

# ALLOA ASC PROGRAMME 2020

***Note that Coaches will make the final decision in terms of attendance at meets once the meet programme is available to ensure that appropriate swims are targeted - we may therefore not attend all the meets indicated***

Day	Date	Event	Comments	Indicative Squads Targeted
January 2020				
Saturday	04 January 2020	F.I.R.S.T. Annual Open Meet	Grangemouth Sports Complex: Morning warm-up 9am - Afternoon warm up 1.30pm	Gold A & B
Sunday	05 January 2020			
Saturday	11 January 2020	West District Long Course Championships - Round 1	Tollcross, Glasgow: Morning warm-up 8.30am - Afternoon warm up 1.00pm	Gold/ Some Silver
Sunday	12 January 2020			
Saturday	18 January 2020	Stirling Winter Graded Meet	The Peak: Morning warm-up 9am - Afternoon warm up 1.30pm	Gold/ Silver/ Bronze
Sunday	19 January 2020			
Saturday	25 January 2020	University Session	Development, Bronze, Silver 6pm - 7pm; Gold 7pm - 8pm	
Saturday	25 January 2020	Scottish Schools Finals	Tollcross, Glasgow: Session 1 warm-up 8.00am; Session 2 warm up 12.15pm; Session 3 warm-up 4.30pm	Entry via school
February 2020				
Saturday	01 February 2020	West District Long Course Championships - Round 2	Tollcross, Glasgow: Morning warm-up 8.30am - Afternoon warm up 1.00pm	Gold/ Silver
Sunday	02 February 2020			
Saturday	15 February 2020	University Session	Development, Bronze, Silver 6pm - 7pm; Gold 7pm - 8pm	
Sunday	16 February 2020	Forth Valley Junior League	Bathgate: Warm-up 2.10pm	Development/ Bronze/ Some Silver
Saturday	22 February 2020	Alloa Open Meet	The Peak: Morning warm-up 9am - Afternoon warm up 1.30pm	Gold/ Silver
Sunday	23 February 2020	Alloa Development Meet	The Peak: Morning warm-up 9am - Afternoon warm up 1.30pm	Development/ Bronze/ Silver
Saturday	29 February 2020	West District Long Course Pre-SNAG Meet	Tollcross, Glasgow: Morning warm-up 8.30am - Afternoon warm up 1.00pm	Gold/ Silver
Sunday	01 March 2020			
March 2020				
Saturday	14 March 2020	University Session	Development, Bronze, Silver 6pm - 7pm; Gold 7pm - 8pm	
Saturday	21 March 2020	Falkirk Otter Development Meet	Grangemouth Sports Complex: Morning warm-up 9am - Afternoon warm up 1.30pm	Development/ Bronze/Silver
Sunday	22 March 2020	Forth Valley Junior League	Bathgate: Warm-up 2.10pm	Development/ Bronze/ Some Silver
April 2020				
Wed 1 - Sun 5 April 2020		Scottish National Age Group	Aquatics Centre, Aberdeen Sports Village	Entry via qualification time
Saturday	11 April 2020	Stirling Open Meet	The Peak: Morning warm-up 9am - Afternoon warm up 1.30pm	Gold/ Silver
Sunday	12 April 2020			
May 2020				
Saturday	02 May 2020	University Session	Development, Bronze, Silver 6pm - 7pm; Gold 7pm - 8pm	
Saturday	09 May 2020	West District 'Future Stars' Age Group Open Meet	Tollcross, Glasgow: Morning warm-up 8.30am - Afternoon warm up 1.00pm	Gold/ Silver
Sunday	10 May 2020			
Saturday	30 May 2020	InCAS Distance Meet	Michael Wood Centre, Glenrothes: Morning warm up 9am - Afternoon warm up 1pm	Gold/ Silver
Sunday	31 May 2020			
Fri 29 - Sun 31 May 2020		Co Glasgow International Meet	Tollcross	Gold
June 2020				
Saturday	06 June 2020	University Session	Development, Bronze, Silver 4pm - 5pm; Gold 5pm - 6pm	
Sunday	14 June 2020	Forth Valley Junior League	Bathgate: Warm-up 4.25pm	Development/ Bronze/ Some Silver
Sat 27 - Sun 28 June 2020		Scottish Open Championships	Tollcross	Gold
July 2020				
Saturday	04 July 2020	University Session	Development, Bronze, Silver 6pm - 7pm; Gold 7pm - 8pm	
August 2020				
Sunday	23 August 2020	Forth Valley Junior League	Bathgate: Warm-up 2.10pm	Development/ Bronze/ Some Silver
Sunday	30 August 2020	Central Swimming Championships	Grangemouth Sports Complex: Morning warm-up 9am - Afternoon warm up 1.30pm	All squads
September 2020				
Saturday	05 September 2020	West District Sprint & Relay Championships	Tollcross, Glasgow: Morning warm-up 8.30am - Afternoon warm up 1.00pm	Gold/ Silver
Sunday	06 September 2020			
Sunday	13 September 2020	Stirling Autumn Open Meet	The Peak: Morning warm-up 9am - Afternoon warm up 1.30pm	Gold/ Silver
October 2020				
Sunday	04 October 2020	Forth Valley Junior League	Bathgate: Warm-up 2.10pm	Development/ Bronze/ Some Silver
Saturday	17 October 2020	Alloa Graded Meet	The Peak: Morning warm-up 9am - Afternoon warm up 1.30pm	Bronze, Silver, Gold
Sunday	18 October 2020			
Saturday	24 October 2020	West District Short Course Championships	Tollcross, Glasgow: Morning warm-up 8.30am - Afternoon warm up 1.00pm	Gold/ Silver
Sunday	25 October 2020			

November 2020				
Saturday	14 November 2020	West District Short Course Championships	Tollcross, Glasgow: Morning warm-up 8.30am - Afternoon warm up 1.00pm	Gold/ Silver
Sunday	15 November 2020			
Sunday	15 November 2020	Forth Valley Junior League	Bathgate: Warm-up 2.10pm - <i>Alloa Hosting</i>	Development/ Bronze/ Some Silver
December 2020				
Sunday	06 December 2020	Forth Valley Junior League	Bathgate: B Final 2.10pm/ A Final 4.25pm	Development/ Bronze/ Some Silver