

Month/Date	Meet	Venue	Length	Level	Squad	Coach	RTSC Closing Date	Entries To
<b>September-19</b>								
Sun 22nd	Swim England East Region Junior Inter County Competition	Luton	50m	L1	Selected	WS	N/A	N/A
<b>October-19</b>								
Sun 6th	National Inter-County Gala	Sheffield	50m	L1	Selected	N/A	N/A	N/A
Sat 5th - Sun 6 <sup>th</sup>	RTSC 9th DJ Memorial Gala	BSV	25m	L3	All squads	GR	23/08/2019	Coaches
Sat 12th	Arena League R1	Woodside Leisure Centre	25m	N/A	Selected	GR	N/A	N/A
Sat 19th - Sun 20th	Essex Winters Champs	BSV	25m	L2	All Qualifiers	GR	27/09/2019	Coaches
<b>November-19</b>								
Sat 2 <sup>nd</sup> - Sun 3 <sup>rd</sup>	London Winters Championships	LAC	25m	L2	All Qualifiers	GR/WS	07/10/2019	Coaches
Sat 9 <sup>th</sup>	Arena League R2	Becontree Leisure Centre	25m	N/A	Selected	GR	N/A	N/A
Sun 10 <sup>th</sup>	NUEL Winter Invitational Meet	East Ham	25m	L4	B, C & D	TBC	06/10/2019	Coaches
Fri 15 <sup>th</sup>	NUEL & RTSC Long Distance Freestyle Time Trial	East Ham	25m	L3	B, C & D	TBC	20/10/2019	Coaches
Sun 17 <sup>th</sup>	NUEL & RTSC Long Distance Freestyle Time Trial	East Ham	25m	L3	B, C & D	TBC	20/10/2019	Coaches
Fri 29 <sup>th</sup> - Sat 30 <sup>th</sup>	Harlow Winter County Qualifier Meet	Harlow LeisureZone	25m	L3	All squads	GR/WS/GD	29/09/2019	Coaches
<b>December-19</b>								
Thurs 5 <sup>th</sup> - Sun 8 <sup>th</sup>	British Winter Championships	Sheffield	50m	L2	All Qualifiers	GR	17/11/2019	Self-Entry
Sat 14th	Arena League R3	Hertfordshire Sports Village	25m	N/A	Selected	GR	N/A	N/A
Sat 14 <sup>th</sup> - Sun 15 <sup>th</sup>	RTSC Christmas Cracker L3 LC Open Meet	LAC	50m	L3	All squads	GR	17/11/2019	Coaches
<b>January-20</b>								
Sat 18 <sup>th</sup> - Sun 19 <sup>th</sup>	Cardiff Capital Open Meet 2020	Cardiff International Pool	50m	L1	All Qualifiers	GR	23/11/2019	Coaches
Sat 25th - Sun 26th	RTSC Non County Gala	Sapphire	25m	L3	Non county qualifiers	GR	15/12/2019	Coaches
<b>February-20</b>								
Sat 1 <sup>st</sup>	Essex Age Group Championship – Block B	LAC	50m	L1	All Qualifiers	GR	15/12/2019	Coaches
Sun 2 <sup>nd</sup>	Essex Age Group Championship– Block B	BSV	50m	L1	All Qualifiers	GR	15/12/2019	Coaches
Fri 14 <sup>th</sup> - Sun 16 <sup>th</sup>	Essex Age Group Championship– Block C	BSV	50m	L1	All Qualifiers	GR	15/12/2019	Coaches
Fri 28 <sup>th</sup> - Sat 29 <sup>th</sup>	Essex Age Group Championship– Block A	BSV	50m	L1	All Qualifiers	GR	15/12/2019	Coaches
<b>March-20</b>								
Sun 1 <sup>st</sup>	Essex Age Group Championship– Block A	BSV	50m	L1	All Qualifiers	GR	15/12/2019	Coaches
Sat 7 <sup>th</sup> - Sun 8 <sup>th</sup>	NUEL SC Regional Qualifying Meet	LAC	50M	L3	All squads	GR	26/01/2020	Coaches
Sat 14 <sup>th</sup> - Sun 15 <sup>th</sup>	London Regional Open Meet	LAC	50m	L1	All Qualifiers	GR	14/02/2020	Coaches
<b>April-20</b>								
Sat 4th - Sun 5th	NUEL SC L1 National Qualifying Meet 2020	LAC	50m	L1	All Qualifiers	GR	09/02/2020	Coaches
Tues 14 <sup>th</sup> - Sun 19 <sup>th</sup>	British Swimming Championship (Olympic Trials)	LAC	50m	L1	All Qualifiers	GR	19/03/2020	Coaches
Sat 18th - Sun 19th	RTSC Non Regional Open Meet	Sapphire	25m	L3	All squads	GR	15/03/2020	Coaches
Sat 25th - Sun 26th	London Regional Summer Champs - Age Groups	LAC	50m	L1	All Qualifiers	GR	01/04/2020	Coaches
<b>May-20</b>								
Sat 2nd - Sun 3rd	London Regional Summer Champs - Age Groups	LAC	50m	L1	All Qualifiers	GR	01/04/2020	Coaches
Sat 2nd - Sun 3rd	Black Lion Spring Open Meet	Medway Park	25m	L3	Non Region Qualifiers	SD	13/03/2020	Coaches
Fri 8th - Sun 10th	London Regional Summer Champs - Youths	LAC	50m	L1	All Qualifiers	GR	01/04/2020	Coaches
<b>June-20</b>								
Sun 7th	NUEL Summer Invitational	East Ham	25m	L4	B, C & D	GR/SD	TBC	Coaches
<b>July-20</b>								
Sat 11th - Sun 12th	RTSC End of Season Meet	Basildon Sporting Village	50m	L3	All squads	GR	31/05/2020	Coaches
Tues 21st - Sun 26th	British Summer Championships	Ponds Forge Sheffield	50m	L1	All Qualifiers	GR	Q.Window	Self - Entry
Wed 29th - Fri 31st	Swim England Summer Meet	Ponds Forge Sheffield	50m	L1	All Qualifiers	GR	Q.Window	Self-Entry
<b>August-20</b>								
Sat 1st - Sun 2nd	Swim England Summer Meet	Ponds Forge Sheffield	50m	L1	All Qualifiers	GR	Q.Window	Self-Entry

<b>Key:</b>
County, Regional & National Champs
Inter County Champs
Arena League
Level 1 Gala
Level 3 or 4 Gala