

Nexus 2019-2020

Month	Date of Event	Year	Event type	Event description	Location	LC/SC	Level	Age	Skills 1	Skills 2	Development 1	Development 2	Competition 1	Competition 2	Notes
September	28-Sep	2019	Gala	Cwmbran Gala: Pontypool ALC (Invited Nexus swimmers)	Pontypool ALC	SC		ALL							
October	05-Oct	2019	Swim meet	RCT Skins and Sprint Meet	Cardiff International Pool	SC	3	ALL		✓	✓	✓	✓	✓	Target events for Regionals and Swim Wales Winter Championships
October	19 – 20 Oct	2019	Swim meet	GREATER Gwent Fastwater Open Meet	REGIONAL POOL, INTERNATIONAL SPORTS VILLAGE, NEWPORT	SC	3	ALL			✓	✓	✓	✓	Target events for Regionals and Swim Wales Winter Championships
October	28-Oct	2019	Social	Nexus Halloween Party	Abercwmboi Rugby Club, Aberdare										
November	TBC	2019	Social	Children in Need Splash Party - open to the public, small fee payable to raise money for CIN	Sobel Leisure Centre, Aberdare			ALL							
November	02-Nov	2019	Swim meet	Torfaen Dolphins – Halloween Spooktacular 2019	Pontypool ALC	SC	3	8 – 14	✓	✓	✓	✓	✓	✓	
November	10-Nov	2019	Swim meet	RCT Grand Prix 1 – Rhondda (Series of 4 dates)+E19	Rhondda Sports Centre	SC	3	8 – 12	✓	✓	✓	✓			
November	11 Oct - 8 Nov	2019	DEADLINE	SWIM WALES SHORT COURSE WINTER CHAMPIONSHIPS ENTRIES OPEN	WNPS, Swansea	SC									
November		2019	Extra training	EXTRA TRAINING - Sobell Leisure Centre, West Wales Sub Regionals Swimmers ONLY	Sobel Leisure Centre, Aberdare			ALL							
November		2019	Extra training	EXTRA TRAINING - Sobell Leisure Centre, West Wales Sub Regionals Swimmers ONLY	Sobel Leisure Centre, Aberdare			ALL							
November	22 - 24 Nov	2019	Swim meet	West Wales Sub Regionals	Haverfordwest Leisure Centre	SC	R	10 – Open				✓	✓	✓	Target events for Regionals and Swim Wales Long Course Championships
November	29 Nov - 1 Dec	2019	Swim meet	Swim Wales Winter Championships	WNPS, Swansea	SC	N	11+					✓	✓	
December	13-Dec	2019	Social	Nexus Christmas Party and Presentation Evening	Glynneath Rugby Club										
December	15-Dec	2019	Swim meet	Carmarthen Christmas Open	Carmarthen Leisure Centre	SC	3	9 – Open		✓	✓	✓	✓	✓	Target events for Regionals and Swim Wales Long Course Championships
December	20 Dec TBC	2019	Social	Christmas splash party	TBC										
December	20 Dec TBC	2019		Last session of 2019 (Update on potential Christmas training TBC) - MERRY CHRISTMAS ALL	TBC										
January	2 Jan - TBC	2020	NEW YEAR	First training session of 2020 - HAPPY NEW YEAR ALL											
January	4 - 5 Jan	2020	Swim meet	RCT New Year Meet	Cardiff International Pool	LC	3	9 – Open			✓	✓	✓	✓	Last opportunity to target Regionals
January	12-Jan	2020	Swim meet	RCT Grand Prix 2 – Rhondda - - Swimmers who qualified for West Wales Regionals February 2019 are NOT ALLOWED to swim at this series of meets	Rhondda Sports Centre	SC	3	8 – 12	✓	✓	✓	✓			Junior development meet

