

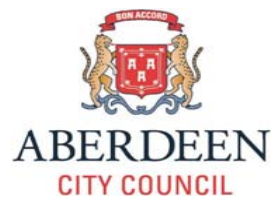
CITY OF ABERDEEN SWIM TEAM COMPETITION CALENDAR 2009-10



SEPTEMBER 2009

SQUAD	WEEK 36 Mon 31 Sun 06	WEEK 37 Mon 07 Sun 13	WEEK 38 Mon 14 Sun 20	WEEK 39 Mon 21 Sun 27	WEEK 40 Mon 28 Sun 04 Oct
Performance					ND Sprint Champs – 3rd Inverness
Youth Potential	Cults Bibby Meet – Northfield (6 th)				ND Sprint Champs – 3rd Inverness
Junior Potential	Cults Bibby Meet – Northfield (6 th)				ND Sprint Champs – 3rd Inverness
Local Club					
District , National & International				District Regional Programme 26 – 27 th	

- Coast Squad Programme starts on Monday 17th August 2009
 - School Term starts on Tuesday 18th August 2009
- Swimmers MUST consult with their squad coach well in advance regarding any other swim meets not listed eg. Schools events, selection meets etc
- Swimmers MUST follow their squad competition programme - failure to do so may result in losing your place in the squad



CITY OF ABERDEEN SWIM TEAM COMPETITION CALENDAR 2009-10



OCTOBER 2009

SQUAD	WEEK 41 Mon 05 Sun 11	WEEK 42 Mon 12 Sun 18	WEEK 43 Mon 19 Sun 25	WEEK 44 Mon 26 Sun 1 Nov
Performance				Dundee City Aquatics 100/200 (31-01)
Youth Potential				Dundee City Aquatics 100/200 (31-01)
Junior Potential				Dundee City Aquatics 100/200 (31-01)
Local Club				
District , National & International		Inter-Counties ND Squad 17 – 18 th	District Regional Programme 24 – 25 th	ND District Distance Meet Banff 31 – 01 st

- School Holidays run from Mon 13th – Fri 24th October 2009

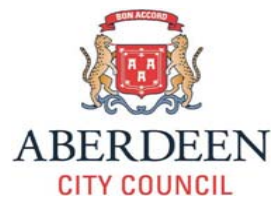


CITY OF ABERDEEN SWIM TEAM COMPETITION CALENDAR 2009-10



NOVEMBER 2009

SQUAD	WEEK 45 Mon 02 Sun 08	WEEK 46 Mon 09 Sun 15	WEEK 47 Mon 16 Sun 22	WEEK 48 Mon 23 Sun 29
Performance	Mitchell Trophy – Inverness (7-8)			
Youth Potential	Mitchell Trophy – Inverness (7-8)			
Junior Potential	Mitchell Trophy – Inverness (7-8)			
Local Club				
District , National & International				



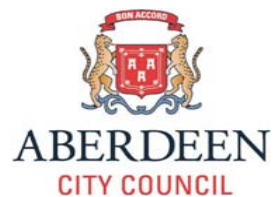
CITY OF ABERDEEN SWIM TEAM COMPETITION CALENDAR 2009-10



DECEMBER 2009

SQUAD	WEEK 49 Mon 30 Sun 06	WEEK 50 Mon 07 Sun 13	WEEK 51 Mon 14 Sun 20	WEEK 52 Mon 21 Sun 27
Performance	Sheffield Snow Frills – Sheffield (5-6)			
Youth Potential	Sheffield Snow Frills – Sheffield (5-6) North District Age Group Meet – Inverness (5-6)			
Junior Potential	North District Age Group Meet – Inverness (5-6)			
Local Club				
District , National & International		European SC Champs – (10-13) Istanbul DRP 12-13 th		

- School Holidays run from Mon 22nd Dec – Fri 2nd January 2010



CITY OF ABERDEEN SWIM TEAM COMPETITION CALENDAR 2009-10



JANUARY 2010

SQUAD	WEEK 01 Mon 28 Sun 03	WEEK 02 Mon 04 Sun 10	WEEK 03 Mon 11 Sun 17	WEEK 04 Mon 18 Sun 24	WEEK 05 Mon 25 Sun 31
Performance			SASA SC Champs – Tollcross (15-17)		
Youth Potential		SAS Junior Meet – Westhill (9-10)	SASA SC Champs – Tollcross (15-17)		
Junior Potential		SAS Junior Meet – Westhill (9-10)	SASA SC Champs – Tollcross (15-17)		
Local Club					
District , National & International					Scottish Schools – Tollcross (30)

