



**Heart of Midlothian ASC**  
**Competition / Events Calendar 2023-2024**  
**Updated 14<sup>th</sup> May 2024**



**May**

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  
Lothian Region Distance Open Meet, Prestonpans (02<sup>nd</sup>) T1/T2/T3/T4  
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  
Lothian Region Distance Open Meet, Prestonpans (09<sup>th</sup>) T1/T2/T3/T4  
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>

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**2024 / 2025**

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

**September**

03 31<sup>st</sup>/01<sup>st</sup> Portobello Super September Meet, Prestonpans (01<sup>st</sup>) T4/T5/T6  
04 07<sup>th</sup>/08<sup>th</sup> Dunedin Challenge Meet, Bathgate (07<sup>th</sup>) T2/T3/T4  
Scottish Masters SC Nationals, Glenrothes (07<sup>th</sup>/08<sup>th</sup>) MASTERS  
05 14<sup>th</sup>/15<sup>th</sup> Hearts Club Championships, Drumbrae (various dates tbc)  
06 21<sup>st</sup>/22<sup>nd</sup> Hearts Club Championships, Drumbrae (various dates tbc)  
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><u>Training Wk #</u></b> <b><u>Wk Ending</u></b>	<b><u>Competitions / Events</u></b>	<b><u>Squads</u></b>
<b>October</b>		
08 05 <sup>th</sup> /06 <sup>th</sup>	Hearts Premier Age Group Meet, Glenrothes (05 <sup>th</sup> )	T1/T2/T3/T4
	Swim England National County Team Championships, Sheffield (06 <sup>th</sup> )	SELECTED
09 12 <sup>th</sup> /13 <sup>th</sup>	SWL 200+ Distance Meet, Bathgate (12 <sup>th</sup> /13 <sup>th</sup> )	T1/T2/T3
10 19 <sup>th</sup> /20 <sup>th</sup>		
11 26 <sup>th</sup> /27 <sup>th</sup>	Warrender Junior Age Group Meet, Glenrothes (26 <sup>th</sup> /27 <sup>th</sup> )	T3/T4/T5/T6
<b>November</b>		
12 02 <sup>nd</sup> /03 <sup>rd</sup>	Scottish Masters Nationals 1500, Glenrothes (02 <sup>nd</sup> )	MASTERS
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, Prestonpans (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, 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>	Hearts Fast in February Meet, Bathgate (22 <sup>nd</sup> /23 <sup>rd</sup> )	T1/T2/T3/T4
<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>		
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>	Scottish Masters LC Nationals, Aberdeen (29 <sup>th</sup> /30 <sup>th</sup> )	MASTERS
<b>April</b>		
34 05 <sup>th</sup> /06 <sup>th</sup>	British Championships, London (01 <sup>st</sup> -06 <sup>th</sup> )	
	Scottish National Age Groups, Aberdeen or Glasgow (02 <sup>nd</sup> -06 <sup>th</sup> )	QUALIFIERS

<u>Training Wk #</u> <u>Wk Ending</u>	<u>Competitions / Events</u>	<u>Squads</u>
35 12 <sup>th</sup> /13 <sup>th</sup>	British Championships, London (08 <sup>th</sup> -13 <sup>th</sup> ) Scottish National Age Groups, Aberdeen or Glasgow (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> ) Hearts Summer Challenge, Drumbrae (22 <sup>nd</sup> )	ALL
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