

December

- 12-14 Irish National Winter Championships, Dublin
- 19 Senior & Performance - **Training as normal**
- 21 Senior & Performance - **NO TRAINING**
- 22 Senior & Performance - **Renmore 3-5 p.m.**
- 28 **Longcourse Training** - UL 10 - 12 p.m. **AND** 2 - 4 p.m.
- 29 Senior & Performance - **Renmore 3-5 p.m.**
- 30 **Longcourse Training** - UL 10 - 12 p.m. **AND** 1 - 3 p.m.

January

- 3 Senior & Performance - **KILCORNAN 8:30 - 10:30 a.m.**
- 4 **Longcourse Training** - UL 10 - 12 p.m. **AND** 2 - 4 p.m.
- 5 **Training resumes as normal for all squads**
- 12 Fun Gala with Kinvara SC during Monday p.m. Kilcornan training
- 24-25 Leinster Open, NAC Dublin

February

- 1 Connacht Minor Schools, Castlebar
- 8 **Longcourse Training** - UL 10 - 12 p.m. **AND** 2 - 4 p.m.
- 14-15 Club Invitational (Sligo) TBC
- 21-23 McCullagh International, Dublin
- 28-1 Aspiring Champions, LC gala - UL

March

- 1 Aspiring Champions, LC gala - UL
- 7/8 Future Challenger Series (Bluefin) - TBC
- 22 Irish Senior Schools Relays & Interpros, Dublin
- 30 Irish Minor Schools, Dublin

April

- 5 Connacht Open - UL
- 11-12 Irish Open Championships, Bangor
- 18/19 Future Challenger Series (Galway) - TBC
- 25/26 Athlone/Claremorris Club Invitational - TBC

May

- 2/3 Athlone/Claremorris Club Invitational - TBC
- 7/8 Future Challenger Series (Galway) - TBC
- 8-10 Regional LC Age Group Championships (Age 12-14) - UL
- 22-24 Regional LC Senior Championships (Age 15+) - NAC
- 30-31 Club Invitational (Castlebar) TBC

June

- 1 *Qualification window closes for summer nationals. Qualifying times from 01/01/26*
- 14 **Longcourse Training** - UL 2 - 4 p.m.
- 20-21 Regional Swim Festival, Longford (for any swimmers not qualified for Summer Nationals)

July

- 5 **Longcourse Training** - UL 10 - 12 p.m. **AND** 2 - 4 p.m.
- 9-12 Irish Summer National Age Group Championships (Age 12-14)
- 22-26 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+