

Meet Name	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	
<b>September 2022</b>				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
PTL Heats																								
Regional Skills Academy Orientation																								
<b>October 2022</b>				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Regional Development Programme Stage 1 & 2 Orientation																								
Future Challenger Round 1 Meet 1																								
Ulster Primary Schools Cup & Championships																								
Aspiring Champions Series Meet																								
PTL Heats																								
Aurora Halloween Splash & Dash																								
Enniskillen Gala																								
Larne Gala																								
<b>November 2022</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Ulster Short Course Championships - Lisnasharragh																								
War Memorial Gala - Aurora																								
PTL Heats																								
Regional Skills Academy Coaching Day																								
Closed Weekend for Galas - LEN Officials Seminar																								
<b>December 2022</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Newry - Arthur McDonald Novice Gala																								
Future Challenger Meet 2 - Larne																								
PTL Heats																								
Ards Christmas Meet																								
Sliabh Beagh Cluster Meet																								
Irish SC Championships																								
Regional Development Programme Stage 2 Camp																								
Regional Development Programme Stage 1 Coaching Day																								
<b>January 2023</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Keith Buchanan New Year Meet - Lisburn																								
Swim Ulster Coaches Conference - no galas																								
Regional Skills Academy Coaching Day																								
Swim Ulster Open LC Meet - Aurora																								
PTL Heats																								
Portadown ASC Long Course Meet																								
<b>February 2023</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Ulster Secondary Schools Cup & Championships - Aurora																								
Sliabh Beagh Winter Masters Meet																								
PTL Heats																								
Swim Belfast Meet																								
Future Challenger Series Meet 3 - Lisburn																								
Co Armagh Championships - South Lake																								
McCullagh International																								
<b>March 2023</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Swim Ulster Club Conference - no galas on Sat																								
Enniskillen Gala																								
PTL Finals																								
Regional Development Programme Stage 1 & 2 Offshore Meet																								
Aspiring Champions Series Meet 2 - Aurora																								
Newry - 50th Anniversary Gala																								
Irish Minor Schools																								
Irish Schools Interpro																								
<b>April 2023</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Irish Open Championships																								
Potential PTL date - FINALS - licenced LC meet																								
Regional Development Programme Stage 1 & 2 Coaching Day																								
Lurgan ASC LC Meet																								
Future Challenger Series Meet 4 - Lisnasharragh																								
Ulster Age Group & Youth LC Championships - Aurora																								
<b>May 2023</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
DSNI Swimming Championships - South Lake					</																			