

Training Wk #
Wk Ending

Competitions/Tests

Squads

Competition and Testing Plan 2009-2010
Updated 22nd September 2009

September

02 05 th /06 th	<i>UK School Games, Swansea (03rd-06th)</i>	
03 12 th /13 th	Development Grand Prix Stage I, Leith Academy (13 th)	C/D/E
04 19 th /20 th	<i>National YDS Performance Weekend, Stirling (19th/20th)</i>	MW/SW
05 26 th /27 th	District Regional Programme Day 1, Musselburgh (27 th)	

October

06 03 rd /04 th	Club Championships, Leith Academy/Drumbrae (04 th)	ALL
07 10 th /11 th	Hearts Premier Age Group Meet, Prestonpans (10 th)	ESCo/A/B/C/D
	Club Championships, Leith Academy/Drumbrae (11 th)	ALL
08 17 th /18 th	National County Team Championships, Sheffield (18 th)	GW
09 24 th /25 th	District Regional Programme Day 2, Musselburgh (25 th)	

November

10 31 st /01 st	East District Age Groups I, Glenrothes (31 st /01 st)	ESCo/A/B
	Development Grand Prix Stage II, Leith Academy (01 st)	C/D/E
11 07 th /08 th	Peebles Stars of the Future, Peebles (07 th)	C/D/E
	Mitchell Trophy, Inverness (07 th /08 th)	ESCo/A
	North Ayrshire Graded Meet, Auchendarvie (07 th /08 th)	A/B/C
12 14 th /15 th	Lothian Region Graded Meet (14 th)	A/B/C
	Hearts Celebration Night, RHS Rugby Club (14 th)	ALL

13 21st/22nd

14 28th/29th

December

15 05 th /06 th	East District Age Groups II, Glenrothes (05 th /06 th)	ESCo/A/B
16 12 th /13 th	District Regional Programme Day 3, Musselburgh (13 th)	
	Development Grand Prix Stage III, Leith Academy (13 th)	C/D/E
17 19 th /20 th	Long Course Meet, Leeds/Plymouth (tbc) (19 th /20 th)	ESCo/A
	Xmas Club Day (Beat the Record etc), Drumbrae (20 th)	ALL SQUADS
18 26 th /27 th	<i>National YDS Performance Weekend, Stirling (27th-30th)</i>	MW/SW

2010

January

19 02 nd /03 rd		
20 09 th /10 th		
21 16 th /17 th	Scottish National Short Course, Tollcross (15 th -17 th)	ESCo/A
22 23 rd /24 th		
23 30 th /31 st	Scottish Schools Championships, Tollcross (30 th)	

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February

24 06th/07th East District Age Groups III, Glenrothes (06th/07th)

25 13th/14th

26 20th/21st

27 27th/28th

March

28 06th/07th East District Age Groups IV, Glenrothes (06th/07th)

29 13th/14th

30 20th/21st

31 27th/28th

April

32 03rd/04th British Long Course Championships, tbc (29th-03rd)

33 10th/11th Scottish National Age Groups, Tollcross (08th-11th)

34 17th/18th

35 24th/25th

May

36 01st/02nd

37 08th/09th

38 15th/16th

39 22nd/23rd

40 29th/30th

June

41 05th/06th

42 12th/13th

43 19th/20th

44 26th/27th Scottish National Open, Tollcross (22nd-27th)

July

45 03rd/04th

46 10th/11th

47 17th/18th

48 24th/25th

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

Red Type = To Be Confirmed

Italics = For Interest

