



**Heart of Midlothian ASC**  
**Competition / Events Calendar 2023-2024**  
**Updated 7<sup>th</sup> March 2024**



**March**

30 09 <sup>th</sup> /10 <sup>th</sup>	Edinburgh International Swim Meet, RCP (08 <sup>th</sup> -10 <sup>th</sup> )	T1
	REN 96 Pre-SNAGS Meet, Linwood (09 <sup>th</sup> /10 <sup>th</sup> )	T1/T2/T3
31 16 <sup>th</sup> /17 <sup>th</sup>	East District Age Groups Round 3, RCP (16 <sup>th</sup> /17 <sup>th</sup> )	T1/T2/T3/T4
32 23 <sup>rd</sup> /24 <sup>th</sup>	Scottish Masters LC Spring Meet, Aberdeen (23 <sup>rd</sup> /24 <sup>th</sup> )	MASTERS
33 30 <sup>th</sup> /31 <sup>st</sup>	Lothian Region Intermediate Leagues Round 1, Prestonpans (30 <sup>th</sup> )	T1/T2/T3/T4/T5/T6

**April**

34 06 <sup>th</sup> /07 <sup>th</sup>	British Championships, London (02 <sup>nd</sup> -07 <sup>th</sup> )	QUALIFIERS
35 13 <sup>th</sup> /14 <sup>th</sup>	Scottish National Age Groups, Aberdeen (10 <sup>th</sup> -14 <sup>th</sup> )	QUALIFIERS
36 20 <sup>th</sup> /21 <sup>st</sup>	Tranent Open Graded Meet, Prestonpans (20 <sup>th</sup> )	T2/T3/T4
	Development Time Trial, Drumbrae (21 <sup>st</sup> )	T4/T5/T6/T7
37 27 <sup>th</sup> /28 <sup>th</sup>	Lothian Region Intermediate Leagues Round 2, Prestonpans (27 <sup>th</sup> )	T1/T2/T3/T4/T5/T6

**May**

38 04 <sup>th</sup> /05 <sup>th</sup>	SWL IM Tough Meet, Bathgate (04 <sup>th</sup> /05 <sup>th</sup> )	T1/T2/T3
39 11 <sup>th</sup> /12 <sup>th</sup>		
40 18 <sup>th</sup> /19 <sup>th</sup>	Carnegie Spring Meet, Glenrothes (18 <sup>th</sup> /19 <sup>th</sup> )	T2/T3/T4/T5
41 25 <sup>th</sup> /26 <sup>th</sup>		

**June**

42 01 <sup>st</sup> /02 <sup>nd</sup>	Hearts Novice Meet, Prestonpans (01 <sup>st</sup> )	T4/T5/T6
43 08 <sup>th</sup> /09 <sup>th</sup>	Lothian Region Intermediate Leagues Round 3, Prestonpans (08 <sup>th</sup> )	T1/T2/T3/T4/T5/T6
44 15 <sup>th</sup> /16 <sup>th</sup>	Warrender End of Season Age Group Meet, Glenrothes (15 <sup>th</sup> /16 <sup>th</sup> )	T1/T2/T3/T4
	Scottish National Open Water Championships, Lochwinnoch (15 <sup>th</sup> /16 <sup>th</sup> )	
45 22 <sup>nd</sup> /23 <sup>rd</sup>	East District Summer Sizzler, RCP (22 <sup>nd</sup> )	T1/T2/T3
	Hearts Summer Challenge, Drumbrae (23 <sup>rd</sup> )	ALL
46 29 <sup>th</sup> /30 <sup>th</sup>	Scottish National Open Championships, RCP (28 <sup>th</sup> -30 <sup>th</sup> )	QUALIFIERS

