

Competition Schedule

April-August 2024

April

Sun 7 th	Arun Tridents L3 Easter Meet	Sessions 1-3
Sat 20 th & Sun 21 st	SE Region Summer Champs Crawley. Long Course L1 Age Group 14yrs & Under	Session 3-4 Session 5-6
Sat 27 th & Sun 28 th	SE Region Summer Champs Winchester Long Course L1 Age Group 14yrs & Under	Session 7-8 Session 9-10

May 2024

Fri 3 rd Sat 4 th Sun 5 th Mon 6 th	SE Region Summer Champs Wycombe Long Course L1 Youth & Open 15yrs & Over	Session 11 Sessions 12-13 Sessions 14-15 Sessions 16-17
Sun 19 th	PNSC Sprint Meet Level 3 Long Course	Session 1 0800 Session 2&3 tba

June 2024

Sun 16 th	PNSC Novice Summer Level 4 Open Meet	Session 1 0800 Session 2 1040
Sat 29 th & Sun 30 th	Havant & Waterlooville Swim Out of Your Skin Open Meet Level 3 (Waterlooville) Havant & Waterlooville Swim Out of Your Skin Open Meet	Session 1 0800 Session 2 1300 Session 3 0800 Session 5 1300

July

Sat 13 th	PNSC End of Season Meet	Session 1	0800
	Level 3 Open Meet	Session 2	tba
Sun 14 th	PNSC End of Season Meet	Session 3	0800
	Level 3 Open Meet	Session 4	tba

Fri 19th- Fri 26th **British Summer Nationals Meet 2023**
Level 1. Ponds Forge, Sheffield

August

Tue 30th Jul - **Swim England Summer Nationals Meet 2023**
Sun 4th Aug **Level 1. Ponds Forge, Sheffield**

David Terry
ASA/UKCC Level 3 Senior Performance Coach
FNSC