

September		7	Island Games Training	
		8		
	Sat	14	Rother League Round 3	
	Sun	15		
	Sat	21		
	Sun	22		
	Sat	28	New date for sprints tbc	
	Sun	29		
October	Sat	5		
	Sun	6		
	Sat	12	Arena League	
	Sun	13		
	Sat	19	James Moreno (Southampton)	
	Sun	20	James Moreno (Southampton)	
	Sat	26		
	Sun	27		
Nov	Sat	2	Winter Regional Champs	
	Sun	3	PNSC Novice Meet	Winter Regional Champs
	Sat	9	Arena League	
	Sun	10		
	Sat	16		
	Sun	17		
	Sat	23	2024 Club Champs	
	Sun	24		
	Sat	30	2024 Club Champs	
Dec	Sun	1	Winter Nationals (Short Course)	
	Sat	7		
	Sun	8		
	Sat	14	Arena League	
	Sun	15		
	Sat	21	Southampton Christmas Meet	
	Sun	22	Southampton Christmas Meet	
	Sat	28		
	Sun	29		
Jan	Sat	4		
	Sun	5		
	Sat	11	Brighton Open Meet	** Possible County Champs
	Sun	12	PNSC Novice Meet	Brighton Open Meet
	Sat	18		
	Sun	19		
	Sat	25		
	Sun	26		
Feb		All weeken	County Championships	
March	Sat	1		
	Sun	2	PNSC Novice Meet	
	Sat	8		
	Sun	9		

	Sat	15		
	Sun	16		
	Sat	22		
	Sun	23		
	Sat	29	2025 Isle of Wight Champs	
	Sun	30		
April	Sat	5	2025 Isle of Wight Champs	
	Sun	6		
May	Sat	24	Southampton Open Meet	
	Sun	25	Southampton Open Meet	
June	Sun	15	PNSC Novice Meet	
July		12-18	2025 Island Games Orkney	

Key
League Competition
Open Meet
Club / IW Event
Regional / National Champs
Island Games