

# City of Cardiff Swimming Club

## COMPETITIVE & FAST TRACK SQUADS

### May to August 2018

Home & Away	Team Competitions and Training Camps	National & International	Home & Away	Team Competitions and Training Camps	National & International	Home & Away	Team Competitions and Training Camps	National & International	Home & Away	Team Competitions and Training Camps	National & International	
MAY			JUNE			JULY			AUGUST			
1 Tu	1 Tu	1 Tu	1 Fr	1 Fr	1 Fr	1 Su	1 Su	1 Su	1 We	Swim Wales Summer Nationals - Swansea	1 We	1 We
2 We	2 We	2 We	2 Sa	2 Sa	2 Sa	2 Mo	2 Mo	2 Mo	2 Th	Swim Wales Summer Nationals - Swansea	2 Th	2 Th
3 Th	3 Th	3 Th	3 Su	3 Su	3 Su	3 Tu	3 Tu	3 Tu	3 Fr	Swim Wales Summer Nationals - Swansea	3 Fr	3 Fr
4 Fr	4 Fr	4 Fr	4 Mo	4 Mo	4 Mo	4 We	4 We	4 We	4 Sa	Swim Wales Summer Nationals - Swansea	4 Sa	4 Sa
5 Sa	City of Newport Spring Open Meet/JDM Pentathlon	5 Sa	National Squad Day 3	5 Tu	5 Tu	5 Tu	5 Th	5 Th	5 Su	Swim Wales Summer Nationals - Swansea	5 Su	5 Su
6 Su	City of Newport Spring Open Meet/JDM Pentathlon	6 Su	6 Su	6 We	6 We	6 We	6 Fr	6 Fr	6 Mo	Summer Day Event	6 Mo	6 Mo
7 Mo	May Bank Hol	7 Mo	May Bank Hol	7 Th	7 Th	7 Th	7 Sa	7 Sa	7 Tu	Summer Day Event	7 Tu	7 Tu
8 Tu	8 Tu	8 Tu	8 Fr	8 Fr	8 Fr	8 Fr	8 Su	8 Su	8 We	Summer Day Event	8 We	8 We
9 We	9 We	9 We	9 Sa	9 Sa	9 Sa	9 Mo	9 Mo	9 Mo	9 Th	Summer Day Event	9 Th	9 Th
10 Th	10 Th	10 Th	10 Su	10 Su	10 Su	10 Tu	10 Tu	10 Tu	10 Fr	Summer Day Event	10 Fr	10 Fr
11 Fr	Swansea Aquatics LC	11 Fr	11 Mo	11 Mo	11 Mo	11 Mo	11 We	11 We	11 Sa	Summer Day Event	11 Sa	11 Sa
12 Sa	Swansea Aquatics LC	12 Sa	12 Tu	12 Tu	12 Tu	12 Tu	12 Th	12 Th	12 Su	Summer Day Event	12 Su	12 Su
13 Su	Swansea Aquatics LC	13 Su	13 We	13 We	13 We	13 We	13 Fr	City of Oxford SC L3 End of Year Meet	13 Mo	Summer Day Event	13 Mo	13 Mo
14 Mo	14 Mo	14 Mo	14 Th	14 Th	14 Th	14 Th	14 Sa	City of Oxford SC L3 End of Year Meet/Cardiff Bay Sprint Meet	14 Tu	Summer Day Event	14 Tu	14 Tu
15 Tu	15 Tu	15 Tu	15 Fr	15 Fr	15 Fr	15 Fr	15 Su	City of Oxford SC L3 End of Year Meet	15 We	Summer Day Event	15 We	15 We
16 We	16 We	16 We	16 Sa	Torfaen Dolphins LC	16 Sa	16 Sa	National Squad Day 4	16 Mo	16 Th	Summer Day Event	16 Th	16 Th
17 Th	17 Th	17 Th	17 Su	Torfaen Dolphins LC	17 Su	17 Su	17 Tu	17 Tu	17 Fr	Summer Day Event	17 Fr	17 Fr
18 Fr	18 Fr	18 Fr	18 Mo	18 Mo	18 Mo	18 Mo	18 We	18 We	18 Sa	Summer Day Event	18 Sa	18 Sa
19 Sa	19 Sa	19 Sa	19 Tu	19 Tu	19 Tu	19 Tu	19 Th	19 Th	19 Su	Summer Day Event	19 Su	19 Su
20 Su	20 Su	20 Su	20 We	20 We	20 We	20 We	20 Fr	20 Fr	20 Mo	20 Mo	20 Mo	20 Mo
21 Mo	21 Mo	21 Mo	21 Th	Stuttgart Schwimmfest	21 Th	21 Th	21 Th	21 Sa	21 Tu	21 Tu	21 Tu	21 Tu
22 Tu	22 Tu	22 Tu	22 Fr	Stuttgart Schwimmfest	22 Fr	22 Fr	22 Fr	22 Su	22 We	22 We	22 We	22 We
23 We	23 We	23 We	23 Sa	Stuttgart Schwimmfest	23 Sa	23 Sa	23 Sa	23 Mo	23 Th	23 Th	23 Th	23 Th
24 Th	24 Th	24 Th	24 Su	Stuttgart Schwimmfest	24 Su	24 Su	24 Su	24 Tu	24 Fr	24 Fr	24 Fr	24 Fr
25 Fr	Cardiff International Open Meet	25 Fr	25 Mo	Stuttgart Schwimmfest	25 Mo	25 Mo	25 Mo	25 We	25 Sa	25 Sa	25 Sa	25 Sa
26 Sa	Cardiff International Open Meet	26 Sa	26 Tu	26 Tu	26 Tu	26 Tu	26 Tu	26 Th	26 Su	26 Su	26 Su	26 Su
27 Su	Cardiff International Open Meet	27 Su	27 We	27 We	27 We	27 We	27 Fr	27 Fr	27 Mo	August Bank Hol	27 Mo	27 Mo
28 Mo	Spring Bank Hol	28 Mo	Spring Bank Hol	28 Th	28 Th	28 Th	28 Th	28 Sa	28 Tu	28 Tu	28 Tu	28 Tu
29 Tu	29 Tu	29 Tu	29 Fr	29 Fr	29 Fr	29 Fr	29 Su	29 Su	29 We	29 We	29 We	29 We
30 We	30 We	30 We	30 Sa	30 Sa	30 Sa	30 Sa	30 Mo	Swim Wales Summer Nationals - Swansea	30 Th	30 Th	30 Th	30 Th
31 Th	31 Th	31 Th				31 Tu	31 Tu	Swim Wales Summer Nationals - Swansea	31 Fr	31 Fr	31 Fr	31 Fr

Main focus of meet is to achieve process goals

Main focus of meet is to achieve goals and perform

Focus of meet is to perform and quality

Targeted Meet