

| Meet Name | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | | |
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| September 2022 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PTL Heats | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Regional Skills Academy Orientation | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| October 2022 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Regional Development Programme Stage 1 & 2 Orientation | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Future Challenger Round 1 Meet 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ulster Primary Schools Cup & Championships | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aspiring Champions Series Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PTL Heats | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aurora Halloween Splash & Dash | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Enniskillen Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Larne Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Newry - Arthur McDonald Novice Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| November 2022 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ulster Short Course Championships | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| War Memorial Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PTL Heats | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bangor Junior Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Reginal Skills Academy Coaching Day | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Closed Weekend for Galas - LEN Officials Seminar | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| December 2022 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Future Challenger Meet 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PTL Heats | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ards Christmas Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sliabh Beagh Cluster Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Irish SC Championships | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Regional Development Programme Stage 2 Camp | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Regional Development Programme Stage 1 Coaching Day | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| January 2023 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Newry - 50th Anniversary Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lisburn New Year New Age Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Swim Ulster Coaches Conference - no galas | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Regional Skills Academy Coaching Day | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Swim Ulster Open LC Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PTL Heats | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Portadown ASC Long Course Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| February 2023 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ulster Secondary Schools Cup & Championships | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sliabh Beagh Winter Masters Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PTL Heats | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Swim Belfast Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Future Challenger Series Meet 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| McCullagh International | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| March 2023 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Swim Ulster Club Conference - no galas on Sat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Enniskillen Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PTL Finals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Regional Development Programme Stage 1 & 2 Offshore Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aspiring Champions Series Meet 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sliabh Beagh Distance Spring Qualifying Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Irish Minor Schools | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Irish Schools Interpro | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| April 2023 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Irish Open Championships | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Potential PTL date - FINALS - licenced LC meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Regional Development Programme Stage 1 & 2 Coaching Day | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lurgan ASC LC Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Future Challenger Series Round 2 Meet 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ulster Long Course Championships | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| May 2023 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DSNI Swimming Championships | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ards Junior Open Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jack Beattie Memorial Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Larne Gala | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ulster Masters Championships 2022 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| June 2023 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bangor LC Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aquasprint Finals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Banbridge LC Meet | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Swim Ulster Swim Festival | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| July 2023 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Irish Division 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Irish Summer Nationals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| August 2023 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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