

REGIONAL 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 |
|------------------------------------|--|--|--|
| MK Junior League | Round 1: 14 th September 2019 | On Selection | Ensure you are available for all three rounds |
| Hart Distance Meet | Start: 19 th October Finish: 20 th October | Distance Events | Discuss with Lead Coach |
| Swim England South East Regionals | Start: 2 nd November Finish: 3 rd 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 |
| National Arena Junior League South | Start: TBC Finish: TBC | On Selection | On Selection |
| Level 4 Internal Time Trial | Start: 28 th October Finish: 1 st November | 800m & 1500m | Reverse distance and regular distance time trials for swimmers without times |
| Guildford Level 2 Open Meet | Start: 16 th November Finish: 17 th 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 |
| National Arena Junior League Final | Start: 24 th November Finish: 24 th November | On Selection | On Selection |
| Guildford Level 3 Open Meet | Start: 30 th November Finish: 1 st December | Non-traditional events | Use this meet to update times of events not commonly raced. |
| Swim England Winter Nationals | Start: 5 th December Finish: 8 th December | Target Meet | Enter key events |
| Hillingdon Level 2 Open Meet | Start: 21 st December Finish: 22 nd December | Target Meet | Enter key events |
| National Arena League | Round 1: 12 th October Round 2: 9 th November | On Selection | Ensure you are available for all three rounds |

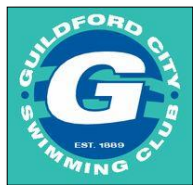


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| | Round 3: 14th December | | |
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REGIONAL SQUAD
Cycle 2 Competition Programme

INDIVIDUAL PROGRAMMES TO BE DISCUSSED WITH SQUAD COACHES
REPRESENTING YOUR CLUB IN RELAYS IS A PRIORITY

| Competition | Dates | Entries | Details |
|------------------------------------|---|------------------------|--|
| Surrey Championships | Start: 25 th January Finish: 26 th 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: 8 th February Finish: 9 th February | Enter varied programme | |
| Surrey Championships | Start: 29 th February Finish: 1 st March | Enter varied programme | Do not enter the 50m Events GCSC & University of Surrey Relays |
| National Arena League Final | Start: 7 th March Finish: 8 th March | On Selection | If selected then attending is mandatory for all High Performance Swimmers |
| Wycombe District Level 1 Open Meet | Start: 13 th March Finish: 15 th March | Varied Programme | First window process meet |
| Guildford City Level 1 Open Meet | Start: 3 rd April Finish: 5 th April | Key events | Target meet for those not attending champs Pre-taper target meet for those attending champs |
| Portsmouth Level 1 Open | Start: 9 th April Finish: 9 th April | 1500m & 800m | Distance session Only! DO NOT ENTER INDIVIDUAL EVENTS |
| Olympic Trials | Start: 14 th April Finish: 19 th April | Key Events | Target meet |
| Swim England SER Youth Champs | Start: TBC Finish: TBC | Key Events | Final Target Meet with <u>Relays a priority</u> |
| Swim England SER Age Group Champs | Start: TBC Finish: TBC | Key Events | Final Target Meet |



REGIONAL 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: 13 th June Finish: 14 th June | National Qualified Events | LAST CHANCE Qualifying for Winter Short Course Nationals & Nationals Prep |
| British Summer Nationals | Start: 21 st July Finish: 26 th July | Qualified Events | Qualified Events plus relay selection |
| English Summer Nationals | Start: 28 th July Finish: 2 nd August | Qualified Events | Qualified Events |
| MK Junior League | Round 2: 6 th June 2020 Round 3: 4 th July 2020 | On Selection | Ensure you are available for all three rounds |

- 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 PRIVILEGE AND SHOULD BE TREATED AS SUCH IF SELECTED