

While we are awaiting discussion and verification from the new Swim Ireland Head Coach and National Performance Director, the Munster Regional Squads will operate based on the National Squad times from 2015-16 season, and in the case of Munster Development Squad will operate based on the QTs for IAG Division 2 standards 2016. It is important to note that there may be new Regional qualifying times set after Christmas. If this occurs swimmers will have to re-apply for Munster Squad places early 2017.

Munster Regional Squads 2016-2017

The Munster Regional Squads' Training Day will take place on the following dates:

Sunday 16th Oct, 2016 **Session Completed**

Sunday 23rd Oct, 2016 **Session Completed**

Sunday 4th November, 2016 **Session Completed**

Sunday 12th December, 2016 **Session Completed**

Sunday 29th January, 2017 **1st Session of new Munster Development Squad**

Sunday 26th February, 2017

Sunday 4th March, 2017

Sunday 7th May 2017

Sunday 11th June, 2017

Squad Day arrangements will be as follows (may be subject to minor changes):

Poolside: 7:45 am

Pool Session: 8:00 am – 10:00 am (20 lanes)

Break: 10:00 – 11:00 am

Talk/Dryland: 11:00 am – 12:30 pm

Poolside: 1:30 pm

Pool Session: 2:00 – 4:00 pm (20 lanes)

Pool: 3:30 – 4:00 pm