NATIONAL TEAM

2011-2012 QUADRENNIAL PLAN (UPDATED 07/08/11

2011*

Jul 11-Aug 1	FINA Long Course World Champs (swim dates Jul 24-31) - Shanghai, China
Aug 2-6	ConocoPhillips National Championships (Pan American Games Trials) - Palo Alto, CA
Aug 8-12	Speedo Junior Championships - Palo Alto, CA
Aug 9-20	World University Games (swim dates Aug 14-19) - Shenzhen, China
Aug 16-21	FINA World Junior Championships - Lima, Peru
Oct 11-22	Pan American Games (swim dates Oct 15-21) - Guadalajara, Mexico
Oct 7-8	FINA World Cup Dubai (UAE)
Oct 15-16	FINA World Cup Stockholm (SWE)
Oct 18-19	FINA World Cup Moscow (RUS)
Oct 22-23	FINA World Cup Berlin (GER)
Nov 4-5	FINA World Cup Singapore (SIN)
Nov 8-9	FINA World Cup Beijing (CHN)
Nov 12-13	FINA World Cup Tokyo (JPN)
Oct 15-24	National Junior Team World Cup Competitions - Moscow (Oct 18-19) & Berlin (Oct 22-23)
Nov 11-13	Grand Prix - Minneapolis, Minnesota - (long course)
Dec 1-3	AT&T Winter Nationals - Atlanta, GA (long course)
Dec 8-10	Speedo Short Course Junior Championships - Austin
Dec 11	Long Course Time Final
Dec 16-17	Mutual of Omaha Duel in the Pool - Atlanta, GA

2012*

Jan 13-16	Grand Prix - Austin, TX - (long course)
Feb 10-12	Grand Prix - Columbia, MO - (long course)
Mar 9-11	Grand Prix - Columbus, OH (long course)
Mar 11-25	National Team Training Camp
Mar 29-31	Grand Prix - Indianapolis (long course)
May 10-13	Grand Prix - Charlotte, NC - (long course)
May 31-June 3	Grand Prix - Santa Clara - (long course)
June 25-Jul 2	U.S. Olympic Team Trials - Omaha, NE
Jul 27-Aug 12	Olympic Games - London, UK (swimming Jul 28 - Aug 4)
Aug 7-11	U.S. Open - Indianapolis, IN
Aug 13-17	Speedo Junior Championships - Indianapolis, IN
Aug 23-26	Junior Pan Pacific Championships - Honolulu, HI
Nov 15-17	Grand Prix - Minneapolis, Minnesota - (short course)
Nov 29-Dec 1	AT&T 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 12-16	FINA Short Course World Swimming Championships - Istanbul

** calendar tentative & subject to change*

Quad Plan is updated periodically and posted on USA Swimming Web site at www.usaswimming.org/nationalteam