

Harrow & Wealdstone SC - Competition Schedule 2010

Month	Date Confirmed Dates in BLACK To Be Confirmed in RED	Competition	Squads								
			Performance	Development	Intermediate	Junior Level 4	Junior Level 3	Junior Level 2	Junior Level 1	Junior Competitive	Senior Competitive
January	23/24th	Windsor Open meet	•	•	•						
	23/24th	Biggleswade Open meet				•	•	•	•	•	•
	30/31st	Burns Open Meet (by invitation only)									
February	20/21st	Middlesex County Championships	•	•	•	•					
	tbc	Club Time Trials (Coach Led)				•	•	•	•	•	•
March	6/7th	Middlesex County Championships	•	•	•	•					
	tbc	Club Time Trials (Coach Led)				•	•	•	•	•	
	13/14th	Middlesex County Championships	•	•	•	•					
	tbc	Club Time Trials (Coach Led)				•	•	•	•	•	
April	17/18th	Crawley Open meet	•	•	•						
	17/18/24th	Middlesex Development meet		•	•	•	•	•	•	•	
May	tbc	London Regions	•	•	•	•					
	tbc	Kate Lack gala (Barnet)				•	•	•	•	•	•
	8-9th	Guildford Open meet	•	•	•						
June	tbc	London Region age group (G-13 & Under/B-14 & Under)	•	•	•	•					
	tbc	Junior League 1	•	•	•	•	•	•	•		
	tbc	Club Time Trials (Coach Led)						•	•	•	•
	tbc	London Region age group (G-13 & Under/B-14 & Under)	•	•	•	•					
	tbc	John Basford gala (Barnet)		•	•	•	•	•	•	•	•
July	tbc	Junior League 2	•	•	•	•	•	•	•		
	17/18th	Fareham Nomads Open (Southampton)	•	•	•	•	•	•	•	•	•
	28-1st	National Age Group Championships	•	•	•					•	
August	2-7th	National Youth Championships	•	•	•					•	
	tbc	Annual Club Holiday (Competitive Squads only)	•	•	•	•	•	•	•		
	tbc	(Land Training will continue/increase)									
September	tbc	Club Championships & Sprint night	•	•	•	•	•	•	•	•	•
	tbc	Junior League 3	•	•	•	•	•	•	•		
October	tbc	National (Arena) League 1	•	•	•	•	•	•		•	
	tbc	Barnet 200 meet	•	•	•	•	•	•	•	•	
	23/24th	Middlesex Development meet		•	•	•	•	•	•	•	
	tbc	Club Time Trials (Coach Led)						•	•	•	•
November	tbc	London Regions	•	•	•	•					
	tbc	National (Arena) League 2	•	•	•	•	•	•		•	
	tbc	Barnet 100 meet	•	•	•	•	•	•	•	•	
	tbc	Watford open Distance meet	•	•	•						
December	4/5th	Middlesex Short Course	•	•	•						
	tbc	National (Arena) League 3	•	•	•	•	•	•		•	
	tbc	City of Leeds Christmas Cracker (Level 1)	•								
	tbc	Bournemouth Dolphins Christmas open meet		•	•	•	•	•	•	•	
	tbc	Club Time Trials (Coach Led)						•	•	•	•
	tbc	Club Christmas Holiday									

Please note: These meets are TARGETED MEETS, It is important you enter the meet indicated for your squad. If the entry times are too fast, please enter the meet targeted for the squad below. Entering these meets will help you fall within your squad criteria. Please wear club Shirts and swim caps when representing HWSC. *Target %: during the season the intensity of training will fluctuate and racing complements the training, swimming pb's sometimes is not possible due to this. The target % gives you a tangible goal to be within for each meet and a good target to beat.