



**Heart of Midlothian ASC**  
**Competition / Events Calendar 2025-2026**  
**Updated 14<sup>th</sup> May 2026**



**May**

39 16 <sup>th</sup> /17 <sup>th</sup>	Carnegie Spring Meet, Glenrothes (16 <sup>th</sup> /17 <sup>th</sup> )	F2/F1/T4/T3
40 23 <sup>rd</sup> /24 <sup>th</sup>		
41 30 <sup>th</sup> /31 <sup>st</sup>	Hearts Novice Meet, Prestonpans (31 <sup>st</sup> ) East District Open Water Champs/Novice Meet, Lochore Meadows (31 <sup>st</sup> )	T4/T3/T2 OPEN WATER

**June**

42 06 <sup>th</sup> /07 <sup>th</sup>	Midland District Open Water Champs, Monikie (06 <sup>th</sup> ) Lothian Region Intermediate Leagues Round 3, Prestonpans (06 <sup>th</sup> ) Lothian Region Distance Meet Day 2, Prestonpans (07 <sup>th</sup> ) TaSK Development Challenge Stage 2, Drumbrae (07 <sup>th</sup> )	OPEN WATER ALL NAT/F2/F1/T4 T4/T3/T2/T1
43 13 <sup>th</sup> /14 <sup>th</sup>	Warrender End of Season Meet, Glenrothes (13 <sup>th</sup> /14 <sup>th</sup> )	NAT/F2/F1/T4/T3
44 20 <sup>th</sup> /21 <sup>st</sup>	East District Summer Sizzler, RCP (20 <sup>th</sup> ) Hearts Summer Challenge, Drumbrae (21 <sup>st</sup> )	QUALIFIERS ALL
45 27 <sup>th</sup> /28 <sup>th</sup>	Scottish National Open Champs, RCP (26 <sup>th</sup> -28 <sup>th</sup> )	QUALIFIERS

**July**

46 04 <sup>th</sup> /05 <sup>th</sup>	Scottish National Open Water Champs, Loch Ken (04 <sup>th</sup> /05 <sup>th</sup> )	OPEN WATER
47 11 <sup>th</sup> /12 <sup>th</sup>	Scottish Summer Meet, Aberdeen (09 <sup>th</sup> -12 <sup>th</sup> )	QUALIFIERS
48 18 <sup>th</sup> /19 <sup>th</sup>	Aquatics GB Next Gen Championships, Sheffield (16 <sup>th</sup> -22 <sup>nd</sup> )	QUALIFIERS
49 25 <sup>th</sup> /26 <sup>th</sup>	Aquatics GB Next Gen Championships, Sheffield (16 <sup>th</sup> -22 <sup>nd</sup> ) <i>Commonwealth Games (Swimming), Glasgow (24<sup>th</sup>-29<sup>th</sup>)</i>	QUALIFIERS

**August**

50 01 <sup>st</sup> /02 <sup>nd</sup>		
51 08 <sup>th</sup> /09 <sup>th</sup>		
52 15 <sup>th</sup> /16 <sup>th</sup>	West District Open Water Champs, Loch Venachar (15 <sup>th</sup> )	OPEN WATER

**2026 / 2027**

01 22 <sup>nd</sup> /23 <sup>rd</sup>	Squad Information Meetings, TBC (TBC)	ALL SQUADS
02 29 <sup>th</sup> /30 <sup>th</sup>	Squad Information Meetings, TBC (TBC)	ALL SQUADS

**September**

03 05 <sup>th</sup> /06 <sup>th</sup>	Dunoon Training Weekend, Dunoon (04 <sup>th</sup> -06 <sup>th</sup> ) Scottish Masters Short Course Champs, Glasgow (05 <sup>th</sup> /06 <sup>th</sup> )	F2/F1 MASTERS
04 12 <sup>th</sup> /13 <sup>th</sup>	East District September Kickstart Meet, Glenrothes (12 <sup>th</sup> /13 <sup>th</sup> ) Scottish Swimming Junior Academy Day 1 (13 <sup>th</sup> )	NAT/F2/F1/T4 SELECTED
05 19 <sup>th</sup> /20 <sup>th</sup>		

