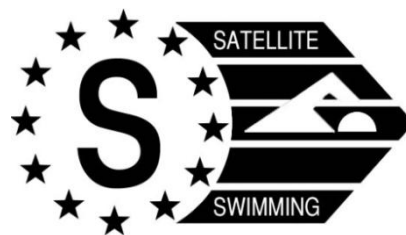


**SATELLITES of MACCLESFIELD
Swimming Club
Affiliated to ASA NWR**



Competition Calendar 2010-2011

Targeted Meets for your squad are highlighted with an X in the table. If you click on the X you will find guidance notes on what to enter. If you cannot enter them or are outside the qualifying times or are unsure of exactly what to enter please talk to your coach who will be happy to advise. Please note – while you don't HAVE to enter all designated meets, when your squad is attending a meet there will be no squad training on those dates to allow the coach to attend the competition. Please check this regularly as meets may change/be added/removed.

MONTH	DATE	MEET	NS	CS1	CS2	JD1	JD2	CD1	CD2
SEPT	19	Deva League Gala 1	Selected Team						
	25/26	COSACSS Level 3			X	X			
OCT	6/8/10/13/15	Club Championships	X	X	X	X	X	X	X
	9	Arena League Gala 1	Selected Team						
	17	Deva League Gala 2	Selected Team						
	23/24	Chase Roebuck Level 2		X	X	X			
	30/31	Winsford Level 3				X	X		
	31	Deva League Gala 3	Selected Team						
NOV	6/7	North West Region Championships	X	X	X				
	13	Arena League Gala 2	Selected Team						
	21	Cheshire Level 3				X	X	X	
	26/27/28	Stockport Metro Level 1/2	X	X					
DEC	3/4/5	Stafford Apex Level 2		X	X	X			
	11	Arena League Gala 3	Selected Team						
	18/19	Leeds Long Course Level 1	X	X					
JAN	15/22/23	North Midlands Championships	X	X	X	X	X		
MAR	6	Cheetham Lambert Novice Gala	Selected Team						
	19/20/26/27	Cheshire County Championships	X	X	X	X			
APR	16/17	Satellite Level 2 Open	All Swimmers with Qualifying times						
APR/MAY	30/1	North West Youth Regionals	X	X					
MAY	14/15??	COSACSS Level 2			X	X			
	28/29/30 ??	Sheffield No Frills Level 1	X	X	X				
	28/29 ??	Inter Association Meet	Selected Team						
JUN	4/5/11/12	North West Age Group Regionals	X	X	X				
	25	Winsford Level 4 Development						X	X
	26	Nottingham Northern		X	X	X	X	X	
JUL	9/10	Biddulph Level 3			X	X	X		
	16/17	Salford Summer Spectacular		X	X	X	X		
	21/22/23/24/ 25	ASA National Age Group Championships	X	X	X				
	27/28/29/30/ 31	ASA National Youth Championships	X	X	X				
TOTAL			10	14	13	12	7	4	2

Guidance Notes on What to Enter

CLUB CHAMPIONSHIPS

NS/CS1/CS2 – You should aim to enter all events, to either update your times, or to use the club champs as a training meet to get a gauge of where you are at this point in the season.

JD1 – You should aim to enter all 50's and 200's, while also perhaps targeting the 400m freestyle to get a time.

JD2 – You should aim to at least enter all 50's, the 200m IM, freestyle and at least one other 200m event.

CD1/CD2 – You should aim to enter all 50's and the 100m IM.

CHASE ROEBUCK LEVEL 2

CS1/CS2 – You should aim to enter a variety of events.

JD1 – You should aim to enter a variety of events.

WINSFORD LEVEL 3

JD2 – You should aim to enter a variety of events.

CD1 – You should aim to enter a variety of events.

NORTH WEST REGION CHAMPIONSHIPS

NS/CS1/CS2 – You should enter all events qualified for.

CHESHIRE LEVEL 3

JD1/JD2/CD1 – You should enter every event that you have an entry time for.

STOCKPORT METRO LEVEL 1/2

NS/CS1 – You should aim to enter a variety of events, of short and long distances to give yourself a variety throughout the weekend. If you have qualifying times aim to do 2-3 events per session.

STAFFORD APEX

CS1/CS2/JD1 – You should aim to enter most 200's, perhaps 400 freestyle and IM and any 100's you wish.

CS1 – Enter either this meet or the Leeds Long Course Meet

LEEDS LONG COURSE

NS – Enter your main events and a few for enjoyment.

CS1 – Enter your main events and a few for enjoyment (only enter this meet if you haven't entered Stafford Apex).

NORTH MIDLANDS CHAMPIONSHIPS

NS – You should enter the vents that you are not too fast for as a good opportunity to update your times. This will be used as a heavy training meet.

All Squads – You should enter everything you have a qualifying time for as a good gauge to where you are at this stage of the season.

CESHIRE COUNTY CHAMPIONSHIPS

All Squads – You should enter everything you have a qualifying time for. Entering a wide variety of distances and strokes will put you in a better position with respect to overall points for your age group.

SATELLITE LEVEL 2 OPEN

All Swimmers – Enter a range of events, especially some that you may not have attempted in a while.

NWR YOUTHS

NS/CS1 – Enter all events that you have qualified for.

COSACSS LEVEL 2

CS2/JD1 – You should aim to enter most 200's, the 400 freestyle and IM if you have a time. Do any 100's and 50's you wish.

SHEFFIELD NO FRILLS

NS/CS1/CS2 – Enter your main events.

NWR AGE GROUPS

NS/CS1/CS2 – Enter all events that you have qualified for.

WINSFORD LEVEL 4

CD1/CD2 – You should aim to enter all 50's and the 100 IM. You could also try the 200 IM and some 100's.

NOTTINGHAM NORTHERN

All Squads – Enter everything. This is a fun event that a large team should enter and support.

BIDDULPH LEVEL 3

CS2/JD1/JD2 – This is a fun end of season competition where you should enter most if not all events.

SALFORD SUMMER SPECTACULAR

All Squads – You should enter most or all events so that you can record times for the end of the season to use as a marker for next season.

NATIONALS (AGE GROUP/YOUTH)

Enter all events you have qualified for.
