



## **Dates for your diary 2018/2019- Feb '19 Version**

### **Club Galas (there will be no training on these dates)**

Sunday 10<sup>th</sup> February: St Thomas Age Group Championships

Sunday 24<sup>th</sup> March: St Thomas Spring Sprints

**Galas-** Remember to check the weekly plan and Entries Secretary emails for detailed information. More information can also be found on the club website, noticeboard and [www.swimscotland.org.uk](http://www.swimscotland.org.uk)

**February 16th/17th Carnegie Spring Meet at Michael Woods, Glenrothes**  
**February 24th Midland District Time trial at Forfar Community Campus**

**March 3rd DCA Mini Meet at Olympia, Dundee**  
**March 15th-17th Edinburgh International at RCP, Edinburgh**  
**March 27th-31st Scottish National Age Groups at Tollcross, Glasgow**

**April 6<sup>th</sup>-7<sup>th</sup> COG Long Course Graded Meet at Tollcross, Glasgow**  
**April 16th-21st British Championships at Tollcross, Glasgow**  
**April 27<sup>th</sup>-28<sup>th</sup> University of Aberdeen Meet at Aberdeen Sports Village**  
**April 28th Menzieshill Meet at Olympia, Dundee**

**May 4<sup>th</sup>-5<sup>th</sup> Midland District Distance meet at Olympia, Dundee**  
**May 24th-26th Glasgow International at Tollcross, Glasgow**

**June 9th DCA Stars of the Future at Olympia, Dundee.**  
**June 27th-29th Scottish National Open Champs at Aberdeen Sports Village**

**July 12th-14th Scottish Summer Meet at RCP, Edinburgh**  
**July 23rd-28th British Summer Meet at Tollcross, Glasgow**

### **Training Updates-**

**Long Course Training for Performance Squad** (all 10-12pm) at NSA Stirling:

2nd, 9th, 16th and 23rd February

2nd, 9th, 16th and 23rd March

6th, 13th, 20th and 27th April

11th, 18th and 25th May

1st, 8th and 22nd June

15<sup>th</sup> June 10.30am - 12.30pm

***Further guidance about these sessions will be issued when there are clashes with competitions. For swimmers in Lorna's squads some of these sessions will be made available to you when clashes arise.***