



Heart of Midlothian ASC
Competition and Testing Plan 2009-2010
Updated 01st March 2010



March

28 06 th /07 th	Accredited Time Trial, Drumbrae (02 nd)	ESCo/A/B
	East District Age Groups IV, Glenrothes (06 th /07 th)	ESCo/A/B
29 13 th /14 th	Lothian Region Intermediate Leagues I, Prestonpans (13 th)	
30 20 th /21 st		
31 27 th /28 th	Sheffield Premier Meet, Sheffield (26 th -28 th)	ESCo
	Warrender Junior Age Group Meet, Glenrothes (27 th /28 th)	B/C/D
	REN 96 Graded Meet, Johnstone (27 th /28 th)	A/B/C

April

32 03 rd /04 th	British Long Course Championships, Sheffield (29 th -03 rd)	
33 10 th /11 th	Scottish National Age Groups, Tollcross (08 th -11 th)	ESCo/A/B
34 17 th /18 th	Lothian Region Intermediate Leagues II, Prestonpans (17 th)	
35 24 th /25 th	Development Grand Prix Stage II, Leith Academy (25 th)	C/D/E

May

36 01 st /02 nd	InCAS Distance Meet, Glenrothes (01 st /02 nd)	
37 08 th /09 th		
38 15 th /16 th		
39 22 nd /23 rd	National YDS Performance Weekend, Stirling (22 nd /23 rd)	MW/SW
40 29 th /30 th	Sheffield "No Frills" Meet, Sheffield (28 th -30 th)	ESCo/A/B
	Midlothian Annual Minnows Gala, Prestonpans (29 th)	C/D/E
	City of Sunderland Open Meet, Sunderland (29 th /30 th)	ESCo/A/B

June

41 05 th /06 th	East District Open, Glenrothes (05 th /06 th)	
42 12 th /13 th	Lothian Region Intermediate Leagues III, Prestonpans (12 th)	
43 19 th /20 th	Alloa Open Meet, The Peak, Stirling (19 th /20 th)	
	Hearts Novice Gala, Leith Academy (20 th)	C/D/E
44 26 th /27 th	Scottish National Open, Tollcross (22 nd -27 th)	
	Development Grand Prix Stage III, Leith Academy (20 th)	C/D/E

July

45 03 rd /04 th		
46 10 th /11 th		
47 17 th /18 th		
48 24 th /25 th		



Training Wk #
Wk Ending

Competitions/Tests

Squads

August

49 31st/01st ASA Age Group Championships, Sheffield (28th-01st)

50 07th/08th ASA Youth Championships, Sheffield (03rd-07th)

51 14th/15th

52 21st/22nd

01 28th/29th

September

02 04th/05th

03 11th/12th

04 18th/19th

05 25th/26th District Regional Programme Day 1

October

06 02nd/03rd

07 09th/10th Hearts "125" Premier Age Group Meet, Prestonpans (09th)

08 16th/17th

09 23rd/24th District Regional Programme Day 2

10 30th/31st

November

11 06th/07th East District Age Groups I, Glenrothes (06th/07th) ESCo/A/B

12 13th/14th Lothian Region Graded Meet, Prestonpans (13th)

13 20th/21st

14 27th/28th

December

15 04th/05th East District Age Groups II, Glenrothes (04th/05th)

16 11th/12th District Regional Programme Day 3

17 18th/19th Club Christmas Fun Day, Drumbrae (19th) ALL SQUADS

18 25th/26th

2011

January

19 01st/02nd

20 08th/09th Scottish National Short Course, Tollcross (07th-09th)

21 15th/16th

22 22nd/23rd

23 29th/30th

February

24 05th/06th

25 12th/13th

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