



Heart of Midlothian ASC
Competition / Events Calendar 2022-2023
Updated 23rd May 2023



May

41 27 th /28 th	Glasgow International Swim Meet, Glasgow (26 th -28 th)	T1/T2
	Tier 4 / Tier 5 / Tier 6 Time Trials, Drumbrae (28 th)	T4/T5/T6

June

42 03 rd /04 th	Lothian Region Intermediate Leagues Round 3, Prestonpans (03 rd)	ALL SQUADS
43 10 th /11 th	Musselburgh Summer Fun Meet, Prestonpans (10 th)	T3/T4/T5/T6
	Warrender End of Season Meet, Glenrothes (10 th /11 th)	T1/T2/T3/T4
44 17 th /18 th	Lothian Region Distance Meet, Prestonpans (17 th /18 th)	T1/T2/T3
45 24 th /25 th	East District Summer Sizzler, RCP (24 th)	T1/T2/T3
	Hearts Summer Sprint Challenge, Drumbrae (25 th)	ALL SQUADS

July

46 01 st /02 nd	Scottish National Open Championships, Glasgow (30 th -02 nd)	QUALIFIERS
47 08 th /09 th	European Junior Championships, Belgrade (SER) (04 th -09 th)	HM
48 15 th /16 th	Scottish Summer Meet, Aberdeen (13 th -16 th)	QUALIFIERS
49 22 nd /23 rd	British Summer Championships, Sheffield (22 nd -28 th)	QUALIFIERS
50 29 th /30 th	British Summer Championships, Sheffield (22 nd -28 th)	QUALIFIERS

August

51 05 th /06 th	Commonwealth Youth Games, Trinbago (04 th -07 th)	HM
52 12 th /13 th		

2023 / 2024

01 19th/20th
02 26th/27th

September

03 02nd/03rd
04 09th/10th
05 16th/17th
06 23rd/24th

October

07 30 th /01 st	East District Short Course Time Trials, Glenrothes (30 th)	
08 07 th /08 th	Hearts Premier Age Group Meet, tbc (07 th)	
	Swim England National County Team Championships (08 th)	

Training Wk #
Wk Ending

Competitions / Events

Squads

09 15th/16th

10 22nd/23rd

11 29th/30th

November

12 04th/05th

13 11th/12th

Lothian Region Graded Meet, Prestonpans (11th)

14 18th/19th

Lothian Schools Championships, Prestonpans (19th)

15 25th/26th

East District Age Groups Round 1 (Distance), Glenrothes (25th/26th)

December

16 02nd/03rd

17 09th/10th

Scottish National Short Course Champs, RCP (08th-10th)

QUALIFIERS

18 16th/17th

Scottish National Leagues Final, Glasgow (16th)

19 23rd/24th

20 30th/31st

2024

January

21 06th/07th

22 13th/14th

23 20th/21st

Lothian Region Junior Graded Meet, Prestonpans (20th)

24 27th/28th

February

25 03rd/04th

East District Age Groups Round 2 (200s), RCP (03rd/04th)

26 10th/11th

Overseas Training Camp, Lanzarote (10th-17th)

27 17th/18th

Overseas Training Camp, Lanzarote (10th-17th)

28 24th/25th

Hearts Fast in February Meet, tbc (24th)

March

29 02nd/03rd

East District Graded Challenge Meet, Bathgate (02nd/03rd)

30 09th/10th

Edinburgh International Swim Meet, RCP (08th-10th)

31 16th/17th

East District Age Groups Round 3, RCP (16th/17th)

32 23rd/24th

33 30th/31st

April

34 06th/07th

British Championships, London (02nd-07th)

Scottish National Age Groups, Glasgow (03rd-07th)

QUALIFIERS

35 13th/14th

British Championships, London (09th-14th)

Scottish National Age Groups, Glasgow (10th-14th)

QUALIFIERS

36 20th/21st

37 27th/28th

Training Wk #
Wk Ending

Competitions / Events

Squads

May

38 04th/05th

39 11th/12th

40 18th/19th

41 25th/26th

June

42 01st/02nd

43 08th/09th

44 15th/16th

45 22nd/23rd East District Summer Sizzler, RCP (22nd)

46 29th/30th Scottish National Open Championships, Aberdeen (28th-30th) **QUALIFIERS**

July

47 06th/07th

48 13th/14th Scottish Summer Meet, RCP (11th-14th) **QUALIFIERS**

49 20th/21st British Summer Championships, **Glasgow** (20th-26th) **QUALIFIERS**

50 27th/28th British Summer Championships, **Glasgow** (20th-26th) **QUALIFIERS**

August

51 03rd/04th

52 10th/11th

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