

# USA Swimming National Team

## 2009-2012 Quadrennial Plan (Updated 06/17/09)

### 2009\*

Jul 5-11	World University Games - Belgrade, Serbia
Jul 7-11	ConocoPhillips National Championships - (World Championships Trials) - Indianapolis, IN
Jul 26-Aug 2	FINA World Championships - Rome, ITA
Aug 4-8	U.S. Open - Federal Way, WA
Aug 9	Freestyle Camp - Seattle, WA
Aug 10-14	Speedo Junior Championships - Federal Way, WA
Oct 1-4	National Team Retreat - Tice Ranch - Seattle, WA
Nov 7-16	National Youth Team International Competition - Europe
Nov 13-15	Grand Prix - Minneapolis, Minnesota - (short course)
Dec 3-5	USA Swimming Short Course Nationals - Federal Way, WA
Dec 6	Long Course Time Final Invitational - Federal Way, WA
Dec 10-12	Speedo Short Course Junior Championships - Columbus, OH
Dec 13	Long Course Time Final - Columbus, OH
Dec 16-21	Mutual of Omaha Duel in Pool - Manchester, England (competition 19 & 20)

### 2010\*

Jan 15-18	Grand Prix - Long Beach, CA - (short course yards)
Feb 12-15	Grand Prix - Columbia, MO - (long course)
Mar 4-6	Grand Prix - Austin, TX - (short & long course)
Mar 14-28	National Team Training Camp
Apr 19-21	National Team Coaches Seminar - Colorado Springs
May 13-16	Grand Prix - Charlotte, NC - (long course)
May TBD	National Youth Team competition
June 17-20	Grand Prix - Santa Clara, CA - (long course)
Jul 8-11	Grand Prix - Los Angeles, CA - (long course)
Aug 3-7	ConocoPhillips National Championships (World Championship/Pan Pacific/World University Games Trials) - Irvine, CA
Aug 9-13	Speedo Junior Championships - Irvine, CA
Aug 18-22	Pan Pacific Championships - Irvine, CA - (August 22 10K)
Aug 26-30	Junior Pan Pac Championships - Maui (August 30 Open Water)
Nov 12-14	Grand Prix - Minneapolis, Minnesota - (short course)
Dec 2-4	USA Swimming Short Course Nationals - Columbus, OH
Dec 5	Long Course Time Final Invitational - Columbus, OH
Dec 9-11	Speedo Short Course Junior Championships - Atlanta, GA
Dec 12	Long Course Time Final - Atlanta, GA
Dec TBD	FINA Short Course World Championships - Dubai, UAE

### 2011\*

Jan 14-17	Grand Prix - Long Beach, CA - (short course)
Feb 18-21	Grand Prix - Columbia, MO - (long course)
Mar 3-5	Grand Prix - Austin, TX - (short & long course)
Mar 13-27	National Team Training Camp
April 18-21	National Team Coaches Seminar - Colorado Springs
May 12-15	Grand Prix - Charlotte, NC - (long course)
May TBD	National Youth Team competition - Vancouver, British Columbia
June 16-19	Grand Prix - Santa Clara, CA - (long course)
Jul 14-17	Grand Prix - Los Angeles, CA - (long course)
Jul 24-31	FINA Long Course World Champs - Shanghai, China
Aug 2-6	ConocoPhillips National Championships (Pan American Games Trials)
Aug 8-13	Speedo Junior Championships

**2011\*** (cont.)

Aug 8-14	World University Games - Shenzhe, China
Aug TBD	FINA World Junior Championships - Lima, Peru
Oct 15-22	Pan American Games - Guadalajara, Mexico
Nov 11-12	Grand Prix - Minneapolis, Minnesota - (short course)
Dec 1-3	USA Swimming Short Course Nationals
Dec 4	Long Course Time Final Invitational
Dec 8-10	Speedo Short Course Junior Championships
Dec 11	Long Course Time Final

**2012\***

Jan 13-16	Grand Prix - Long Beach, CA - (short course yards)
Feb 17-20	Grand Prix - Columbia, MO - (long course)
Mar TBD	Grand Prix - Austin, TX - (long course)
Mar 11-25	National Team Training Camp
Mar 30 - Apr 1	Grand Prix - (long course)
May 3-6	Grand Prix - Charlotte, NC - (long course)
May 30-June 3	Grand Prix - Santa Clara - (long course)
May TBD	National Youth Team competition - Vancouver, British Columbia
June 25-Jul 2	U.S. Olympic Team Trials - Site to TBD
Jul 27-Aug 10	Olympic Games - London, UK (swimming tentative Jul 28 - Aug 4)
Aug 6-10	U.S. Open
Aug 12-16	Speedo Junior Championships
Aug 23-27	Junior Pan Pacific Championships -TBA
Nov 15-17	Grand Prix - Minneapolis, Minnesota - (short course)
Nov 29-Dec 1	USA Swimming Short Course Nationals
Dec 2	Long Course Time Final Invitational
Dec 6-8	Speedo Short Course Junior Championships
Dec 9	Long Course Time Final
Dec TBD	FINA Short Course World Swimming Championships - Istanbul

\* calendar tentative & subject to change