SNATIONAL PERFORMANCE SQUAD

Cycle 1 Competition Programme

MEETS DURING THIS PERIOD ARE SKILL FOCUSED AND WILL NOT BE USED TO QUALIFY FOR WINTER NATIONALS OR BRITISH CHAMPS. QUALIFYING FOR THESE EVENTS MUST HAVE BEEN ACHIEVED AT THE END OF THE PREVIOUS SEASON

Competition	Dates	Entries	Details
Swim England South East Regionals	**Start:** 2nd November **Finish:** 3rd November	Full programme: Skills process Meet	Enter varied events with the aim of improving on current times through improved skill level. **This is not a qualifier for Winter Nationals**
BUCS Short Course	**Start:** 8th November **Finish:** 10th November	Qualifiers only	University of Surrey Swimmers only
Guildford Level 2 Open Meet	**Start:** 16th November **Finish:** 17th November	Full Programme: Skills & process Meet	Enter varied events with the aim of improving on current times through improved skill level. **This is not a qualifier for Winter Nationals**
Swim England Winter Nationals	**Start:** 5th December **Finish:** 8th December	Target Meet	Enter key events
Hillingdon Level 2 Open Meet	**Start:** 21st December **Finish:** 22nd December	Target Meet	Enter key events
Arena League	**Round 1:** 12th October **Round 2:** 9th November **Round 3:** 14th December	On Selection	Ensure you are available for all three rounds

NATIONAL PERFORMANCE SQUAD

Cycle 2 Competition Programme

INDIVIDUAL PROGRAMMES TO BE DISCUSSED WITH SQUAD COACHES

REPRESENTING YOUR CLUB IN RELAYS IS A PRIORITY

Competition	Dates	Entries	Details
Surrey Championships	**Start:** 25th January **Finish:** 26th January	Enter varied programme	To get back into long course racing after the short course season. No need to enter a full programme but worth swimming key events to practice long course. University of Surrey only do 1 weekend. This is a process focussed meet.
Surrey Championships	**Start:** 8th February **Finish:** 9th February	Enter varied programme	
BUCS	Start: 15th February **Finish:** 16th February	BUCS Long Course	University of Surrey only
Surrey Championships	**Start:** 29th February **Finish:** 1st March	Enter varied programme	Do not enter the 50m Events GCSC & University of Surrey Relays
National Arena League Final	**Start:** 7th March **Finish:** 8th March	On Selection	If selected then attending is mandatory for all High Performance Swimmers
Wycombe District Level 1 Open Meet	**Start:** 13th March **Finish:** 15th March	Varied Programme	First window process meet
BUCS	**Start:** 21st March **Finish:** 22d March	Team Championships	University of Surrey only
Guildford City Level 1 Open Meet	**Start:** 3rd April **Finish:** 5th April	Key events	Target meet for those not attending champs Pre-taper target meet for those attending champs
Portsmouth Level 1 Open	**Start:** 9th April **Finish:** 9th April	1500m & 800m	Distance session Only! DO NOT ENTER INDIVIDUAL EVENTS
Olympic Trials	**Start:** 14th April **Finish:** 19th April	Key Events	Target meet
ASA SER Youth Championships	**Start:** TBC **Finish:** TBC	Key Events	Final Target Meet with **Relays a priority**

NATIONAL PERFORMANCE SQUAD

Cycle 3 Competition Programme

- HILLINGDON LEVEL 2 JUNE MEET TO BE USED AS A QUALIFIER FOR SHORT COURSE NATIONAL CHAMPIONSHIPS 2020
- BRITISH/ENGLISH SUMMER NATIONALS ARE A LAST CHANCE QUALIFIER FOR BRITISH CHAMPIONSHIPS 2021

Competition	Dates	Entries	Details
Hillingdon Level 2 Open Meet	**Start:** 13th June **Finish:** 14th June	National Qualified Events	LAST CHANCE Qualifying for Winter Short Course Nationals & Nationals Prep
British Summer Nationals	**Start:** 21st July **Finish:** 26th July	Qualified Events	Qualified Events plus relay selection
English Summer Nationals	**Start:** 28th July **Finish:** 2nd August	Qualified Events	Qualified Events

- IT IS AN EXPECTATION THAT HIGH PERFORMANCE SWIMMERS ENTER AND ATTEND ALL MEETS SPECIFIED. ENTERING OF ANY MEETS OUTSIDE OF THIS SPECIFIC PROGRAMME SHOULD ONLY BE MADE AT THE DISCRETION OF THE SQUAD COACH
- CLUB KIT MUST BE WARM WHEN REPRESENTING GUILDFORD CITY SWIMMING CLUB
- ALWAYS OBSERVE THE CLUBS VISION
    - Compete with 100% commitment to the event
    - Take pride in each performance
    - Support your team mates!
- PLAN OUT EXAMS AND REVISION TO ALLOW YOU TO SWIM WELL
- AT ANY MEET YOU ATTEND IT IS MANDATORY THAT IF YOU QUALIFY FOR A FINAL THEN YOU SWIM IT!
- SELECTION FOR RELAYS IS A PRIVILEDGE AND SHOULD BE TREATED AS SUCH IF SELECTED