**July**

47 06 <sup>th</sup> /07 <sup>th</sup>		
48 13 <sup>th</sup> /14 <sup>th</sup>	Scottish Summer Meet, Aberdeen (11 <sup>th</sup> -14 <sup>th</sup> )	QUALIFIERS
49 20 <sup>th</sup> /21 <sup>st</sup>	British Summer Championships, Sheffield (20 <sup>th</sup> -26 <sup>th</sup> )	QUALIFIERS
50 27 <sup>th</sup> /28 <sup>th</sup>	British Summer Championships, Sheffield (20 <sup>th</sup> -26 <sup>th</sup> )	QUALIFIERS

**August**

51 03 <sup>rd</sup> /04 <sup>th</sup>		
52 10 <sup>th</sup> /11 <sup>th</sup>		

<u>Training Wk #</u> <u>Wk Ending</u>	<u>Competitions / Events</u>	<u>Squads</u>
<b>2024 / 2025</b>		
01 17 <sup>th</sup> /18 <sup>th</sup>		
02 24 <sup>th</sup> /25 <sup>th</sup>		
<b>September</b>		
03 31 <sup>st</sup> /01 <sup>st</sup>		
04 07 <sup>th</sup> /08 <sup>th</sup>	Scottish Masters SC Nationals, Glenrothes (07 <sup>th</sup> /08 <sup>th</sup> )	MASTERS
05 14 <sup>th</sup> /15 <sup>th</sup>		
06 21 <sup>st</sup> /22 <sup>nd</sup>		
07 28 <sup>th</sup> /29 <sup>th</sup>	East District Short Course Time Trials, Glenrothes (28 <sup>th</sup> /29 <sup>th</sup> )	T1/T2/T3/T4
<b>October</b>		
08 05 <sup>th</sup> /06 <sup>th</sup>	Swim England National County Team Championships, Sheffield (06 <sup>th</sup> )	SELECTED
09 12 <sup>th</sup> /13 <sup>th</sup>		
10 19 <sup>th</sup> /20 <sup>th</sup>		
11 26 <sup>th</sup> /27 <sup>th</sup>		
<b>November</b>		
12 02 <sup>nd</sup> /03 <sup>rd</sup>	East District Short Course Open, Glenrothes (02 <sup>nd</sup> )	T1/T2
13 09 <sup>th</sup> /10 <sup>th</sup>	Lothian Region Graded Meet, Prestonpans (09 <sup>th</sup> )	T2/T3/T4/T5/T6
14 16 <sup>th</sup> /17 <sup>th</sup>		
15 23 <sup>rd</sup> /24 <sup>th</sup>	East District Age Groups Round 1 (Distance), Glenrothes (23 <sup>rd</sup> /24 <sup>th</sup> )	QUALIFIERS
<b>December</b>		
16 30 <sup>th</sup> /01 <sup>st</sup>	East District SC Masters Meet, TBC (30 <sup>th</sup> )	MASTERS
17 07 <sup>th</sup> /08 <sup>th</sup>	Scottish National Short Course Champs, RCP (06 <sup>th</sup> -08 <sup>th</sup> )	QUALIFIERS
18 14 <sup>th</sup> /15 <sup>th</sup>	Scottish National Leagues Final, venue TBC (14 <sup>th</sup> )	
19 21 <sup>st</sup> /22 <sup>nd</sup>	Christmas Club Night, Drumbrae (22 <sup>nd</sup> )	ALL
20 28 <sup>th</sup> /29 <sup>th</sup>		
<b>2025</b>		
<b>January</b>		
21 04 <sup>th</sup> /05 <sup>th</sup>		
22 11 <sup>th</sup> /12 <sup>th</sup>		
23 18 <sup>th</sup> /19 <sup>th</sup>	Lothian Region Junior Graded Meet, Prestonpans (18 <sup>th</sup> )	T2/T3/T4/T5
24 25 <sup>th</sup> /26 <sup>th</sup>		
<b>February</b>		
25 01 <sup>st</sup> /02 <sup>nd</sup>	East District Age Groups Round 2 (200s & 50s), RCP (01 <sup>st</sup> /02 <sup>nd</sup> )	T1/T2/T3
26 08 <sup>th</sup> /09 <sup>th</sup>	Overseas Training Camp, Lanzarote (08 <sup>th</sup> -15 <sup>th</sup> )	T1/T2
27 15 <sup>th</sup> /16 <sup>th</sup>	Overseas Training Camp, Lanzarote (08 <sup>th</sup> -15 <sup>th</sup> )	T1/T2
28 22 <sup>nd</sup> /23 <sup>rd</sup>		

