



Heart of Midlothian ASC
Competition / Events Calendar 2023-2024
Updated 14th November 2023



November

14 18 th /19 th	Lothian Schools Championships, Prestonpans (19 th)	
15 25 th /26 th	East District Age Groups Round 1 (Distance), Glenrothes (25 th /26 th)	QUALIFIERS

December

16 02 nd /03 rd	Tranent Xmas Gala, Prestonpans (02 nd)	T1/T2/T3/T4/T5/T6
17 09 th /10 th	Scottish National Short Course Champs, RCP (08 th -10 th)	QUALIFIERS
	Tier 4 / 5 / 6 Time Trial, Drumbrae (10 th)	T4/T5/T6
18 16 th /17 th	Scottish National Leagues Final, Glenrothes (16 th)	
	Christmas Club Night, Drumbrae (17 th)	ALL
19 23 rd /24 th		
20 30 th /31 st		

2024

January

21 06 th /07 th		
22 13 th /14 th	Hearts ASC Celebration Evening, Royal High Rugby Club (12th)	ALL
23 20 th /21 st	Lothian Region Junior Graded Meet, Prestonpans (20 th)	12/unders
24 27 th /28 th	Scottish Schools Championships, East Kilbride (26 th)	QUALIFIERS
	ELST Age Group Meet, Prestonpans (27 th /28 th)	T1/T2/T3

February

25 03 rd /04 th	East District Age Groups Round 2 (200s), RCP (03 rd /04 th)	T1/T2/T3/T4
26 10 th /11 th	Overseas Training Camp, Lanzarote (10 th -17 th)	
27 17 th /18 th	Overseas Training Camp, Lanzarote (10 th -17 th)	
28 24 th /25 th	Hearts Fast in February Meet, Bathgate (24 th)	T1/T2/T3/T4

March

29 02 nd /03 rd	East District Graded Challenge Meet, Bathgate (02 nd /03 rd)	T1/T2/T3/T4
30 09 th /10 th	Edinburgh International Swim Meet, RCP (08 th -10 th)	T1
	REN 96 Pre-SNAGS Meet, Linwood (09th/10th)	T1/T2/T3
31 16 th /17 th	East District Age Groups Round 3, RCP (16 th /17 th)	T1/T2/T3/T4
32 23 rd /24 th	Lothian Region Intermediate Leagues Round 1, Prestonpans (23 rd)	T1/T2/T3/T4/T5/T6
33 30 th /31 st		

<u>Training Wk #</u> <u>Wk Ending</u>	<u>Competitions / Events</u>	<u>Squads</u>
April		
34 06 th /07 th	British Championships, London (02 nd -07 th)	QUALIFIERS
35 13 th /14 th	Scottish National Age Groups, Aberdeen (10 th -14 th)	QUALIFIERS
36 20 th /21 st		
37 27 th /28 th	Lothian Region Intermediate Leagues Round 2, Prestonpans (27 th)	T1/T2/T3/T4/T5/T6
May		
38 04 th /05 th		
39 11 th /12 th		
40 18 th /19 th		
41 25 th /26 th		
June		
42 01 st /02 nd	Hearts Novice Meet, TBC (01st)	T4/T5/T6
43 08 th /09 th	Lothian Region Intermediate Leagues Round 3, Prestonpans (08 th)	T1/T2/T3/T4/T5/T6
44 15 th /16 th	Warrender End of Season Age Group Meet, Glenrothes (15 th /16 th)	T1/T2/T3/T4
	Scottish National Open Water Championships, Lochwinnoch (15 th /16 th)	
45 22 nd /23 rd	East District Summer Sizzler, RCP (22 nd)	T1/T2/T3
	Hearts Summer Challenge, Drumbrae (23 rd)	ALL
46 29 th /30 th	Scottish National Open Championships, Aberdeen (28 th -30 th)	QUALIFIERS
July		
47 06 th /07 th		
48 13 th /14 th	Scottish Summer Meet, RCP (11 th -14 th)	QUALIFIERS
49 20 th /21 st	British Summer Championships, venue tbc (20 th -26 th)	QUALIFIERS
50 27 th /28 th	British Summer Championships, venue tbc (20 th -26 th)	QUALIFIERS
August		
51 03 rd /04 th		
52 10 th /11 th		

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