



**Heart of Midlothian ASC**  
**Competition / Events Calendar 2024-2025**  
**Updated 7<sup>th</sup> February 2025**



**February**

26 08 <sup>th</sup> /09 <sup>th</sup>	Overseas Training Camp, Lanzarote (08 <sup>th</sup> -15 <sup>th</sup> )	NAT/F2/F1
27 15 <sup>th</sup> /16 <sup>th</sup>	Overseas Training Camp, Lanzarote (08 <sup>th</sup> -15 <sup>th</sup> )	NAT/F2/F1
28 22 <sup>nd</sup> /23 <sup>rd</sup>	Hearts Fast in February Meet, Bathgate (22 <sup>nd</sup> )	NAT/F2/F1/T4

**March**

29 01 <sup>st</sup> /02 <sup>nd</sup>	East District Age Groups Round 1 re-run, Glenrothes (01 <sup>st</sup> /02 <sup>nd</sup> )	NAT/F2/F1
30 08 <sup>th</sup> /09 <sup>th</sup>	Lothian Region Intermediate Leagues Round 1, Prestonpans (08 <sup>th</sup> ) Carnegie Mini Meet, Glenrothes (09 <sup>th</sup> )	ALL F1/T4/T3/T2
31 15 <sup>th</sup> /16 <sup>th</sup>	Edinburgh International Swim Meet, RCP (14 <sup>th</sup> -16 <sup>th</sup> )	QUALIFIERS
32 22 <sup>nd</sup> /23 <sup>rd</sup>	East District Age Groups Round 3, RCP (22 <sup>nd</sup> /23 <sup>rd</sup> )	NAT/F2/F1
33 29 <sup>th</sup> /30 <sup>th</sup>	Scottish Masters LC Nationals, Aberdeen (29 <sup>th</sup> /30 <sup>th</sup> )	MASTERS

**April**

34 05 <sup>th</sup> /06 <sup>th</sup>	Scottish National Age Groups, Aberdeen (05 <sup>th</sup> -09 <sup>th</sup> )	QUALIFIERS
35 12 <sup>th</sup> /13 <sup>th</sup>	Scottish National Age Groups, Aberdeen (05 <sup>th</sup> -09 <sup>th</sup> )	QUALIFIERS
36 19 <sup>th</sup> /20 <sup>th</sup>	Aquatics GB Championships, London (15 <sup>th</sup> -20 <sup>th</sup> )	QUALIFIERS
37 26 <sup>th</sup> /27 <sup>th</sup>	Tranent Open Graded Meet, Prestonpans (26 <sup>th</sup> )	F2/F1/T4/T3

**May**

38 03 <sup>rd</sup> /04 <sup>th</sup>	Lothian Region Intermediate Leagues Round 2, Prestonpans (03 <sup>rd</sup> ) Lothian Region Distance Meet Day 1, Prestonpans (04 <sup>th</sup> ) TaSK Development Time Trial, Drumbrae (04 <sup>th</sup> )	ALL NAT/F2/F1/T4 T4/T3/T2/T1
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39 10<sup>th</sup>/11<sup>th</sup>

40 17 <sup>th</sup> /18 <sup>th</sup>	Carnegie Spring Meet, Glenrothes (17 <sup>th</sup> /18 <sup>th</sup> )	F2/F1/T4/T3
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41 24<sup>th</sup>/25<sup>th</sup>

**June**

42 31 <sup>st</sup> /01 <sup>st</sup>	Warrender EoS Meet, Glenrothes (31 <sup>st</sup> /01 <sup>st</sup> ) Hearts Novice Meet, Prestonpans (01 <sup>st</sup> )	NAT/F2/F1/T4 T4/T3/T2/T1
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43 07 <sup>th</sup> /08 <sup>th</sup>	Lothian Region Intermediate Leagues Round 3, Prestonpans (07 <sup>th</sup> ) Lothian Region Distance Meet Day 2, Prestonpans (08 <sup>th</sup> )	ALL NAT/F2/F1/T4
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East District Open Water Championships, Lochore Meadows (08<sup>th</sup>)

44 14<sup>th</sup>/15<sup>th</sup> Scottish National Open Water Championships, Castle Semple (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> )	NAT/F2/F1/T4 ALL
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46 28 <sup>th</sup> /29 <sup>th</sup>	Scottish National Open Championships, RCP (27 <sup>th</sup> -29 <sup>th</sup> )	QUALIFIERS
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**Training Wk #**  
**Wk Ending**

**Competitions / Events**

**Squads**

**July**

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>

Aquatics GB Next Gen Championships, Sheffield (19<sup>th</sup>-25<sup>th</sup>)