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January	18 - 19	2020	Swim meet	Welsh Capital Open Meet - Qualifying swimmers	Cardiff International Pool	LC	1						✓	✓	✓	
January		2020	Extra training	EXTRA TRAINING - Sobell Leisure Centre, West Wales Regionals Swimmers ONLY	Sobell Leisure Centre, Aberdare											
January		2020	Extra training	EXTRA TRAINING - Sobell Leisure Centre, West Wales Regionals Swimmers ONLY	Sobell Leisure Centre, Aberdare											
January		2020	Extra training	EXTRA TRAINING - Sobell Leisure Centre, West Wales Regionals Swimmers ONLY	Sobell Leisure Centre, Aberdare											
February	31 Jan – 2 Feb	2020	Swim meet	West Wales Regionals – Haverfordwest Qualifying swimmers	Haverfordwest Leisure Centre	SC	R	11 – Open (31 Dec)					✓	✓	✓	Deadline weekend of RCT meet NB 2 stage deadline, notify of events in RCT that may impact
February	7 - 9 Feb	2020	Swim meet	West Wales Regionals – Haverfordwest Qualifying swimmers	Haverfordwest Leisure Centre	SC	R	11 – Open (31 Dec)					✓	✓	✓	Deadline weekend of RCT meet NB 2 stage deadline, notify of events in RCT that may impact
February	15 - 16 Feb	2020	Swim meet	Swansea Aquatics Spring Long Course Open Meet Qualifying swimmers	WNPS, Swansea	LC	1	10 - Open					✓	✓	✓	L1 meet – qualifying times
March	08-Mar	2020	Swim meet	RCT Grand Prix 3 – Rhondda - Swimmers who qualified for West Wales Regionals February 2019 are NOT ALLOWED to swim at this series of meets	Rhondda Sports Centre	SC	3	8 – 12	✓	✓	✓	✓				
March		2020	Extra training	EXTRA TRAINING -Wales National Pool, Tiger Bay swimmers ONLY	WNPS, Swansea											
March		2020	Extra training	EXTRA TRAINING -Wales National Pool, Tiger Bay swimmers ONLY	WNPS, Swansea											
March	20 - 21 Mar	2020	Swim meet	Tiger Bay Meet – Cardiff	Cardiff International Pool	LC	3	9 - Open		✓	✓	✓	✓	✓		
March	22 Mar TBC	2020		WALES NATIONALS QUALIFYING WINDOW												
March	29-Mar	2020	Swim meet	Swansea Aquatics Junior Development Meet – Penlan (MARCH)	Penlan Leisure Centre	SC	3	U7 – 12	✓	✓	✓	✓	✓			
March	22 Mar TBC	2020	DEADLINE	SWIM WALES LONG COURSE CHAMPIONSHIPS ENTRY DEADLINE												
April	2 -5 April	2020	Swim meet	Easter Swim Wales Championships	WNPS, Swansea											
April	04-Apr	2020	Gala	Cwmbran Gala: 22nd P&P Cars Gala (Invited Nexus swimmers)	Pontypool ALC			ALL								
April	10-Apr	2020		GOOD FRIDAY												
April	12-Apr	2020		EASTER SUNDAY												
April	18-19 April	2020	Swim meet	BCSS Level 3 Spring Sprint Meet - Newport	Newport Regional Pool & Tennis Centre Newport International Sports Village Velodrome Way Newport	SC	3			✓	✓	✓	✓	✓		

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May	24 - 26 April	2020	Swim meet	Cardiff International Open Meet Qualifying swimmers	Cardiff International Pool	LC	1	11 – Open					✓	✓	
May	03-May	2020	Swim meet	Amman Valley – Carmarthen	Carmarthen Leisure Centre	SC	3	9 – Open			✓	✓	✓	✓	
May	10-May	2020	Swim meet	RCT Grand Prix 4 – Rhondda - Swimmers who qualified for West Wales Regionals February 2019 are NOT ALLOWED to swim at this series of meets	Rhondda Sports Centre	SC	3	8 – 12	✓	✓	✓	✓			
May	8 - 10 May	2020	Swim meet	Swansea Aquatics May Long Course Open Meet Qualifying swimmers	WNPS, Swansea	LC	1	10 - Open				✓	✓	✓	L1 meet – qualifying times
May	27 May TBC	2020		WALES NATIONALS QUALIFYING WINDOW											
May	30 - 31 May	2020	Swim meet	Bridgend County Swim Squad’s Level 3 Long Course Meet	WNPS, Swansea	LC	3			✓	✓	✓	✓	✓	
June	TBC	2020	Extra training	EXTRA TRAINING - Cardiff International Pool, Torfaen Dolphins swimmers ONLY		LC									
June	TBC	2020	Extra training	EXTRA TRAINING - Cardiff International Pool, Torfaen Dolphins swimmers ONLY		LC									
June	5 Jun - TBC	2020	Gala - NEXUS	Nexus Club Gala (All Nexus swimmers)	Sobell Leisure Centre	SC		ALL							
June	14 Jun - TBC	2020	Swim meet	West Wales Junior Development Meet	Carmarthen Leisure Centre	SC	3	9 – 12 (31 Dec)	✓	✓	✓	✓			
June	20 - 21 Jun	2020	Swim meet	Torfaen Dolphins – Cardiff	Cardiff International Pool	LC	3	9 – Open			✓	✓	✓	✓	Last long course meet of the season
June	27-Jun	2020	Gala	Cwmbran Gala: 34th Hoover Gala (Invited Nexus swimmers)	Pontypool ALC			ALL							
July	04-Jul	2020	Swim meet	Swim Wales National Development Meet	WNPS, Swansea	LC	N	11 – 18			✓	✓	✓	✓	
July	12-Jul	2020	Swim meet	Swansea Aquatics Junior Development Meet (JULY)	Penlan Leisure Centre	SC	3	U7 – 12	✓	✓	✓	✓	✓		
July	TBC	2020	Extra training	EXTRA TRAINING -WNPS, NATIONALS swimmers ONLY	WNPS, Swansea	LC									
July	TBC	2020	Extra training	EXTRA TRAINING -WNPS, NATIONALS swimmers ONLY	WNPS, Swansea	LC									
July	20 Jul - 21 Jul - TBC	2020	Swim meet	Gloucester	Gloicester	SC	3								
July	TBC	2020	Social	End of season splash party											
July	TBC	2020	END SEASON	Last session of the 2019/2020 season, three week summer break (NO TRAINING)											

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July	27- 31 July - TBC	2020	Swim meet	Swim Wales Summer Open - Swansea Qualifying swimmers	WNPS, Swansea	LC	N	12 + (31 Dec)					✓	✓	
August	08-Aug	2020	Gala	Cwmbran Gala: 2nd Novice Gala (Invited Nexus swimmers)	Pontypool ALC			ALL							
October	03-Oct	2020	Gala	Cwmbran Gala: 20th Nat West Gala (Invited Nexus swimmers)	Pontypool ALC			ALL							