



Dates for your diary 2019/2020: August '19

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

9th, 12th and 15th September: St Thomas Open Championships

League Galas (please check noticeboard and emails regularly for team lines and further information)

14th September at Olympia. 28th September at Montrose.

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

1st September, Midland District Sprints at Olympia, Dundee.

8th September, St Thomas Autumn Graded Meet at Arbroath Sports Centre.

19th&20th October, Alloa Graded Meet at The Peak, Stirling.

26th&27th October, DCA Autumn Meet at Olympia, Dundee.

2nd&3rd November, Midland District Graded Meet at Olympia, Dundee.

9th&10th November, SASA North District Open at Aberdeen Sports Village.

11th&13th November, Tayside Schools Champs at Olympia, Dundee.

1st December, Santa's Elves Mini Meet at Montrose Sports Centre.

13th-15th December, Scottish National Short Course Champs at RCP, Edinburgh.

21st&22nd December, Warrender Winter Graded Meet at Michael Woods Centre, Glenrothes.

Training Updates-

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

Saturday 7th, 14th and 21st September

Saturday 28th September. **Gold Squad invited also.**

Saturday 5th, 12th and 19th October

Saturday 26th October. **Gold Squad invited also.**

Saturday 2nd, 9th, 16th, 23rd November.

Saturday 30th November. **Gold Squad invited also.**

Saturday 7th December.

Saturday 21st December. **Gold Squad invited also.**

Saturday 4th, 11th and 18th January.

Saturday 1st February. **Gold Squad invited also.**

Saturday 8th, 15th, 22nd and 29th February.

Saturday 7th, 14th, 21st March.

Saturday 28th March. **Gold Squad invited also.**

Saturday 11th and 18th April.

Saturday 25th April. **Gold Squad invited also.**

Saturday 2nd, 9th, 16th and 23rd May.

Saturday 30th May. **Gold Squad invited also.**

Saturday 6th and 13th June.

Saturday 20th June. **Gold Squad invited also.**

Saturday 4th July.

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

District Regional Programme for selected swimmers (all day at Forfar)

29th September, 3rd November and 1st December.

Angus Area Squad Training for selected swimmers (all 9-12pm at Montrose)

Sunday 18th August 10-1pm at Monikie Country Park.

Sunday 22nd September.

Sunday 20th October.

Sunday 17th November.

Sunday 8th December.

Sunday 26th January.

Saturday 22nd February 9-12pm at Brechin Community Campus.

Sunday 15th March.

Sunday 10th May.

Sunday 14th June.