



Heart of Midlothian ASC
Competition / Events Calendar 2022-2023
Updated 10th January 2023



2023

January

22 14th/15th Lothian Region Junior Graded Meet, Prestonpans (14th)

23 21st/22nd East District Age Group Champs 2, RCP (21st/22nd)

24 28th/29th

February

25 04th/05th ELST Age Group Meet, Prestonpans (04th/05th) T1/T2/T3

Tier 4 / 5 / 6 Time Trial, Drumbrae (05th) T4/T5/T6

26 11th/12th Overseas Training Camp, Lanzarote (11th-18th) T1/T2

27 18th/19th Overseas Training Camp, Lanzarote (11th-18th) T1/T2

28 25th/26th Portobello Mad March Meet, Prestonpans (25th/26th) T1/T2/T3/T4/T5

March

29 04th/05th East District Chilli Challenge, Bathgate (04th/05th) T1/T2/T3/T4/T5

FIRST Open Meet, Grangemouth (04th/05th) T1/T2/T3

30 11th/12th Edinburgh International Swim Meet, RCP (10th-12th)

31 18th/19th Lothian Region Intermediate Leagues Round 1, Prestonpans (18th) ALL SQUADS

32 25th/26th East District Age Group Champs 3, RCP (25th/26th)

April

33 01st/02nd Tranent Open Graded Meet, Prestonpans (01st) T2/T3/T4/T5/T6

34 08th/09th British Championships, Sheffield (04th-09th)

35 15th/16th Scottish National Age Groups, Aberdeen (12th-16th)

36 22nd/23rd

37 29th/30th

May

38 06th/07th Lothian Region Intermediate Leagues Round 2, Prestonpans (07th) ALL SQUADS

39 13th/14th Hearts Meet, Prestonpans (14th)

40 20th/21st

41 27th/28th Glasgow International Swim Meet, Glasgow (26th-28th)

June

42 03rd/04th Lothian Region Intermediate Leagues Round 3, Prestonpans (03rd) ALL SQUADS

43 10th/11th

44 17th/18th

45 24th/25th **East District Summer Sizzler, tbc (25th)**

Training Wk #
Wk Ending

Competitions / Events

Squads

July

46 01st/02nd **Scottish National Open Championships, Glasgow (30th-02nd)**

47 08th/09th

48 15th/16th *Scottish Summer Meet, Aberdeen (14th-16th)*

49 22nd/23rd *British Summer Championships, Sheffield (22nd-28th)*

50 29th/30th *British Summer Championships, Sheffield (22nd-28th)*

August

51 05th/06th

52 12th/13th

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