

# USA Swimming National Team

## 2009-2012 Quadrennial Plan (Updated 020309)

### **2009\***

|              |  |
|--------------|--|
| Feb13-16     | Grand Prix - Columbia, MO - (long course)  |
| Mar 5-7      | Grand Prix - Austin, TX - (short and long course)  |
| Mar 15-29    | National Team Training Camp - Chula Vista  |
| Apr 20-22    | National Team Coaches Seminar - Colorado Springs   |
| May 14-17    | Grand Prix - Charlotte, NC - (long course)   |
| May 22-24    | National Youth Team competition - Vancouver, British Columbia                                    |
| June 11-14   | Grand Prix - Santa Clara, CA - (long course)   |
| 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 10-14    | Junior Championships - Federal Way, WA   |
| Aug 21-23    | National Youth Team International Competition-TBA  |
| Oct 1-4      | National Team Retreat - Tice Ranch - Seattle, WA   |
| Nov 13-15    | Grand Prix - Minneapolis, Minnesota - (short course)   |
| Dec 3-5      | ConocoPhillips Short Course Nationals (Trials for 2010 SC World Championships) - Federal Way, WA |
| Dec 6        | Long Course Time Final Invitational - Federal Way, WA  |
| Dec 10-12    | Speedo Short Course Junior Nationals - Columbus, OH  |
| Dec 13       | Long Course Time Final - Columbus, OH  |

### **2010\***

|            |   |
|------------|---|
| Jan 15-18  | Grand Prix - Long Beach, CA - (short course meters)   |
| Feb 12-15  | Grand Prix - Columbia, MO - (long course)   |
| Mar 4-6    | Grand Prix - Austin, TX - (short & long course)   |
| Mar 13-28  | National Team Training Camp   |
| Apr 7-11   | FINA Short Course World Championships - Dubai, UAE  |
| Apr 19-22  | National Team Coaches Seminar - Colorado Springs  |
| May 13-16  | Grand Prix - Charlotte, NC - (long course)  |
| May TBD    | National Youth Team competition - Vancouver, British Columbia   |
| 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 TBD    | Junior Pan Pac Championships - Maui   |
| Nov 12-14  | Grand Prix - Minneapolis, Minnesota - (short course)  |
| Dec 2-4    | ConocoPhillips Short Course Nationals - TBD   |
| Dec 5      | Long Course Time Final Invitational - TBD   |
| Dec 9-11   | Speedo Short Course Junior Nationals  |
| Dec 12     | Long Course Time Final  |

### **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)       |

**2011\*** (cont.)

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

**2012\***

|                |  |
|----------------|--|
| Jan 13-16      | Grand Prix - Long Beach, CA - (short course meters)            |
| 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)                                     |
| Apr 4-8        | Short Course World Championships                               |
| May 3-6        | Grand Prix - Charlotte, NC - (long course)                     |
| May 25-28      | Grand Prix - Santa Clara - (long course)                       |
| May TBD        | National Youth Team competition - Vancouver, British Columbia  |
| June 27-Jul 4  | U.S. Olympic Team Trials - Site to TBD                         |
| Jul 27-Aug 10  | Olympic Games - London, UK (swimming tentative Jul 28 - Aug 4) |
| Jul 31-Aug 4   | U.S. Open  |
| Aug 23-27      | Junior Pan Pacific Championships -TBA                          |
| Nov 15-17      | Grand Prix - Minneapolis, Minnesota - (short course)           |
| Nov 29-Dec 1   | ConocoPhillips Short Course Nationals                          |
| Dec 2          | Long Course Time Final Invitational                            |
| Dec 6-8        | Speedo Short Course Junior Nationals                           |
| Dec 9          | Long Course Time Final   |

\* calendar tentative & subject to change