

Dates for
the Diary:

Dates for your diary to Summer 2020 as at January '20

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Provisional Indication of Galas- Remember to check the weekly plan and Entries Secretary emails for detailed information. More information can also be found on the club noticeboard and www.swimscotland.org.uk

Date	Meet & Location	Intended Squads
Intended Squads is for guidance only, please discuss individual suitability and entries with your coach.		
25 th January	Scottish Schools, Tollcross Glasgow	Qualifying swimmers only
1 st & 2 nd February	Midland District Feb Champs, Olympia Dundee	Qualifying Swimmers only per eligibility report.
8 th & 9 th February	Carnegie Spring Meet, Michael Woods Glenrothes	Performance & Gold squads.
23 rd February	MD Time Trial, Forfar Community Campus	Performance and selected gold squad.
23 rd February	Alloa Jnr Dev Meet, The Peak Stirling	Silver, Bronze within the meet age group.
13 th -15 th March	Edinburgh International, RCP Edinburgh	Qualifying Swimmers only per eligibility report.
28 th -29 th March	St Thomas Spring Sprints, Arbroath pool	Silver, Bronze within age group and perhaps Gold.
1 st -5 th April	SNAGS Aberdeen Sports Village	Qualifying Swimmers only per eligibility report.
11 th -12 th April	Glasgow graded, Tollcross Glasgow	Gold squad (possibly team travel?)
14 th - 19 th April	British Champs London	Qualifying swimmers only
19 th April	Menzies Hill Spring Dev, Olympia Dundee	Gold, Silver and perhaps Bronze.
25 th -26 th April	East District Open either this or Aberdeen Open (attendance tbc)	Qualifying Swimmers only per eligibility report.
25 th -26 th April	Aberdeen Open (See above)	Qualifying Swimmers only per eligibility report.
2 nd -3 rd May	Midland District Distance Meet, Olympia Dundee	Qualifying Swimmers only per eligibility report.
15 th -17 th May	IM tough Broxburn, Xcite Bathgate	Gold, selected Performance & Silver.
29 th - 31 st May	Glasgow international, Tollcross Glasgow	Performance as Race Practice attendance tbc
June date tbc	DCA Stars, Olympia Dundee	Silver, Bronze within the meet age group.
June date tbc	Bellshill Summer splash, Belshill Glasgow	Gold, silver and perhaps performance.
25 th -28 th June	Scottish Open, Tollcross Glasgow	Qualifying Swimmers only per eligibility report.
17 th -19 th July	Scottish Summer meet, Tollcross Glasgow	Qualifying swimmers only
22 nd -26 th July	British Champs (Sheffield?)	Qualifying swimmers only

- **Club Age Group Champs - Sunday 1st March 2020 (No Training)**

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

- 22nd February (Kinross)
- 21st March (Breachin)
- 25th April (Forfar)
- 13th June (Arbroath – Carnoustie to host)
- 12th September (Arbroath)

Training Updates-

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

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.

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

Sunday 26th January.

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

Sunday 15th March. (tbc)

Sunday 10th May.

Sunday 14th June.