



**Heart of Midlothian ASC**  
**Competition / Events Calendar 2025-2026**  
**Updated 19<sup>th</sup> September 2025**



**September**

05 20 <sup>th</sup> /21 <sup>st</sup>	Hearts Club Championships, Drumbrae (16 <sup>th</sup> /19 <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> /28 <sup>th</sup> )	ALL
	East District September Kick Start Meet, Glenrothes (27 <sup>th</sup> )	NAT/F2/F1/T4
	Scottish Swimming National Junior Team Weekend 1 (27 <sup>th</sup> /28 <sup>th</sup> )	SELECTED

**October**

07 04 <sup>th</sup> /05 <sup>th</sup>	Hearts Premier Age Group Meet, Glenrothes (04 <sup>th</sup> )	NAT/F2/F1/T4
	National County Team Championships, Sheffield (05 <sup>th</sup> )	SELECTED
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>	National Leagues Round 1, Drumbrae (24 <sup>th</sup> )	NAT/F2/F1
	Warrender Junior Age Group Meet (12/over), Glenrothes (25 <sup>th</sup> )	NAT/F2/F1/T4
	Warrender Junior Age Group Meet (12/under), Glenrothes (26 <sup>th</sup> )	F1/T4/T3
	Scottish Swimming Junior Academy Day 2 (26 <sup>th</sup> )	SELECTED

**November**

11 01 <sup>st</sup> /02 <sup>nd</sup>	North District Open, Aberdeen (01 <sup>st</sup> /02 <sup>nd</sup> )	NAT
12 08 <sup>th</sup> /09 <sup>th</sup>	National Leagues Round 2, Drumbrae (07 <sup>th</sup> )	NAT/F2/F1
	Lothian Region Graded Meet, Prestonpans (08 <sup>th</sup> )	F2/F1/T4/T3
	Scottish Swimming National Junior Team Weekend 2 (08 <sup>th</sup> /09 <sup>th</sup> )	SELECTED
13 15 <sup>th</sup> /16 <sup>th</sup>	East District Open, Glenrothes (15 <sup>th</sup> /16 <sup>th</sup> )	NAT/F2/F1
14 22 <sup>nd</sup> /23 <sup>rd</sup>	Hearts Celebration Night, Royal High RC (21 <sup>st</sup> )	ALL
	Edinburgh & Midlothian Schools (Seniors), SMC Sports Centre (22 <sup>nd</sup> )	
	Edinburgh & Midlothian Schools (Juniors), SMC Sports Centre (23 <sup>rd</sup> )	
15 29 <sup>th</sup> /30 <sup>th</sup>	Hearts Annual General Meeting, RCP (26 <sup>th</sup> )	ALL
	East District Masters Open, Prestonpans (29 <sup>th</sup> )	MASTERS
	Scottish Swimming Youth Academy Day 3 (29 <sup>th</sup> )	SELECTED
	Scottish Swimming Junior Academy Day 3 (30 <sup>th</sup> )	SELECTED

**December**

16 06 <sup>th</sup> /07 <sup>th</sup>	Tranent Christmas Gala, Prestonpans (06 <sup>th</sup> )	F2/F1/T4/T3
	TaSK Development Challenge Stage 2, Drumbrae (07 <sup>th</sup> )	T4/T3/T2/T1
17 13 <sup>th</sup> /14 <sup>th</sup>	Scottish National Short Course Champs, RCP (12 <sup>th</sup> -14 <sup>th</sup> )	QUALIFIERS
18 20 <sup>th</sup> /21 <sup>st</sup>	Scottish National Leagues Final, Glenrothes (20 <sup>th</sup> )	
	Hearts Christmas Challenge, Drumbrae (21 <sup>st</sup> )	ALL