<u>Training Wk #</u> <u>Wk Ending</u>	<u>Competitions / Events</u>	<u>Squads</u>
06 26 <sup>th</sup> /27 <sup>th</sup>	<b>Hearts Club Championships, Drumbrae (27<sup>th</sup>)</b>	<b>ALL</b>
<b>October</b>		
07 03 <sup>rd</sup> /04 <sup>th</sup>	Hearts Premier Age Group Meet, Glenrothes (04 <sup>th</sup> )	NAT/F2/F1/T4/T3
08 10 <sup>th</sup> /11 <sup>th</sup>		
09 17 <sup>th</sup> /18 <sup>th</sup>		
10 24 <sup>th</sup> /25 <sup>th</sup>	Warrender Junior Age Group Meet (12/over), Glenrothes (24 <sup>th</sup> ) Warrender Junior Age Group Meet (12/under), Glenrothes (25 <sup>th</sup> ) Scottish Swimming Junior Academy Day 2 (25 <sup>th</sup> )	NAT/F2/F1/T4 F1/T4/T3 SELECTED
<b>November</b>		
11 31 <sup>st</sup> /01 <sup>st</sup>		
12 07 <sup>th</sup> /08 <sup>th</sup>	North District Open, Inverness (07 <sup>th</sup> /08 <sup>th</sup> )	NAT
13 14 <sup>th</sup> /15 <sup>th</sup>	East District Age Group Champs Round 1, Glenrothes (14 <sup>th</sup> /15 <sup>th</sup> )	NAT/F2/F1/T4
14 21 <sup>st</sup> /22 <sup>nd</sup>	Lothian Region Graded Meet, Prestonpans (21 <sup>st</sup> )	F2/F1/T4/T3
15 28 <sup>th</sup> /29 <sup>th</sup>	East District Masters Open, Prestonpans (28 <sup>th</sup> ) Scottish Swimming Junior Academy Day 3 (29 <sup>th</sup> )	MASTERS SELECTED
<b>December</b>		
16 05 <sup>th</sup> /06 <sup>th</sup>	<b>Tranent Christmas Gala, Prestonpans (05<sup>th</sup>/06<sup>th</sup>)</b>	<b>F2/F1/T4/T3</b>
17 12 <sup>th</sup> /13 <sup>th</sup>	Scottish National Short Course Champs, RCP (11 <sup>th</sup> -13 <sup>th</sup> )	QUALIFIERS
18 19 <sup>th</sup> /20 <sup>th</sup>	Scottish National Leagues Final, TBC (19 <sup>th</sup> ) Hearts Christmas Challenge, Drumbrae (20 <sup>th</sup> )	ALL
19 26 <sup>th</sup> /27 <sup>th</sup>		
<b>2027</b>		
<b>January</b>		
20 02 <sup>nd</sup> /03 <sup>rd</sup>		
21 09 <sup>th</sup> /10 <sup>th</sup>	<b>Hearts Ceilidh, Assembly Roxy (08<sup>th</sup>)</b>	<b>ALL</b>
22 16 <sup>th</sup> /17 <sup>th</sup>		
23 23 <sup>rd</sup> /24 <sup>th</sup>	Lothian Region Junior Graded Meet, Prestonpans (23 <sup>rd</sup> )	F1/T4/T3/T2
24 30 <sup>th</sup> /31 <sup>st</sup>	East District Age Group Champs Round 2, RCP (30 <sup>th</sup> /31 <sup>st</sup> )	NAT/F2/F1/T4
<b>February</b>		
25 06 <sup>th</sup> /07 <sup>th</sup>		
26 13 <sup>th</sup> /14 <sup>th</sup>	Overseas Training Camp, Lanzarote (11 <sup>th</sup> -18 <sup>th</sup> )	NAT/F2
27 20 <sup>th</sup> /21 <sup>st</sup>	Overseas Training Camp, Lanzarote (11 <sup>th</sup> -18 <sup>th</sup> )	NAT/F2
28 27 <sup>th</sup> /28 <sup>th</sup>	Hearts Fast in February Meet, Glenrothes (27 <sup>th</sup> /28 <sup>th</sup> )	NAT/F2/F1/T4
<b>March</b>		
29 06 <sup>th</sup> /07 <sup>th</sup>	East District Age Group Champs Round 3, RCP (06 <sup>th</sup> /07 <sup>th</sup> )	NAT/F2/F1/T4
30 13 <sup>th</sup> /14 <sup>th</sup>	Edinburgh International Swim Meet, RCP (12 <sup>th</sup> -14 <sup>th</sup> )	QUALIFIERS
31 20 <sup>th</sup> /21 <sup>st</sup>	Lothian Region Intermediate Leagues Round 1, Prestonpans (20 <sup>th</sup> )	ALL
32 27 <sup>th</sup> /28 <sup>th</sup>	Scottish Masters Long Course Champs, TBC (27 <sup>th</sup> /28 <sup>th</sup> )	MASTERS

