



Heart of Midlothian ASC
Competition / Events Calendar 2023-2024
Updated 16th April 2024



April

36 20 th /21 st	Tranent Open Graded Meet, Prestonpans (20 th)	T2/T3/T4
	Development Time Trial, Drumbrae (21 st)	T4/T5/T6/T7
37 27 th /28 th	UoA Open Age Group Meet, Aberdeen (26 th -28 th)	T1/T2
	Lothian Region Intermediate Leagues Round 2, Prestonpans (27 th)	T1/T2/T3/T4/T5/T6

May

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

June

42 01 st /02 nd	Hearts Novice Meet, Prestonpans (01 st)	T4/T5/T6
	Lothian Region Distance Open Meet, Prestonpans (02 nd)	T1/T2/T3/T4
43 08 th /09 th	Lothian Region Intermediate Leagues Round 3, Prestonpans (08 th)	T1/T2/T3/T4/T5/T6
	Lothian Region Distance Open Meet, Prestonpans (09 th)	T1/T2/T3/T4
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, RCP (28 th -30 th)	QUALIFIERS

July

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

August

51 03 rd /04 th		
52 10 th /11 th		

2024 / 2025

01 17 th /18 th		
02 24 th /25 th	Weekend Training Camp, Dunoon (23 rd -25 th)	T2/T3

<u>Training Wk #</u> <u>Wk Ending</u>	<u>Competitions / Events</u>	<u>Squads</u>
September		
03 31 st /01 st		
04 07 th /08 th	Scottish Masters SC Nationals, Glenrothes (07 th /08 th)	MASTERS
05 14 th /15 th		
06 21 st /22 nd		
07 28 th /29 th	East District Short Course Time Trials, Glenrothes (28 th /29 th)	T1/T2/T3/T4
October		
08 05 th /06 th	Hearts Premier Age Group Meet, Glenrothes (05 th) Swim England National County Team Championships, Sheffield (06 th)	T1/T2/T3/T4 SELECTED
09 12 th /13 th		
10 19 th /20 th		
11 26 th /27 th		
November		
12 02 nd /03 rd	Scottish Masters Nationals 1500, Glenrothes (02 nd)	MASTERS
13 09 th /10 th	Lothian Region Graded Meet, Prestonpans (09 th)	T2/T3/T4/T5/T6
14 16 th /17 th		
15 23 rd /24 th	East District Age Groups Round 1 (Distance), Glenrothes (23 rd /24 th)	QUALIFIERS
December		
16 30 th /01 st	East District SC Masters Meet, TBC (30 th)	MASTERS
17 07 th /08 th	Scottish National Short Course Champs, RCP (06 th -08 th)	QUALIFIERS
18 14 th /15 th	Scottish National Leagues Final, venue TBC (14 th)	
19 21 st /22 nd	Christmas Club Night, Drumbrae (22 nd)	ALL
20 28 th /29 th		
2025		
January		
21 04 th /05 th		
22 11 th /12 th		
23 18 th /19 th	Lothian Region Junior Graded Meet, Prestonpans (18 th)	T2/T3/T4/T5
24 25 th /26 th		
February		
25 01 st /02 nd	East District Age Groups Round 2 (200s & 50s), RCP (01 st /02 nd)	T1/T2/T3
26 08 th /09 th	Overseas Training Camp, Lanzarote (08 th -15 th)	T1/T2
27 15 th /16 th	Overseas Training Camp, Lanzarote (08 th -15 th)	T1/T2
28 22 nd /23 rd		
March		
29 01 st /02 nd	East District Graded Challenge Meet, Bathgate (01 st /02 nd)	T1/T2/T3/T4
30 08 th /09 th	Edinburgh International Swim Meet, RCP (07 th -09 th)	

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

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