

2009/2010 competition Calendar

Below is the preliminary 2009/2010 season competition calendar. The calendar should be read as follows:

Black: High Level Meet for performance Swimmers. Difficult Entry criteria.

Blue: Intermediate Meet, for anyone who is unable to attend performance meets. These meets will still have entry criteria such as qualifying times.

Red: Development Meets for people new to competition, or swimmers who require times in specific events. These have limited entry criteria.

Bold Meets: Meets that the head coach plans to attend.

Underlined: Meets that training cycles will be aimed at.

September	South West Wales Regional Camp	11 th /12 th
October	Llanelli Sprint South West Wales Skills Camp Avalon Open at Millfield (L3) OR Swansea early season meet (L1) Swansea Development Meet (L3/4) Speedo League	3rd 23 rd /24 th 24th/25th 17 th /18 th 17th /18th 10th
November	<u>Welsh winter nationals (L1)</u> OR Welsh Captial Open (L2) Speedo League Urdd premlims Welsh school Prelims	20th/21st/22nd 27th/28th/29th 14th TBC TBC
December	Sub regional meet (L3/4) Speedo League South West Wales Skills Camp	5th/6th 12th 18 th /19 th
January	Dragon meet (L1) Welsh schools Urdd nationals Club Winter Champs	8th/9th/10th TBC TBC TBC
Feburary	<u>West Wales weekend 1</u> <u>West Wales weekend 2</u> South West Wales regional camp	6th/7th 13th/14th 15 th to 22 nd
March	Llanelli Open	13th/14th
April	<u>Welsh age group and youth championships (L1)</u> OR Tiger Bay Open meet (L3) Speedo League Grand Final	2nd/3rd/4th 10th/11th 24 th

May	South West Wales Skills Camp Swansea Valley Junior Open Meet Swim Swansea long course open (L1) OR Pembrokshire whitsun weekender	7 th to 9 th 8th 15th/16th 22 nd /23 rd
June	Regional Development meet (L4) Club Champs	5th TBC
July	<u>Welsh Nationals</u> <u>British Nationals</u>	23rd/24th/25th/26th 28th/29th/30th/31st