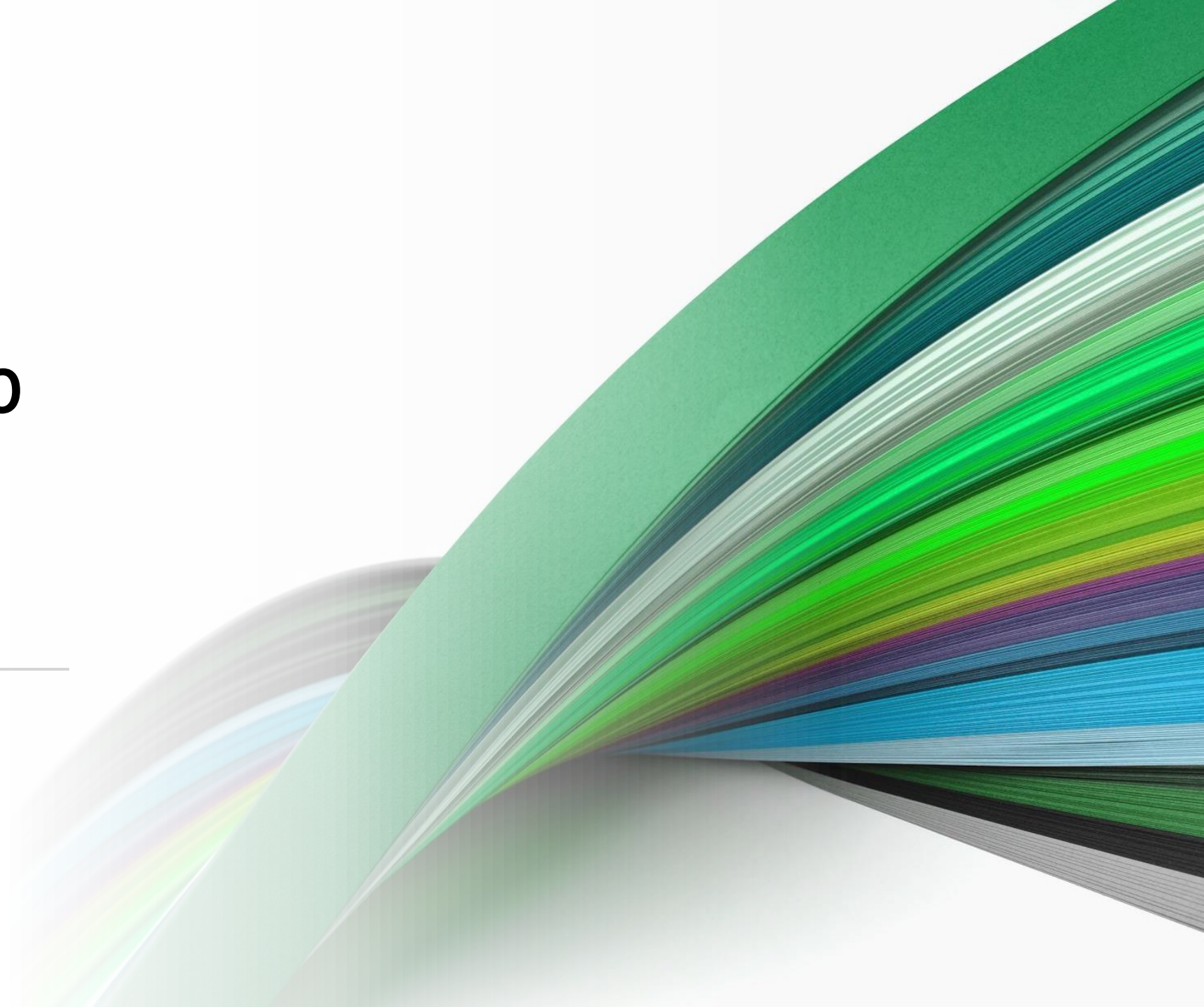




LRC Age Group Squad 2024 - 2025

Competition Calendar



Squad Competition Calendar 2024

Month	Date	Day	Event	Venue	Reg. Deadline	Entry Deadline for LRC Swimmers
August	12 th	Mon	Squads Resume Term Training	LRC	NA	NA
September	10 th	Tues	Squad Parents Meeting – 6:30pm	Function Room	All Welcome	NA
	26 th	Thu	Sports Psych Talk 19:00 – 21:00	Function Room	TBD	TBD
	28 th – 29 th	Sat - Sun	Division 1 (Part 3) LC Comp	KPSP	16 th Aug	30 th Aug
November	9 th	Sat	Pennant Gala	LRC	TBC	TBC
	15 th – 17 th	Fri - Sun	HK Age Group Champ LCM Swimming Championships	KPSP	4 th Oct	18 th Oct
	23 – 24 th	Sat - Sun	Division I (Part 1) SC Comp	VPSP	14 th Oct	25 th Oct
	30 th – 1 st Dec	Sat - Sun	RBSC Swim Meet	Bangkok	TBD	TBD
December	21 st	Sat	Division III (Part 1) SC Comp	TBC	8 th Nov	22 nd Nov
	22 nd	Sun	Division I (Part 2) SC Comp	VPSP	8 th Nov	22 nd Nov

