

City of Cardiff Swimming Club

ELITE AND HP SQUADS

May to August 2018

GCSE & A Level Exam Period

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 Elite & HP Training Camp Best Centre Mallorca	1 Su Sette Colli/Seven Hills International Meet - Rome	1 We	Swim Wales Summer Nationals Swansea	1 We
2 We	2 We	2 We	2 Sa	2 Sa	2 Sa	2 Mo	2 Mo Elite & HP Training Camp Best Centre Mallorca	2 Mo	2 Th	Swim Wales Summer Nationals Swansea	2 Th
3 Th	3 Th	3 Th	3 Su	3 Su	3 Su	3 Tu	3 Tu Elite & HP Training Camp Best Centre Mallorca	3 Tu	3 Fr	Swim Wales Summer Nationals Swansea	3 Fr
4 Fr	4 Fr	4 Fr	4 Mo	4 Mo	4 Mo	4 We	4 We Elite & HP Training Camp Best Centre Mallorca	4 We	4 Sa	Swim Wales Summer Nationals Swansea	4 Sa
5 Sa	5 Sa	5 Sa National Squad Day 3	5 Tu	5 Tu	5 Tu	5 Th	5 Th Elite & HP Training Camp Best Centre Mallorca	5 Th	5 Su	Swim Wales Summer Nationals Swansea	5 Su
6 Su	6 Su	6 Su	6 We	6 We	6 We	6 Fr	6 Fr Elite & HP Training Camp Best Centre Mallorca	6 Fr	6 Mo	Summer Shut Down	6 Mo Summer Shut Down
7 Mo May Bank Hol	7 Mo May Bank Hol	7 Mo May Bank Hol	7 Th	7 Th	7 Th	7 Sa	7 Sa Elite & HP Training Camp Best Centre Mallorca	7 Sa	7 Tu	Summer Shut Down	7 Tu Summer Shut Down
8 Tu	8 Tu	8 Tu	8 Fr	8 Fr	8 Fr	8 Su	8 Su	8 Su	8 We	Summer Shut Down	8 We Summer Shut Down
9 We	9 We	9 We	9 Sa	9 Sa	9 Sa	9 Mo	9 Mo	9 Mo	9 Th	Summer Shut Down	9 Th Summer Shut Down
10 Th	10 Th	10 Th	10 Su	10 Su	10 Su	10 Tu	10 Tu	10 Tu	10 Fr	Summer Shut Down	10 Fr Summer Shut Down
11 Fr Swansea Aquatics LC Meet/Manchester Open	11 Fr	11 Fr	11 Mo	11 Mo	11 Mo	11 We	11 We	11 We	11 Sa	Summer Shut Down	11 Sa Summer Shut Down
12 Fr Swansea Aquatics LC Meet/Manchester Open	12 Sa	12 Sa	12 Tu	12 Tu	12 Tu	12 Th	12 Th	12 Th	12 Su	Summer Shut Down	12 Su Summer Shut Down
13 Su Swansea Aquatics LC Meet/Manchester Open	13 Su	13 Su	13 We	13 We	13 We	13 Fr	13 Fr	13 Fr	13 Mo	Summer Shut Down	13 Mo Summer Shut Down
14 Mo	14 Mo	14 Mo	14 Th	14 Th	14 Th	14 Sa	14 Sa	14 Sa	14 Tu	Summer Shut Down	14 Tu Summer Shut Down
15 Tu	15 Tu	15 Tu	15 Fr	15 Fr	15 Fr	15 Su	15 Su Keith Bewley Memorial GP - Invitational Relays	15 Su	15 We	Summer Shut Down	15 We Summer Shut Down
16 We	16 We	16 We	16 Sa	16 Sa	16 Sa National Squad Day 4	16 Mo	16 Mo	16 Mo	16 Th	Summer Shut Down	16 Th Summer Shut Down
17 Th	17 Th	17 Th	17 Su	17 Su	17 Su	17 Tu	17 Tu	17 Tu	17 Fr	Summer Shut Down	17 Fr Summer Shut Down
18 Fr	18 Fr	18 Fr	18 Mo	18 Mo	18 Mo	18 We	18 We	18 We	18 Sa	Summer Shut Down	18 Sa Summer Shut Down
19 Sa	19 Sa	19 Sa	19 Tu	19 Tu	19 Tu	19 Th	19 Th	19 Th	19 Su	Summer Shut Down	19 Su Summer Shut Down
20 Su	20 Su	20 Su	20 We	20 We	20 We	20 Fr	20 Fr	20 Fr	20 Mo	20 Mo	20 Mo
21 Mo	21 Mo	21 Mo	21 Th	21 Th	21 Th	21 Sa	21 Sa	21 Sa	21 Tu	21 Tu	21 Tu
22 Tu	22 Tu	22 Tu	22 Fr	22 Fr	22 Fr	22 Su	22 Su	22 Su	22 We	22 We	22 We
23 We	23 We	23 We	23 Sa	23 Sa	23 Sa	23 Mo	23 Mo	23 Mo	23 Th	23 Th	23 Th
24 Th	24 Th	24 Th	24 Su	24 Su	24 Su	24 Tu	British Swimming Champs Sheffield	24 Tu	24 Fr	24 Fr	24 Fr
25 Fr Cardiff International Open Meet	25 Fr	25 Fr	25 Mo	25 Mo	25 Mo	25 We	British Swimming Champs Sheffield	25 We	25 We	25 Sa	25 Sa
26 Sa Cardiff International Open Meet	26 Sa	26 Sa	26 Tu	26 Tu	26 Tu	26 Th	British Swimming Champs Sheffield	26 Th	26 Th	26 Su	26 Su
27 Su Cardiff International Open Meet	27 Su	27 Su	27 We	27 We	27 We	27 Fr	British Swimming Champs Sheffield	27 Fr	27 Fr	27 Mo August Bank Hol	27 Mo August Bank Hol
28 Mo Spring Bank Hol	28 Mo Spring Bank Hol	28 Mo Spring Bank Hol	28 Th	28 Th	28 Th	28 Sa	British Swimming Champs Sheffield	28 Sa	28 Sa	28 Tu	28 Tu
29 Tu	29 Tu	29 Tu	29 Fr	29 Fr	29 Fr	29 Su	British Swimming Champs Sheffield	29 Su	29 Su	29 We	29 We
30 We	30 We	30 We	30 Sa	30 Sa Elite & HP Training Camp Best Centre Mallorca	30 Sa Sette Colli/Seven Hills International Meet - Rome	30 Mo	Swim Wales Summer Nationals Swansea	30 Mo	30 Mo	30 Th	30 Th
31 Th	31 Th	31 Th				31 Tu	Swim Wales Summer Nationals Swansea	31 Tu	31 Tu	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 qualify
 Targeted Meet