<u>Training Wk #</u> <u>Wk Ending</u>	<u>Competitions / Events</u>	<u>Squads</u>
<b>April</b>		
33 03 <sup>rd</sup> /04 <sup>th</sup>		
34 10 <sup>th</sup> /11 <sup>th</sup>	Aquatics GB Championships, London (06 <sup>th</sup> -11 <sup>th</sup> )	QUALIFIERS
35 17 <sup>th</sup> /18 <sup>th</sup>	Scottish National Age Groups, TBC (14 <sup>th</sup> -18 <sup>th</sup> )	QUALIFIERS
36 24 <sup>th</sup> /25 <sup>th</sup>		
<b>May</b>		
37 01 <sup>st</sup> /02 <sup>nd</sup>	Lothian Region Intermediate Leagues Round 2, Prestonpans (01 <sup>st</sup> )	ALL
38 08 <sup>th</sup> /09 <sup>th</sup>		
39 15 <sup>th</sup> /16 <sup>th</sup>		
40 22 <sup>nd</sup> /23 <sup>rd</sup>		
41 29 <sup>th</sup> /30 <sup>th</sup>	Hearts Novice Meet, Prestonpans (30 <sup>th</sup> )	T4/T3/T2
<b>June</b>		
42 05 <sup>th</sup> /06 <sup>th</sup>	Lothian Region Intermediate Leagues Round 3, Prestonpans (05 <sup>th</sup> )	ALL
43 12 <sup>th</sup> /13 <sup>th</sup>	Warrender End of Season Meet, Glenrothes (12 <sup>th</sup> /13 <sup>th</sup> )	NAT/F2/F1/T4/T3
44 19 <sup>th</sup> /20 <sup>th</sup>	East District Summer Sizzler, RCP (19 <sup>th</sup> )	QUALIFIERS
	Hearts Summer Challenge, Drumbrae (20 <sup>th</sup> )	ALL
45 26 <sup>th</sup> /27 <sup>th</sup>	Scottish National Open Champs, TBC (25 <sup>th</sup> -27 <sup>th</sup> )	QUALIFIERS
<b>July</b>		
46 03 <sup>rd</sup> /04 <sup>th</sup>		
47 10 <sup>th</sup> /11 <sup>th</sup>		
48 17 <sup>th</sup> /18 <sup>th</sup>		
49 24 <sup>th</sup> /25 <sup>th</sup>		
<b>August</b>		
50 31 <sup>st</sup> /01 <sup>st</sup>		
51 07 <sup>th</sup> /08 <sup>th</sup>		
52 14 <sup>th</sup> /15 <sup>th</sup>		

Red Type = To Be Decided / Confirmed    *Italics = For Interest*    Green = Fundraising/Social etc