QUALIFIERS

50 26<sup>th</sup>/27<sup>th</sup>

Aquatics GB Next Gen Championships, Sheffield (19<sup>th</sup>-25<sup>th</sup>)

QUALIFIERS

**August**

51 02<sup>nd</sup>/03<sup>rd</sup>

52 09<sup>th</sup>/10<sup>th</sup>

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**2025/2026**

01 16<sup>th</sup>/17<sup>th</sup>

02 23<sup>rd</sup>/24<sup>th</sup>

03 30<sup>th</sup>/31<sup>st</sup>

East District Chilli Challenge Meet, tbc (30<sup>th</sup>/31<sup>st</sup>)

NAT/F2/F1/T4

**September**

04 06<sup>th</sup>/07<sup>th</sup>

Dunoon Training Weekend, Dunoon (05<sup>th</sup>-07<sup>th</sup>)

F2/F1

05 13<sup>th</sup>/14<sup>th</sup>

05 20<sup>th</sup>/21<sup>st</sup>

Hearts Club Championships, Drumbrae (16<sup>th</sup>/19<sup>th</sup>/20<sup>th</sup>/21<sup>st</sup>)

ALL

06 27<sup>th</sup>/28<sup>th</sup>

Hearts Club Championships, Drumbrae (23<sup>rd</sup>/26<sup>th</sup>)

ALL

East District Short Course Time Trials, tbc (27<sup>th</sup>/28<sup>th</sup>)

NAT/F2/F1/T4

**October**

07 04<sup>th</sup>/05<sup>th</sup>

08 11<sup>th</sup>/12<sup>th</sup>

09 18<sup>th</sup>/19<sup>th</sup>

10 25<sup>th</sup>/26<sup>th</sup>

**November**

11 01<sup>st</sup>/02<sup>nd</sup>

12 08<sup>th</sup>/09<sup>th</sup>

13 15<sup>th</sup>/16<sup>th</sup>

14 22<sup>nd</sup>/23<sup>rd</sup>

15 29<sup>th</sup>/30<sup>th</sup>

**December**

16 06<sup>th</sup>/07<sup>th</sup>

17 13<sup>th</sup>/14<sup>th</sup>

18 20<sup>th</sup>/21<sup>st</sup>

19 27<sup>th</sup>/28<sup>th</sup>

**2026**

**January**

20 03<sup>rd</sup>/04<sup>th</sup>

21 10<sup>th</sup>/11<sup>th</sup>

**Training Wk #**  
**Wk Ending**

**Competitions / Events**

**Squads**

22 17<sup>th</sup>/18<sup>th</sup>

23 24<sup>th</sup>/25<sup>th</sup>

**February**

24 31<sup>st</sup>/01<sup>st</sup>

25 07<sup>th</sup>/08<sup>th</sup>

26 14<sup>th</sup>/15<sup>th</sup>

27 21<sup>st</sup>/22<sup>nd</sup>

**March**

28 28<sup>th</sup>/01<sup>st</sup>

29 07<sup>th</sup>/08<sup>th</sup>

30 14<sup>th</sup>/15<sup>th</sup>

31 21<sup>st</sup>/22<sup>nd</sup>

32 28<sup>th</sup>/29<sup>th</sup>

**April**

33 04<sup>th</sup>/05<sup>th</sup>

34 11<sup>th</sup>/12<sup>th</sup>

35 18<sup>th</sup>/19<sup>th</sup>

36 25<sup>th</sup>/26<sup>th</sup>

**May**

37 02<sup>nd</sup>/03<sup>rd</sup>

38 09<sup>th</sup>/10<sup>th</sup>

39 16<sup>th</sup>/17<sup>th</sup>

40 23<sup>rd</sup>/24<sup>th</sup>

41 30<sup>th</sup>/31<sup>st</sup>

**June**

42 06<sup>th</sup>/07<sup>th</sup>

43 13<sup>th</sup>/14<sup>th</sup>

44 20<sup>th</sup>/21<sup>st</sup>

45 27<sup>th</sup>/28<sup>th</sup>

**July**

46 04<sup>th</sup>/05<sup>th</sup>

47 11<sup>th</sup>/12<sup>th</sup>

48 28<sup>th</sup>/19<sup>th</sup>

49 25<sup>th</sup>/26<sup>th</sup>

**August**

50 01<sup>st</sup>/02<sup>nd</sup>

51 08<sup>th</sup>/09<sup>th</sup>

52 15<sup>th</sup>/16<sup>th</sup>

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