



Dates for your diary 2018/2019- August '18 Version

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

16th September: St Thomas Open Championships

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

2nd September, Midland District Sprints at Olympia, Dundee.

26th September, Midland District Schools Championship at Olympia, Dundee.

20th-21st October, Alloa Graded Meet at The Peak, Stirling.

27th-28th October, DCA Autumn Meet at Olympia, Dundee.

3rd-4th November, Midland District Graded Meet at Olympia, Dundee.

3rd-4th November, SASA North District Open at Aberdeen Sports Village.

12th+14th November, Tayside Schools Champs at Olympia, Dundee.

2nd December, Santa's Elves Mini Meet at Montrose Sports Centre.

7th-9th December, Scottish National Short Course Champs at RCP, Edinburgh.

2nd-3rd February, Midland District Championships at Olympia, Dundee.

4th-5th May, Midland District Distance Meet at Olympia, Dundee.

Training Updates-

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

1st, 15th, 22nd and 29th September

6th, 13th, 20th and 27th October

3rd, 17th and 24th November

1st and 15th December

5th and 19th January

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

10.30am - 12.30pm on the following dates:

12th January

15th June

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.