

EVENT	DATE OF SWIM	TIME OF SWIM	VENUE/ LOCATION	DISTANCE	COSTS	PRE ENTRY LINK	SOCIAL MEDIA	ANY MIN REQUIREMENTS	Swim Irl No needed?	CONTACT PERSON	CONTACT EMAIL
Myrtlevill to Churchbay	Mon 10th June	19:30h	Myrtleville, Cork	2k	€28	Myrtleville to Churchbay	Myrtleville Swimmers	yes, 1.5k in 2023 part of application	No	Damian o'Neill	
Rebel Plunge	Sun 16th June	15:00h	Port of Cork	3.8k	€35	Rebel Plunge 2024	FB: Rebel Plunge Swim		No		
Limerick Narwhals 1k Time Trial	Fri 21st June	19:00h	Obriensbridge, Co. Clare	1k		Limerick Narwhals Time Trials	Limerick Narwhals		No	Mark Dempsey	limericknarwhals@gmail.com
Thomond Swim Limerick	Sat June 29th	12:00h	Limerick City	1.8k		Thomond Swim 2024	Limerick Masters				
Slip to Shore	Sun June 30th	15:00h	Ballyheigue, Co. Kerry	2k	€20	Slip to Shore	SlipToShore		No		
Vibes & Scribes Lee Swim	Sat 6th July	16:30:00	Cork City	2k		<i>To Follow</i>	FB: Vibes & Scribes Lee Swim	Min age 12			info@leeswim.ie
Galley Head Charity Swim	Sat 13th July	09:00h	Redstrand to Warran, W.Cork	10k		https://www.eventbrite.co.uk/e/galley-head-swim-2024-tickets-	FB: Gally Head swim	€50 + €350. Must get own boat cover, no kayaks.		Justin Crowley	justincclon@gmail.com
Cork Distance Week	6th - 13th July	2x daily	Cork	up to 90k		<i>invite</i>		Yes - talk to Ned	N/A	Ned Denison	ned.denison@corkopenwater.com
GADD 2024	Sat 20th July	17:30h	Glengarriff, West Cork	1k, 3k, 5k, 7k Options	€25	<i>TBC</i>	GaddinAbtGarnish	Min age 12. cut off time for 7k	No	Ossi Schmidt	info@gaddinabtgarnish.ie
Carrigaholt Swim	Sat July 13th	TBC	Carrigaholt, Co. Clare				Carrigaholt			John Ryan	carrigaholtswim@gmail.com
Limerick Narwhals 1k Time Trial	Fri July 26th	19:00h	Obriensbridge, Co. Clare	1k		Limerick Narwhals Time Trials	Limerick Narwhals			Mark Dempsey	limericknarwhals@gmail.com
Union Hall RNLI Swim	Sun 28th July	12:00h	Union Hall, West Cork	1k & 2k Options	Sold out	RNLI Union Hall Swim 2024	FB: Annual Union Hall RNLI Swim		No	RNLI	
Ardgroom Swim	Sat 17th August	14:00h	Glenbeg Lake, Ardgroom, Beara	4k & 400m optins	€10		Ardgroom Swim Facebook page	3km swim completed this year.Gardians permission for under 18's.	No	Brian O'Shea	ardgroomswim@hotmail.com
Alice Crowley Inchydoney Summer Swim	Sun 18th August	09:00-12:30h	Inchydoney	1.5k & 3k	€30	www.inchydoneysummerswim.eventbrite.com	Inchydoney Summer Swim FB		No		inchydoneysummerswim@gmail.com
Tralee Bay Swimming Club	Sun 18th August	TBC	Tralee Bay Derrymore to Fenit	4k		www.traleebayswimmingclub.ie/navigator-challenge	www.traleebayswimmingclub.ie			Antoinette Boyd	www.traleebayswimmingclub.ie/navigator-challenge
Limerick Narwhals 1k Time Trial	Fri August 30th	19:00h	Obriensbridge, Co. Clare	1k		Limerick Narwhals Time Trials	Limerick Narwhals			Mark Dempsey	limericknarwhals@gmail.com
Fenit Swim Fest	Sat 31st August - 1st Sept	TBC	Fenit, Co Kerry			wildwateradventures@yahoo.ie			No	Micheala 086 195 1030	wildwateradventures@yahoo.ie
Ahakista Swim	Sat 7th Sept		Ahakista, West Cork	500m & 2k option							
Sandycove Challenge			Sandycove Island, Cork	1.8k		<i>To Follow</i>	corkmasters.ie	Min age 12	No	Ciaran O'Connor	ciaran.oconnor@mep.ie
Limerick Island Swim	Sat 14th Sept	14:00h	Limerick City	4k		Link Live	Limerick Narwhals	TBC		Mark Dempsey	limericknarwhals@gmail.com
GADD 2024	Sat 21st Sept	17:30h	Glengarriff, West Cork	1k, 3k, 5k, 7k Options	€25	<i>Entry opens July 1st</i>	GaddinAbtGarnish	Min age 12. cut off time for 7k	No	Ossi Schmidt	info@gaddinabtgarnish.ie
Baltimore Wet Weekend	Fri 27th Sept	21:00h	Lough Hyne, West Cork	up to 2k		<i>To Follow</i>	Baltimore Wet Weekend			Noel Browne	browne.noel@gmail.com

Sherkin to Baltimore	Sat 29th Sept		Baltimore, West Cork	2k		To Follow	Baltimore Wet Weekend			Noel Browne	browne.noel@gmail.com
Samhain Swim	Fri October 25th	TBC	Limerick City	Dip			Limerick Narwhals			Martin Shannon	limericknarwhals@gmail.com