

| | | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | | | | | | |
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| September 2023 | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | |
| PTL 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Skills Academy Orientation | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Regional Development Programme Orientation | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| October 2023 | | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| PTL 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Future Challenger Series Meet 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Larne Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aspiring Champions Series Meet 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| November 2023 | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | |
| War Memorial | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Enniskillen Junior Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ulster SC Championships | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PTL 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Skills Academy Coaching Day | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bangor Junior Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| December 2023 | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| Future Challenger Series Meet 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PTL 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sliabh Beagh Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SU Primary Schools Cup & Championships | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ards Christmas Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Swim Ireland Christmas Cracker Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Irish National Winter Championships (25m) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| National Performance Pathway Camp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| January 2024 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | | | | |
| Lisburn Keith Buchanan New Year Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PTL 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SU Coaching Conference (Closed for Galas) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Skills Academy Coaching Day | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Regional Development Programme Coaching Day | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Future Challenger Series Meet 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Swim Ulster LC Open Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| February 2024 | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | | |
| Sliabh Beagh Winter Masters Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PTL Combined Heats / Finals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SU Senior Schools Championships | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Regional Development Programme Camp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Swim Belfast Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| South Lake LC Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| March 2024 | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| Swim Ulster Club Conference | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Future Challenger Series Meet 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aspiring Champions Meet 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Regional Development Programme Offshore Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Swim Ulster AGM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Irish Senior Schools Relays/Schools Interpro | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Irish Minor Schools | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| April 2024 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | | | | | |
| Mc Cullagh International/Junior International Trials | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DSNI Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Enniskillen Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| May 2024 | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| Ulster Age Group & Senior LC Championships | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ards Junior Open Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jack Beattie Memorial Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Antrim Championships | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ulster Masters Championships | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Irish Open Championships/Olympic Trials (50m) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| June 2024 | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | |
| Bangor Summer Sizzler Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aguasprint Finals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Banbridge Open LC Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Skills Academy Coaching Day/Interprovincial | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Swim Ulster Swim Festival | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| July 2024 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | | | | | | | | | | | | | | | |