Senior LC Championships (Option 1)	
29-Apr	29	M				
	30	T				
May-24						
	1	W				
	2	TH				
	3	F			Regional Age Group & Senior LC Championships (Option 2)	
	4	S			Regional Age Group & Senior LC Championships (Option 2)	
	5	S			Regional Age Group & Senior LC Championships (Option 2)	
06-May	6	M				
	7	T				
	8	W				
	9	TH				
	10	F			Regional Age Group & Senior LC Championships (Option 3)	
	11	S			Regional Age Group & Senior LC Championships (Option 3)	
	12	S			Regional Age Group & Senior LC Championships (Option 3)	
13-May	13	M				Estimated Commencement GCSE & A Level Examinations
	14	T				
	15	W				
	16	TH				
	17	F				

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	18	S				
	19	S				
20-May	20	M				
	21	T				
	22	W		Irish Open Championships/Olympic Trials (50m) (Dublin) Day 1		
	23	TH		Irish Open Championships/Olympic Trials (50m) (Dublin) Day 2		
	24	F		Irish Open Championships/Olympic Trials (50m) (Dublin) Day 3		
	25	S		Irish Open Championships/Olympic Trials (50m) (Dublin) Day 4		
	26	S		Irish Open Championships/Olympic Trials (50m) (Dublin) Day 5		
27-May	27	M				Qualification for Irish Summer National Age Group Championships and Irish Summer National Youth & Senior Championships closes 27/05/24. Qualifying times to be from 01/01/24 and LC only for Irish Summer National Youth & Senior Championships
	28	T				
	29	W		Mare Nostrum (Barcelona) Day 1		
	30	TH		Mare Nostrum (Barcelona) Day 2		
	31	F				
Jun-24						
	1	S		Mare Nostrum (Monaco) Day 1		
	2	S		Mare Nostrum (Monaco) Day 2		
03-Jun	3	M				
	4	T				
	5	W				Commencement of Junior & Leaving Cert Examinations
	6	TH				
	7	F				
	8	S				
	9	S				
10-Jun	10	M				
	11	T				
	12	W				
	13	TH				
	14	F				

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	15	S		Depart for Belgrade		
	16	S		Orientation (Belgrade)		
17-Jun	17	M		European Aquatics Championships 50m (Belgrade) Day 1		
	18	T		European Aquatics Championships 50m (Belgrade) Day 2		
	19	W		European Aquatics Championships 50m (Belgrade) Day 3		
	20	TH		European Aquatics Championships 50m (Belgrade) Day 4		
	21	F		Sette Colli (Rome) Day 1 European Aquatics Championships 50m (Belgrade) Day 5		
	22	S		Sette Colli (Rome) Day 2 European Aquatics Championships 50m (Belgrade) Day 6		
	23	S		Sette Colli (Rome) Day 3 European Aquatics Championships 50m (Belgrade) Day 7		Olympic Games IOC Closing Date for Qualification
24-Jun	24	M		Return from Belgrade		
	25	T				
	26	W				
	27	TH				
	28	F				
	29	S		Depart for Vilnius		
	30	S		Orientation (Vilnius)		
Jul-24						
01-Jul	1	M		Orientation (Vilnius)		
	2	T		European Aquatics Junior Championships (Vilnius) Day 1		
	3	W		European Aquatics Junior Championships (Vilnius) Day 2		
	4	TH		European Aquatics Junior Championships (Vilnius) Day 3		
	5	F		European Aquatics Junior Championships (Vilnius) Day 4		
	6	S		European Aquatics Junior Championships (Vilnius) Day 5		
	7	S		European Aquatics Junior Championships (Vilnius) Day 6		
08-Jul	8	M		Return from Vilnius		
	9	T				
	10	W		Olympic Holding Camp (Long Haul Athletes) (Dublin) Day 1		
	11	TH		Olympic Holding Camp (Long Haul Athletes) (Dublin) Day 2 Irish Summer National Age Group Champs (Limerick) Day 1		
	12	F		Olympic Holding Camp (Long Haul Athletes) (Dublin) Day 3 Irish Summer National Age Group Champs (Limerick) Day 2		

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				European Aquatics Junior Open Water Championships (Vienna) Day 1		
	13	S		Olympic Holding Camp (Long Haul Athletes) (Dublin) Day 4 Irish Summer National Age Group Champs (Limerick) Day 3 European Aquatics Junior Open Water Championships (Vienna) Day 2		
	14	S		Olympic Holding Camp (Long Haul Athletes) (Dublin) Day 5 Irish Summer National Age Group Champs (Limerick) Day 4 European Aquatics Junior Open Water Championships (Vienna) Day 3		
15-Jul	15	M		Olympic Holding Camp (Long Haul Athletes) (Dublin) Day 6		
	16	T		Olympic Holding Camp (Long Haul Athletes) (Dublin) Day 7		
	17	W		Olympic Holding Camp (Full Team) (Dublin) Day 8		
	18	TH		Olympic Holding Camp (Full Team) (Dublin) Day 9		
	19	F		Olympic Holding Camp (Full Team) (Dublin) Day 10		
	20	S		Olympic Holding Camp (Full Team) (Dublin) Day 11		Olympic Training Pools Open for Training in Paris
	21	S		Olympic Holding Camp (Full Team) (Dublin) Day 12		
22-Jul	22	M		Olympic Holding Camp (Full Team) (Dublin) Day 13		
	23	T		Olympic Departure to Paris Irish Summer National Youth & Senior Champs (Dublin) Day 1		Olympic Racing Pool Open for Training in Paris
	24	W		Orientation (Paris) Irish Summer National Youth & Senior Champs (Dublin) Day 2		
	25	TH		Orientation (Paris) Irish Summer National Youth & Senior Champs (Dublin) Day 3		
	26	F		Orientation (Paris) Irish Summer National Youth & Senior Champs (Dublin) Day 4		
	27	S		Olympic Games (Paris) Day 1 Irish Summer National Youth & Senior Champs (Dublin) Day 5		
	28	S		Olympic Games (Paris) Day 2 Irish National Open Water Championships (Venue TBC)		
29-Jul	29	M		Olympic Games (Paris) Day 3		
	30	T		Olympic Games (Paris) Day 4		
	31	W		Olympic Games (Paris) Day 5		
Aug-24						
	1	TH		Olympic Games (Paris) Day 6		
	2	F		Olympic Games (Paris) Day 7		
	3	S		Olympic Games (Paris) Day 8		
	4	S		Olympic Games (Paris) Day 9		
05-Aug	5	M				

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	6	T				
	7	W				
	8	TH				
	9	F				
	10	S				
	11	S				Olympic Games Closing Ceremony
12-Aug	12	M				
	13	T				
	14	W				
	15	TH				
	16	F				
	17	S				
	18	S				
19-Aug	19	M				
	20	T				
	21	W				
	22	TH				
	23	F				
	24	S				
	25	S				
26-Aug	26	M				
	27	T				
	28	W				
	29	TH				
	30	F				
	31	S				

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