

BRITISH SWIMMING QUADRENNIAL PLAN YEAR 2009

Note dates shown are week ending

RED = Open Water Events

SEPTEMBER 09		National Squad	Junior / Youth & World Class Development
5/6	1	<p>Travel 3rd Sept LEN cup final Turkey 5th & 6th Return travel 7th</p> <p>Travel 3rd Sept FINA marathon New York 5th & 6th Return travel 7th</p>	Development Training Camp 2 nd -7 th , Crystal Palace
12/13	2	<p>Travel 3rd Sept LEN cup final Turkey 5th & 6th Return travel 7th</p> <p>Travel 3rd Sept FINA marathon New York 5th & 6th Return travel 7th</p>	Development Training Camp 2 nd -7 th , Crystal Palace
19/20	3		
26/27	4		
OCTOBER 09		National Squad	Junior / Youth & World Class Development
3/4	5	1 st – 4 th October, Relay camp, venue Colonia Sant Jordi Mallorca	
10/11	6		
17/18	7	<p>Travel 14th Oct OWS Dubai, UAE, FINA World Cup 10K, 17th October OWS Sharjah, UAE, FINA World Cup 10K, 21st October Return 22nd Oct</p> <p>FINA World Cup Durban (RSA) 17/18 Oct</p> <p>Attendance at World Cups for World Class Programme athletes by application</p>	
24/25	8	<p>Travel 14th Oct OWS Dubai, UAE, FINA World Cup 10K, 17th October OWS Sharjah, UAE, FINA World Cup 10K, 21st October Return 22nd Oct</p> <p>Annual National Squad Meeting and Coaches briefing, Incorporating the Sports Science & Sports Medicine workshops and a Team managers workshop For National Squad Coaches and SS/SM Staff All arrive on 23rd, swimmers depart PM on 24th Staff Depart PM on 25th venue TBC Required attendance for all National Squad swimmers/coaches</p> <p><i>FINA World Cup Rio (BRA) 23-25 Oct Cancelled</i></p> <p>Attendance at World Cups for World Class Programme athletes by application</p>	
31/1	9		

NOVEMBER 09		National Squad	Junior / Youth & World Class Development
7/8	10	FINA World Cup [Europe] Moscow (RUS) 06-07 Nov Attendance at World Cups for World Class Programme athletes by application	
14/15	11	FINA World Cup [Europe] Stockholm (SWE) 10-11 Nov Berlin (GER) 14-15 Nov Attendance at World Cups for World Class Programme athletes by application	
21/22	12	FINA World Cup Singapore 21/22 Oct Splash Awards 21/11	
28/29	13		
DECEMBER 09		National Squad	Junior / Youth & World Class Development
5/6	14	6 th Open Water Orientation Day, Swansea	6 th Open Water Orientation Day, Swansea
12/13	15	8 th GB team travel to ESC European SC Championships, Istanbul, Turkey [10 th to 13 th]	8 th GB team travel to ESC European SC Championships, Istanbul, Turkey [10 th to 13 th]
19/20	16	14 th ESC team return to UK 19 th & 20 th Possible 'Dual in the pool' European All Stars vs USA in Great Britain, venue to be determined.	14 th ESC team return to UK .
26/27	17		