



Heart of Midlothian ASC
Competition and Testing Plan 2010-2011
Updated 06th July 2010



August

52 21st/22nd FINS Graded Meet, Kirkcaldy (21st/22nd) B/C/D

01 28th/29th

September

02 04th/05th UK Schools Games, Sunderland (04th/05th) HS
Dunedin Challenge Meet, Glenrothes (04th/05th) A/B/C

03 11th/12th

04 18th/19th

05 25th/26th District Regional Programme Day 1 (26th)
Development Grand Prix I (Autumn), Leith Academy (26th) D/E

October

06 02nd/03rd Hearts "125" Club Championships, Leith Academy / Drumbrae (03rd)
07 09th/10th Hearts "125" Premier Age Group Meet, Prestonpans (09th) SwEd/A/B/C
Hearts "125" Club Championships, Leith Academy / Drumbrae (10th)
08 16th/17th Overseas Training Camp, BEST Centre, Mallorca (14th-23rd) SwEd/A
09 23rd/24th Overseas Training Camp, BEST Centre, Mallorca (14th-23rd) SwEd/A
District Regional Programme Day 2 (24th)
10 30th/31st Carnegie LC Open Meet, Tollcross (30th/31st) SwEd/A/B
Edinburgh Schools, Ainslie Park (31st)

November

11 06th/07th East District Age Groups I, Glenrothes (06th/07th) SwEd/A/B/C
12 13th/14th Lothian Region Graded Meet, Prestonpans (13th) A/B/C/D
13 20th/21st
14 27th/28th **Stockport Metro November Meet, Stockport (26th-28th) SwEd/A**

December

15 04th/05th East District Age Groups II, Glenrothes (04th/05th) SwEd/A/B/C
Development Grand Prix II (Autumn), Leith Academy (05th) D/E
16 11th/12th District Regional Programme Day 3 (12th)
17 18th/19th City of Glasgow Long Course Open, Tollcross (18th/19th) SwEd/A/B
Club Christmas Fun Day, Drumbrae (19th) ALL SQUADS
18 25th/26th

<u>Training Wk #</u> <u>Wk Ending</u>	<u>Competitions/Tests</u>	<u>Squads</u>
2011		
January		
19 01 st /02 nd		
20 08 th /09 th	Scottish National Short Course, Tollcross (07 th -09 th)	SwEd/A/B/C
21 15 th /16 th	Development Grand Prix I (Spring), Leith Academy (16 th)	D/E
22 22 nd /23 rd		
23 29 th /30 th	Scottish Schools Championships, Tollcross (29 th) Lothian Region Club Championships, Prestonpans (30 th)	SwEd/A/B/C
February		
24 05 th /06 th	East District Age Groups III, Glenrothes (05 th /06 th)	SwEd/A/B/C
25 12 th /13 th	Edinburgh International, Tollcross (12 th /13 th)	SwEd/A/B
26 19 th /20 th		
27 26 th /27 th		
March		
28 05 th /06 th	East District Age Groups IV, Glenrothes (05 th /06 th) British LC Championships, venue tbc (05 th -12 th)	SwEd/A/B/C
29 12 th /13 th		
30 19 th /20 th		
31 26 th /27 th	Development Grand Prix II (Spring), Leith Academy (27 th)	D/E
April		
32 02 nd /03 rd		
33 09 th /10 th	Scottish National Age Groups, venue tbc (06 th or 07 th -10 th tbc)	
34 16 th /17 th	Scottish Swimming Stroke Camps, NSA Stirling (16 th & 17 th)	
35 23 rd /24 th	Scottish Swimming Stroke Camps, NSA Stirling (23 rd & 24 th)	
36 30 th /01 st		
May		
37 07 th /08 th	Development Grand Prix I (Summer), Leith Academy (08 th)	D/E
38 14 th /15 th		
39 21 st /22 nd		
40 28 th /29 th		
June		
41 04 th /05 th		
42 11 th /12 th		
43 18 th /19 th		
44 25 th /26 th	Development Grand Prix II (Summer), Leith Academy (26 th)	D/E
July		
45 02 nd /03 rd		
46 09 th /10 th		



Training Wk #
Wk Ending

Competitions/Tests

Squads

47 16th/17th

48 23rd/24th

ASA National Age Group Championships, venue tbc (21st-25th)

49 30th/31st

ASA National Youth Championships, venue tbc (27th-31st)

August

50 06th/07th

51 13th/14th

52 20th/21st

Red Type = To Be Confirmed *Italics = For Interest*

