

Competition Calendar 2010/2011

Date	Competition	Venue	Level	Squads
October				
2nd	Lanelli Sprint Meet	Llanelli (SC)	1/4	All
9th	National Arena League	TBC	Gala	Selected by Nofio Sir Gar
23rd/24th	Avalon Open Meet	Millfield, Somerset (LC)	3	All
November				
13th	National Arena League	TBC	Gala	Selected by Nofio Sir Gar
19th, 20th, 21st	Welsh Winter Nationals	WNPS (LC)	1	All Qualifiers
Or				
27th/28th	Welsh Captial Open	Cardiff (LC)	2	All
?	URDD Prelims	Carmarthen	?	Selected by schools
December				
4th/5th	Sub Regional Championships	TBC	3/4	All
11th	National Arena League	TBC	Gala	Selected by Nofio Sir Gar
January				
8th/9th	Dragon Meet	WNPS (LC)	1	All Qualifiers
15th/16th	Club Winter Champs	Carmarthen (SC)	4	TBC
25th/27th	Celtic Tri Nations	WNPS (LC)	1	Selected by Swim Wales
Feburary				
5th/6th	West Wales Championships	TBC	1	All
12th/13th	West Wales Championships	TBC	1	All
March				
12th/13th	Lanelli Open Meet	Lanelli (SC)	1/4	All
26th/27th	Tiger Bay Open	Cardiff (LC)	2	All
April				
22nd - 25th	Welsh Easter Age Groups	Swansea (LC)	1	All Qualifiers
May				
7th/8th	Swansea Valley Junior Open	Neath (SC)	1/4	Juniors/Club
14th/15th	Swim Swansea Open	WNPS (LC)	1	All Qualifiers
June				
4th	Regional Development Meet	TBC	4	Juniors/Club
18th	Club Summer Champs	Carmarthen (SC)	4	All
July				
9th/10th	BDLSA Open Water	Bala	N/A	12/Overs
21st-27th	ASA National Age Groups	Ponds Forge, Sheffield (LC)	1	All Qualifiers
27th - 1st	Welsh Summer Nationals	WNPS (LC)	1	All Qualifiers

Swimmers should aim to enter a **maximum** of 1 open meet per month. If you are in any doubt as to what events your child should enter, please contact the competitions secretary or squad coach.

PLEASE REMEMBER, too much competition will hinder an athletes development

Target competitions are in bold. Competitions highlighted in blue we will be competing as Nofio Sir Gar not Carmarthen. A guide to swimming competitions can be found on the website under "head coach's doc's".

Level 1 meets - Highest level aimed at gaining national qualifying times. Tough qualifying standards. Level 2 meets - Suitable for most swimmers (both performance and club).

Level 2 meets - Suitable for most swimmers (both performance and club).

Level 3 meets - Again, suitable for all levels of swimmer, although performance swimmers are likely to have to swim 'off events' Very good for Junior swimmers and club swimmers.

Level 4 meets - Ideal for a swimmers first competition and developing skills. Aimed at our junior/dev squads but also suitable for club swimmers of all standards.