- Term starts Mon 5th January 2010



CITY OF ABERDEEN SWIM TEAM COMPETITION CALENDAR 2009-10



FEBRUARY 2010

SQUAD	WEEK 06 Sun 01 Sat 07	WEEK 07 Sun 08 Sat 14	WEEK 08 Sun 15 Sat 21	WEEK 09 Sun 22 Sat 28
Performance			Elgin Meet (Buckie) 20-21	
Youth Potential			Elgin Meet (Buckie) 20-21	
Junior Potential			Elgin Meet (Buckie) 20-21	
Local Club				
District , National & International				

- Swimmers MUST follow their squad competition programme - failure to do so may result in losing your place in the squad
 - If the Edinburgh International meet goes ahead (in Glasgow) this will take precedence over Elgin



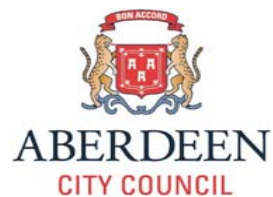
CITY OF ABERDEEN SWIM TEAM COMPETITION CALENDAR 2009-10



MARCH 2010

SQUAD	WEEK 10 Mon 01 Sun 07	WEEK 11 Mon 08 Sun 14	WEEK 12 Mon 15 Sun 21	WEEK 13 Mon 22 Sun 28
Performance	North District Age Group Champs – Inverness (6-7)			
Youth Potential	North District Age Group Champs – Inverness (6-7)			
Junior Potential	North District Age Group Champs – Inverness (6-7)			
Local Club				
District , National & International				

- School Estimate exams approximately ...



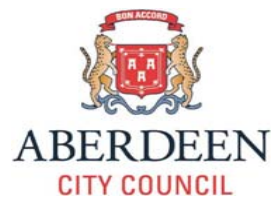
CITY OF ABERDEEN SWIM TEAM COMPETITION CALENDAR 2009-10



APRIL 2010

SQUAD	WEEK 14 Mon 29 Sun 04	WEEK 15 Mon 05 Sun 11	WEEK 16 Mon 12 Sun 18	WEEK 17 Mon 19 Sun 25
Performance		SASA Age Group Champs – Tollcross (8-11)		
Youth Potential		SASA Age Group Champs – Tollcross (8-11)		
Junior Potential		SASA Age Group Champs – Tollcross (8-11)		
Local Club				
District , National & International	British LC Champs (29-3Apr) Tbc		National Youth Education Day and stroke camps (17-18)	NSA Stroke Camp (24-25)

- School Holidays run from Mon 6th – Fri 17th April 2010
- Easter Dates are 10th April Good Friday & 12th April Easter Sunday



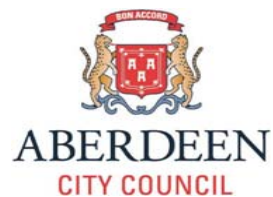
CITY OF ABERDEEN SWIM TEAM COMPETITION CALENDAR 2009-10



MAY 2010

SQUAD	WEEK 18 Mon 26 Sun 02	WEEK 19 Mon 03 Sun 09	WEEK 20 Mon 10 Sun 16	WEEK 21 Mon 17 Sun 23	WEEK 22 Mon 24 Sun 30
Performance		Westhill Invitational – Westhill (8-9)			Sunderland Open (???) North District Open – Westhill (30-31)
Youth Potential		Westhill Invitational – Westhill (8-9)			Sunderland Open (???) North District Open – Westhill (30-31)
Junior Potential					Sunderland Open (???) North District Open – Westhill (30-31)
Local Club					
District , National & International			National Youth Development Squad(22-23)		British Open LC – TBD (29-31)

- May Day Holiday 4th



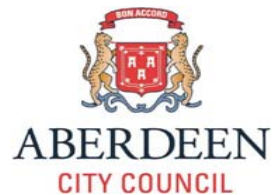
CITY OF ABERDEEN SWIM TEAM COMPETITION CALENDAR 2009-10



