

# NATIONAL TEAM

## 2015-2016 QUADRENNIAL PLAN (UPDATED 7/2/2015)

### 2015\*

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Jun 29-Jul 12	World University Games - Gwangju, KOR (swim dates 4-11)
Jul 9-19	Pan American Games - Toronto, CAN (swim dates Jul 14-18)
Jul 21-Aug 10	FINA Long Course World Champs - Kazan, RUS (swim dates Aug 2-9)
Jul 30-Aug 3	Speedo Junior National Championships - San Antonio, TX
Aug 6-10	Phillips 66 National Championships - San Antonio, TX
Aug 19-31	FINA World Junior Championships - Singapore, SIN
Oct-Nov TBD	FINA World Cups - TBD
Nov 12-14	Arena Pro Swim Series (LCM) - Minneapolis, MN
Dec 3-5	AT&T Winter National Championships - Federal Way, WA
Dec 9-12	East & West Speedo Winter Juniors - Atlanta, GA & Austin, TX
Dec 11-12	Mutual of Omaha Duel in the Pool - Indianapolis, IN

### 2016\*

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Jan 15-17	Arena Pro Swim Series (LCM) - Austin, TX
Mar 3-5	Arena Pro Swim Series (LCM) - Orlando, FL
Apr 14-16	Arena Pro Swim Series (LCM) - Mesa, AZ
May 12-15	Arena Pro Swim Series (LCM) - TBD
Jun 2-5	Arena Pro Swim Series (LCM) - Indianapolis, IN
Jun 2-5	Arena Pro Swim Series (LCM) - Santa Clara, CA
Jun 26-Jul 3	U.S. Olympic Team Trials - Omaha, NE
Aug 2-6	U.S. Open - Minneapolis, MN
Aug 5-21	Olympic Games - Rio de Janeiro, BRA (swim dates Aug 6-13)
Aug 8-12	Speedo Junior National Championships - Minneapolis, MN
Aug 24-28	Junior Pan Pacific Championships - Kihei, Maui, HI
Nov TBD	
Nov 30-Dec 3	AT&T Winter National Championships - TBD
Dec 7-10	Speedo Winter Junior Nationals - TBD
Dec 7-11	13 <sup>th</sup> FINA World Swimming Championships (25m) - Windsor, CAN

*\*calendar tentative & subject to change*

*Quad Plan is updated periodically and posted on USA Swimming Web site at [www.usaswimming.org](http://www.usaswimming.org) under National Team.*