<u>Training Wk #</u> <u>Wk Ending</u>	<u>Competitions / Events</u>	<u>Squads</u>
<b>March</b>		
29 01 <sup>st</sup> /02 <sup>nd</sup>	East District Graded Challenge Meet, Bathgate (01 <sup>st</sup> /02 <sup>nd</sup> )	T1/T2/T3/T4
30 08 <sup>th</sup> /09 <sup>th</sup>	Edinburgh International Swim Meet, RCP (07 <sup>th</sup> -09 <sup>th</sup> )	
31 15 <sup>th</sup> /16 <sup>th</sup>	East District Age Groups Round 3, RCP (15 <sup>th</sup> /16 <sup>th</sup> ) or	
32 22 <sup>nd</sup> /23 <sup>rd</sup>	East District Age Groups Round 3, RCP (22 <sup>nd</sup> /23 <sup>rd</sup> )	
33 29 <sup>th</sup> /30 <sup>th</sup>		
<b>April</b>		
34 05 <sup>th</sup> /06 <sup>th</sup>	British Championships, TBC (01 <sup>st</sup> -06 <sup>th</sup> )	
	Scottish National Age Groups, Aberdeen (02 <sup>nd</sup> -06 <sup>th</sup> )	QUALIFIERS
35 12 <sup>th</sup> /13 <sup>th</sup>	British Championships, TBC (08 <sup>th</sup> -13 <sup>th</sup> )	
	Scottish National Age Groups, Aberdeen (09 <sup>th</sup> -13 <sup>th</sup> )	QUALIFIERS
36 19 <sup>th</sup> /20 <sup>th</sup>		
37 26 <sup>th</sup> /27 <sup>th</sup>		
<b>May</b>		
38 03 <sup>rd</sup> /04 <sup>th</sup>		
39 10 <sup>th</sup> /11 <sup>th</sup>		
40 17 <sup>th</sup> /18 <sup>th</sup>		
41 24 <sup>th</sup> /25 <sup>th</sup>		
<b>June</b>		
42 31 <sup>st</sup> /01 <sup>st</sup>		
43 07 <sup>th</sup> /08 <sup>th</sup>		
44 14 <sup>th</sup> /15 <sup>th</sup>	Lothian Region Distance Meet, Prestonpans (14 <sup>th</sup> /15 <sup>th</sup> )	
45 21 <sup>st</sup> /22 <sup>nd</sup>	East District Summer Sizzler, RCP (21 <sup>st</sup> )	
46 28 <sup>th</sup> /29 <sup>th</sup>	Scottish National Open Championships, Glasgow (27 <sup>th</sup> -29 <sup>th</sup> )	QUALIFIERS
<b>July</b>		
47 05 <sup>th</sup> /06 <sup>th</sup>		
48 12 <sup>th</sup> /13 <sup>th</sup>	Scottish Summer Meet, Aberdeen (10 <sup>th</sup> -13 <sup>th</sup> )	QUALIFIERS
49 19 <sup>th</sup> /20 <sup>th</sup>	British Summer Championships, Sheffield (19 <sup>th</sup> -25 <sup>th</sup> )	QUALIFIERS
50 26 <sup>th</sup> /27 <sup>th</sup>		
<b>August</b>		
51 02 <sup>nd</sup> /03 <sup>rd</sup>		
52 09 <sup>th</sup> /10 <sup>th</sup>		

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