

**August**

26 Senior & Performance Squads Return

**September**

9 Skills & Junior Squads Return  
22 \*\*Sr. & Performance training time 8-10 a.m.\*\*  
22 Skills & Junior Squads Fun Gala - Kilcormán during training  
25 Bluefin Tryouts  
28 Future Challenger Meet - evening in Leisúreland

**October**

6 Longcourse Training - UL 12 - 1:45 p.m. Kilcormán 7-9 p.m.  
12-13 Aspiring SC Champions, Castlebar  
20 Nutrition Talk for Athletes & Parents with Eileen Graham 11 a.m. Kilcormán  
26-27 Castlebar SC & Galway SC Club Invitational - Age 10-14 - Date & Pool TBC  
30 Bluefin Halloween Fun Day Out

**November**

6 Fun Gala Bluefin & Team South Galway Special Olympics - during training  
9 Longcourse Training - UL 12 - 1:45 p.m.  
17 Sports Psychologist talk for Performance & Senior Squad A with John Connolly 'The Mind Coach' - 11 a.m. Kilcormán  
23-24 Regional SC Championships, Castlebar  
24 Qualification for Irish National Winter Championships closes 24/11/24  
30 Future Challenger Meet (predicted to be Saturday evening at the Kingfisher - TBC)

**December**

1 Future Challenger Meet if not held Saturday evening Nov 30  
8 Longcourse Training - UL 12 - 1:45 p.m. Kilcormán 7-9 p.m.  
13-15 Irish National Winter Championships, Dublin  
21 Christmas Cracker - Tuam  
28 Longcourse Training - UL 11 a.m. - 12:45 p.m.  
29 Longcourse Training - UL 10 - 11:45 a.m. AND 2 - 3:45 p.m.  
30 Longcourse Training - UL 10 - 11:45 a.m. AND 2 - 3:45 p.m.

**January**

2 Longcourse Training - UL 9 - 10:45 a.m. AND 1 - 2:45 p.m.  
12 Longcourse Training - UL 11 a.m. - 12:45 p.m. Kilcormán 7-9 p.m.  
15 Taper start  
24-26 Leinster Open, NAC Dublin

**February**

1-2 Connacht Minor & Senior Schools Championships, Castlebar  
8 Longcourse Training - UL 12 - 1:45 p.m.  
15-16 Future Challenger Meet - Hosted by Bluefin - TBC  
21-23 McCullagh International, Bangor

**March**

2 Longcourse Training - UL 10 - 11:45 a.m. AND 2 - 3:45 p.m.  
9 Connacht Open TBC  
17 Qualification for Irish Open Championships closes 17/3/25  
22 Irish Senior Schools Relays & Interpros, Dublin  
29-30 Aspiring LC Champions, Limerick  
30 Irish Minor Schools, Dublin

**April**

5 Longcourse Training - UL 12 - 1:45 p.m.  
5-6 Future Challenger Meet (predicted to be Sunday evening at Leisúreland- TBC)  
9 Fun Gala Bluefin & Team South Galway Special Olympics - during training  
12-16 Irish Open Championships, Dublin  
26-27 Athlone/Claremorris Club Invitational - TBC

**May**

2 Regional Age Group & Senior LC Championships window opens  
3-4 Athlone/Claremorris Club Invitational - TBC  
4 Longcourse Training - UL 11 a.m. - 12:45 p.m. Kilcormán 7-9 p.m.  
16-18 Regional LC Senior Championships (Age 15+) - NAC  
23-25 Regional LC Age Group Championships (Age 12-14) - UL

**June**

2 Regional Age Group & Senior LC Championships window closes  
8 Longcourse Training - UL 12 - 1:45 p.m. AND 4 - 5:45 p.m.  
11 Qualification for Irish Summer National Championships closes  
14-15 Regional Swim Festival, Longford (for any swimmers not qualified for Summer Nationals)

**July**

6 Longcourse Training - UL 10 - 11:45 a.m. AND 2 - 3:45 p.m.  
10-13 Irish Summer National Age Group Championships (Age 12-14)  
23-27 Irish Summer National Youth & Senior Championships (Age 15+)

Future Challenger Series: 10-12 year olds  
Regional Aspiring Championships Series: 13+  
Longcourse Training - Senior Squad A/Performance Squads A&B only

AGES:  
Irish Summer Nationals: AG: 12,13,14 SNR: 15,16,17+  
Irish Open Championships: male 13-16, 17/18+,19+ female 13-15,16/17, 18+