<b><u>Training Wk #</u></b> <b><u>Wk Ending</u></b>	<b><u>Competitions / Events</u></b>	<b><u>Squads</u></b>
19 27 <sup>th</sup> /28 <sup>th</sup>		
<b>2026</b>		
<b>January</b>		
20 03 <sup>rd</sup> /04 <sup>th</sup>		
21 10 <sup>th</sup> /11 <sup>th</sup>	Hearts Ceilidh, Assembly Roxy (09 <sup>th</sup> )	ALL
	Scottish Swimming Youth Academy Day 4 (10 <sup>th</sup> )	SELECTED
22 17 <sup>th</sup> /18 <sup>th</sup>	East District Age Group Champs Round 1, Glenrothes (17 <sup>th</sup> /18 <sup>th</sup> )	NAT/F2/F1/T4
23 24 <sup>th</sup> /25 <sup>th</sup>	Lothian Region Junior Graded Meet, Prestonpans (24 <sup>th</sup> )	F1/T4/T3/T2
<b>February</b>		
24 31 <sup>st</sup> /01 <sup>st</sup>	East District Age Group Champs Round 2, RCP (31 <sup>st</sup> /01 <sup>st</sup> )	NAT/F2/F1/T4
25 07 <sup>th</sup> /08 <sup>th</sup>		
26 14 <sup>th</sup> /15 <sup>th</sup>	Overseas Training Camp, Lanzarote (12 <sup>th</sup> -19 <sup>th</sup> )	NAT/F2
27 21 <sup>st</sup> /22 <sup>nd</sup>	Overseas Training Camp, Lanzarote (12 <sup>th</sup> -19 <sup>th</sup> )	NAT/F2
<b>March</b>		
28 28 <sup>th</sup> /01 <sup>st</sup>	Hearts "Fast" Meet, Glenrothes (28 <sup>th</sup> /01 <sup>st</sup> )	NAT/F2/F1/T4
29 07 <sup>th</sup> /08 <sup>th</sup>	East District Age Group Champs Round 3, RCP (07 <sup>th</sup> /08 <sup>th</sup> )	NAT/F2/F1/T4
30 14 <sup>th</sup> /15 <sup>th</sup>	Edinburgh International Swim Meet, RCP (13 <sup>th</sup> -15 <sup>th</sup> )	QUALIFIERS
31 21 <sup>st</sup> /22 <sup>nd</sup>	Lothian Region Intermediate Leagues Round 1, Prestonpans (21 <sup>st</sup> )	ALL
32 28 <sup>th</sup> /29 <sup>th</sup>	Scottish Masters Long Course Champs, TBC (28 <sup>th</sup> /29 <sup>th</sup> )	MASTERS
<b>April</b>		
33 04 <sup>th</sup> /05 <sup>th</sup>	Scottish National Age Groups, TBC (04 <sup>th</sup> -08 <sup>th</sup> )	QUALIFIERS
34 11 <sup>th</sup> /12 <sup>th</sup>	Scottish National Age Groups, TBC (04 <sup>th</sup> -08 <sup>th</sup> )	QUALIFIERS
35 18 <sup>th</sup> /19 <sup>th</sup>	Aquatics GB Championships, London (14 <sup>th</sup> -19 <sup>th</sup> )	QUALIFIERS
36 25 <sup>th</sup> /26 <sup>th</sup>		
<b>May</b>		
37 02 <sup>nd</sup> /03 <sup>rd</sup>	Lothian Region Intermediate Leagues Round 2, Prestonpans (02 <sup>nd</sup> )	ALL
	Lothian Region Distance Meet Day 1, Prestonpans (03 <sup>rd</sup> )	NAT/F2/F1/T4
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>	Hearts Novice Meet, Prestonpans (31 <sup>st</sup> )	T4/T3/T2
<b>June</b>		
42 06 <sup>th</sup> /07 <sup>th</sup>	Lothian Region Intermediate Leagues Round 3, Prestonpans (06 <sup>th</sup> )	ALL
	Lothian Region Distance Meet Day 2, Prestonpans (07 <sup>th</sup> )	NAT/F2/F1/T4
43 13 <sup>th</sup> /14 <sup>th</sup>		
44 20 <sup>th</sup> /21 <sup>st</sup>	East District Summer Sizzler, RCP (20 <sup>th</sup> )	QUALIFIERS
	Hearts Summer Challenge, Drumbrae (21 <sup>st</sup> )	ALL
45 27 <sup>th</sup> /28 <sup>th</sup>	Scottish National Open Champs, TBC (26 <sup>th</sup> -28 <sup>th</sup> )	QUALIFIERS

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

**Competitions / Events**

**Squads**

**July**

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

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

Scottish Summer Meet, TBC (09<sup>th</sup>-12<sup>th</sup>)

QUALIFIERS

48 18<sup>th</sup>/19<sup>th</sup>

Aquatics GB Next Gen Championships, TBC (16<sup>th</sup>-22<sup>nd</sup>)

QUALIFIERS

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

Aquatics GB Next Gen Championships, TBC (16<sup>th</sup>-22<sup>nd</sup>)

QUALIFIERS

*Commonwealth Games (Swimming), Glasgow (24<sup>th</sup>-29<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