

Swim Ireland

www.swimireland.ie

2018-2019 Swimming Season Plan (Version X)

(see Rules Book for Performance Standards)



SWIMMER NUMBER	DATE	AGE	SWIMMING CLUB	INTERNATIONAL & NATIONAL PERFORMANCE	REGIONAL PERFORMANCE	CLUB & NOTES
July 08						
	11	16	100	World Youth Olympic Performance Long (Sable) 100m 4		
	11	16	100	World Youth Olympic Performance Long (Sable) 100m 4		
	16	1	100	World Youth Olympic Performance Long (Sable) 100m 4		
	11	1	100	World Youth Olympic Performance Long (Sable) 100m 4		
	16	1	100	World Youth Olympic Performance Long (Sable) 100m 4		
	11	16	100	World Youth Olympic Performance Long (Sable) 100m 4		
	16	1	100	World Youth Olympic Performance Long (Sable) 100m 4		
	11	16	100	World Youth Olympic Performance Long (Sable) 100m 4		
	11	16	100	World Youth Olympic Performance Long (Sable) 100m 4		
	16	1	100	World Youth Olympic Performance Long (Sable) 100m 4		
July 08						
	11	1	100	World Youth Olympic Performance Long (Sable) 100m 4		
	11	1	100			
17 08	11	16	100			Recommended entry for 17 08 open water to allow entry to national championships
	11	1	100			
	11	16	100			
	11	1	100			
	16	1	100			
	11	1	100			
17 08	11	16	100			
	16	1	100			
	11	16	100			
	16	1	100			
	11	1	100			Recommended entry for 17 08
17 08	11	16	100			
	16	1	100			
	11	16	100			