*Full Team Invite **LRC Run Program ***HKGSA Coaches Dinner

Squad Competition Calendar 2024 - 2025

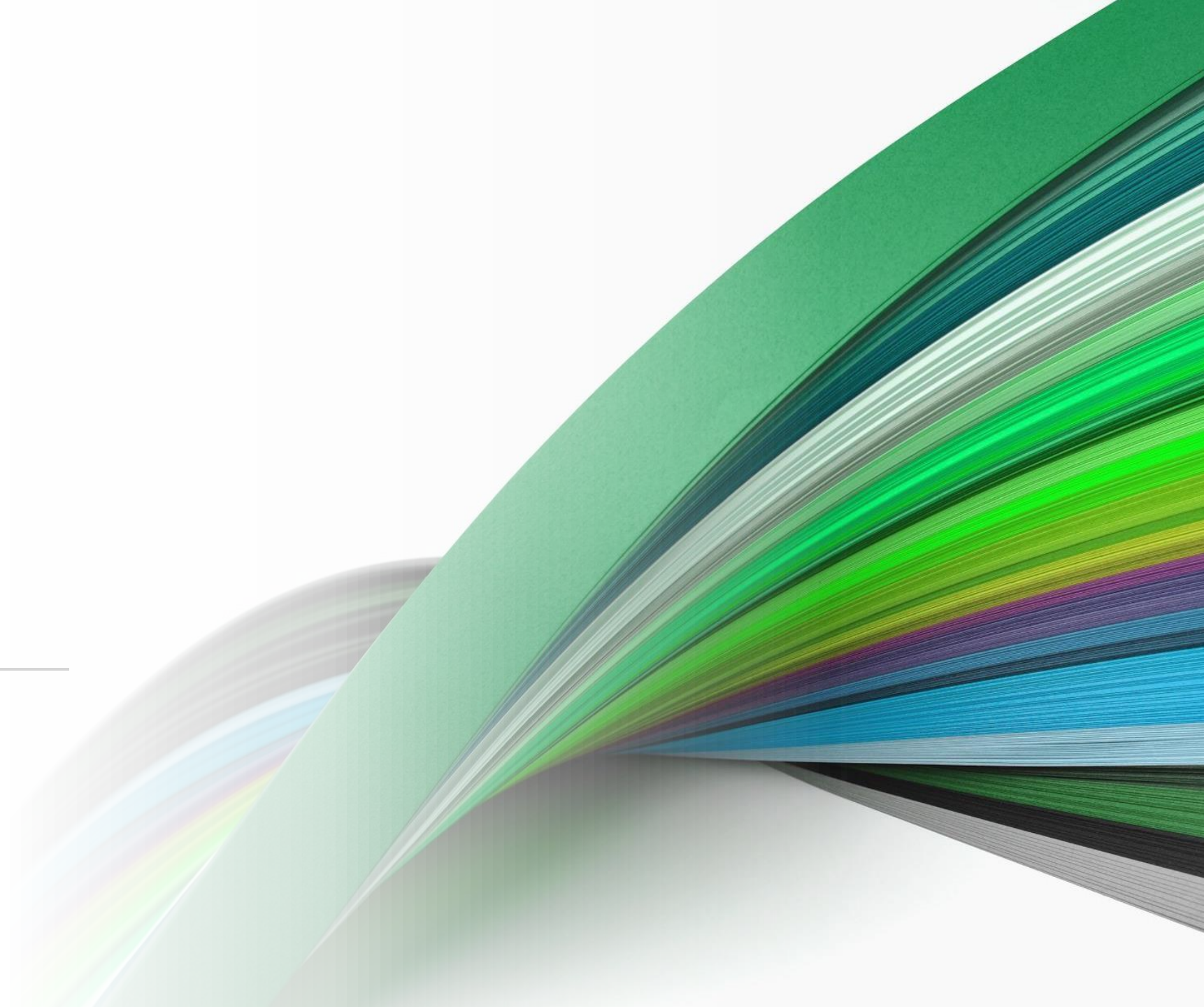
Month	Date	Day	Event	Venue	Reg. Deadline	Entry Deadline for LRC Swimmers
November	30 th – 1 st Dec	Sat-Sun	RBSC Swim Meet	Bangkok	Past	Past
December	22 nd	Sun	Division I (Part 2) SC Comp	VPSP	8 th Nov	22 nd Nov
January	11 th	Sat	Division II (Part 2) SC Comp	SMVSP	29 th Nov	13 th Dec
	18 – 19 th	Sat-Sun	Division I (Part 3) SC Comp	VPSP	6 th Dec	20 th Dec
February	7-9 th	Fri - Sun	HK Age Group SCM Swimming Championships	VPSP	27 th Dec	10 th Jan
	22 nd	Sat	Division III (Part 2) SC Comp	SMVSP	10 th Jan	27 th Jan
March	8 th	Sat	Division II (Part 3) SC Comp	SMVSP	24 th Jan	7 th Feb
	8 th –9 th	Sat-Sun	Tokyo St Mary's Int. School Comp	Japan	Open for All Squads	17 th Feb
	22 nd	Sat	Division III (Part 3) SC Comp	SMVSP	7 th Feb	21 st Feb