JUNE 2010

SQUAD	WEEK 23		WEEK 24		WEEK 25		WEEK 26	
	Mon 31	Sun 06	Mon 07	Sun 13	Mon 14	Sun 20	Mon 21	Sun 27
Performance	North District Open – Westhill (30-31)						SASA Open Champs & Youth – Tollcross (22-27)	
Youth Potential	North District Open – Westhill (30-31)				North District Development – Banff (19)		SASA Open Champs & Youth – Tollcross (22-27)	
Junior Potential					North District Development – Banff (19)		SASA Open Champs & Youth – Tollcross (22-27)	
Local Club								
District , National & International								

- Provisional dates for Highers and Standard Grades are: ... May to ... June



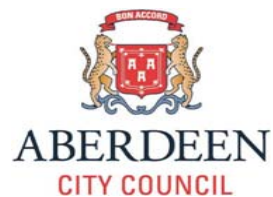
CITY OF ABERDEEN SWIM TEAM COMPETITION CALENDAR 2009-10



JULY 2010

SQUAD	WEEK 27 Mon 28 Sun 04	WEEK 28 Mon 05 Sun 11	WEEK 29 Mon 12 Sun 18	WEEK 30 Mon 19 Sun 25
Performance				
Youth Potential				
Junior Potential				
Local Club				
District , National & International		British Open (8-10) Tbc	EU Junior Champs – Helsinki (14-18)	

- School Holidays run from Mon 6th July 2010
- Swimmers will be advised which National Competitions to enter and when to take their annual holiday

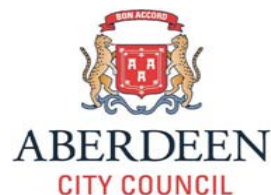


CITY OF ABERDEEN SWIM TEAM COMPETITION CALENDAR 2009-10



AUGUST 2010

SQUAD	WEEK 31 Mon 26 Sun 01	WEEK 32 Mon 02 Sun 08	WEEK 33 Mon 09 Sun 15	WEEK 34 Mon 16 Sun 22	WEEK 35 Mon 23 Sun 29
Performance	ASA National Age Group Champs – Sheffield (22-26)	ASA National Youth/Senior Champs – Sheffield (3-7)			
Youth Potential	ASA National Age Group Champs – Sheffield (22-26)	ASA National Youth/Senior Champs – Sheffield (3-7)			
Junior Potential	ASA National Age Group Champs – Sheffield (22-26)				
Local Club					
District , National & International			EU LC Champs (9-15) Budapest	ASA National Champs (18-21) Tbc	



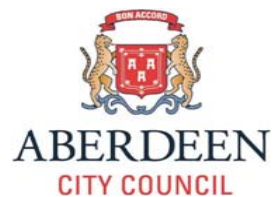
CITY OF ABERDEEN SWIM TEAM COMPETITION CALENDAR 2009-10



SEPTEMBER 2010

SQUAD	WEEK 36 Mon 30 Sun 05	WEEK 37 Mon 06 Sun 12	WEEK 38 Mon 13 Sun 19	WEEK 39 Mon 20 Sun 26	WEEK 40 Mon 27 Sun 03 Oct
Performance					ND Sprint Champs – ??? Inverness
Youth Potential	Cults Bibby Meet – Northfield (5 th)				ND Sprint Champs – ??? Inverness
Junior Potential	Cults Bibby Meet – Northfield (5 th)				ND Sprint Champs – ??? Inverness
Local Club					
District , National & International				District Regional Programme ???	

- Coast Squad Programme starts on ... August 2010
 - School Term starts on ... August 2010
- Swimmers MUST consult with their squad coach well in advance regarding any other swim meets not listed eg. Schools events, selection meets etc
 - Swimmers MUST follow their squad competition programme - failure to do so may result in losing your place in the squad



CITY OF ABERDEEN SWIM TEAM COMPETITION CALENDAR 2009-10



OCTOBER 2010

SQUAD	WEEK 41 Mon 04 Sun 10	WEEK 42 Mon 11 Sun 17	WEEK 43 Mon 18 Sun 24	WEEK 44 Mon 25 Sun 31
Performance				Dundee City Aquatics 100/200 (???)
Youth Potential				Dundee City Aquatics 100/200 (???)
Junior Potential				Dundee City Aquatics 100/200 (???)
Local Club				
District , National & International	Commonwealth Games (4-9) New Delhi	Inter-Counties ND Squad (16-17)	District Regional Programme ???	ND District Distance Meet (???) Banff

- School Holidays run from ... October 2010