



**Heart of Midlothian ASC**  
**Competition / Events Calendar 2022-2023**  
Updated 15<sup>th</sup> November 2022



**November**

14 19 <sup>th</sup> /20 <sup>th</sup>	Edinburgh Schools Championships, Prestonpans (20 <sup>th</sup> )	13/overs
15 26 <sup>th</sup> /27 <sup>th</sup>	Annual General Meeting, Carrickvale Community Centre (24 <sup>th</sup> ) East District Age Group Champs 1, Glenrothes (26 <sup>th</sup> /27 <sup>th</sup> )	QUALIFIERS

**December**

16 03 <sup>rd</sup> /04 <sup>th</sup>	Tranent Xmas Gala, Prestonpans (03 <sup>rd</sup> ) Bag Packing, Morrison's on Ferry Road (04 <sup>th</sup> )	ALL SQUADS
17 10 <sup>th</sup> /11 <sup>th</sup>	Scottish National Short Course Champs, RCP (09 <sup>th</sup> -11 <sup>th</sup> )	T1/T2
18 17 <sup>th</sup> /18 <sup>th</sup>	National League Finals, Glasgow (17 <sup>th</sup> ) Christmas Club Night, Drumbrae (18 <sup>th</sup> )	ALL

19 24<sup>th</sup>/25<sup>th</sup>

**2023**

**January**

20 31 <sup>st</sup> /01 <sup>st</sup>		
21 07 <sup>th</sup> /08 <sup>th</sup>		
22 14 <sup>th</sup> /15 <sup>th</sup>	Lothian Region Junior Graded Meet, Prestonpans (14 <sup>th</sup> )	
23 21 <sup>st</sup> /22 <sup>nd</sup>	East District Age Group Champs 2, RCP (21 <sup>st</sup> /22 <sup>nd</sup> )	
24 28 <sup>th</sup> /29 <sup>th</sup>		

**February**

25 04 <sup>th</sup> /05 <sup>th</sup>	ELST Age Group Meet, Prestonpans (04 <sup>th</sup> /05 <sup>th</sup> )	T1/T2/T3
26 11 <sup>th</sup> /12 <sup>th</sup>	Overseas Training Camp, Lanzarote (11 <sup>th</sup> -18 <sup>th</sup> )	T1/T2
27 18 <sup>th</sup> /19 <sup>th</sup>	Overseas Training Camp, Lanzarote (11 <sup>th</sup> -18 <sup>th</sup> )	T1/T2
28 25 <sup>th</sup> /26 <sup>th</sup>		

**March**

29 04 <sup>th</sup> /05 <sup>th</sup>	East District Age Group Challenge, tbc (04 <sup>th</sup> /05 <sup>th</sup> )	
30 11 <sup>th</sup> /12 <sup>th</sup>	Edinburgh International Swim Meet, RCP (10 <sup>th</sup> -12 <sup>th</sup> )	
31 18 <sup>th</sup> /19 <sup>th</sup>		
32 25 <sup>th</sup> /26 <sup>th</sup>	East District Age Group Champs 3, RCP (26 <sup>th</sup> /27 <sup>th</sup> )	

**April**

33 01 <sup>st</sup> /02 <sup>nd</sup>		
34 08 <sup>th</sup> /09 <sup>th</sup>	British Championships, London (04 <sup>th</sup> -09 <sup>th</sup> )	
35 15 <sup>th</sup> /16 <sup>th</sup>	Scottish National Age Groups, Aberdeen (12 <sup>th</sup> -16 <sup>th</sup> )	

**Training Wk #**  
**Wk Ending**

**Competitions / Events**

**Squads**

36 22<sup>nd</sup>/23<sup>rd</sup>

37 29<sup>th</sup>/30<sup>th</sup>

**May**

38 06<sup>th</sup>/07<sup>th</sup>

39 13<sup>th</sup>/14<sup>th</sup>

Hearts Meet, Prestonpans (14<sup>th</sup>)

40 20<sup>th</sup>/21<sup>st</sup>

41 27<sup>th</sup>/28<sup>th</sup>

Glasgow International Swim Meet, Glasgow (26<sup>th</sup>-28<sup>th</sup>)

**June**

42 03<sup>rd</sup>/04<sup>th</sup>

43 10<sup>th</sup>/11<sup>th</sup>

44 17<sup>th</sup>/18<sup>th</sup>

45 24<sup>th</sup>/25<sup>th</sup>

East District Summer Sizzler, tbc (25<sup>th</sup>)

**July**

46 01<sup>st</sup>/02<sup>nd</sup>

47 08<sup>th</sup>/09<sup>th</sup>

48 15<sup>th</sup>/16<sup>th</sup>

49 22<sup>nd</sup>/23<sup>rd</sup>

50 29<sup>th</sup>/30<sup>th</sup>

**August**

51 05<sup>th</sup>/06<sup>th</sup>

52 12<sup>th</sup>/13<sup>th</sup>

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