*Full Team Invite **LRC Run Program ***HKGSA Coaches Dinner



LRC Masters Squad 2024 - 2025

Competition Calendar



Masters Competition Calendar 2024 - 2025

Month	Date	Day	Event	Venue	HKASA Reg. Deadline	Entry Deadline for LRC Swimmers
July	2 nd July – 11 th Aug		Summer Program Starts – 1 Week Outdoor ONLY, 5 Weeks Both Indoor & Outdoor			
September	22 nd	Sun	SC Masters Swim Comp Part 1	SMVSP	9 th Aug	23 rd Aug
November	10 th	Sun	New World Cross Harbour Race	Victoria Harbour	26 th August	https://www.hkharbourrace.com/
December	1 st	Sun	Annual LC Masters Champs	SYSMPSP	8 th Nov	1 st Nov
January	26 th	Sun	SCM Masters Comp Part 2	SMVSP	13 th Dec	27 th Dec
March	23 rd	Sun	LCM Masters Comp Part 1	SYSMPSP	7 th Feb	21 st Feb
May	17 th -30 th	Sat - Fri	2025 World Masters Games	Taipei	NA	
July	26 & 27 th	Sat & Sun	World Aquatics Masters Champs – Open Water Events	Singapore	NA	TBD
August	7 th – 14 th	Thu - Thu	World Aquatics Masters Champs – Pool Events	Singapore	NA	TBD

***Full Team Invite **LRC Run Program**