

SAST Calendar: 2025-2026

Wk	School Holidays	National & British Competitions	Open & Regional Competitions	Graded Competitions Mini Meets	SAST Events & Time Trials	Club Admin (Meetings)	Team Events & Competitions
	MON	TUE	WED	THU	FRI	SAT	SUN
1	18th August AGM	19th August Training restarts	Wed 20 Aug	Thu 21 Aug	Fri 22 Aug	Sat 23 Aug	24th August SAST Sprints
2	Mon 25 Aug	Tue 26 Aug	Wed 27 Aug	Thu 28 Aug	Fri 29 Aug	30th Aug NA AG Dev (12yrs+) [SD1, SD2, Dist, JC, Dev & JCB]	31st Aug NA Foundation (11&u) [Dist, JC & Dev]
3	Mon 01 Sep	Tue 02 Sep	Wed 03 Sep	Thu 04 Sep	Fri 05 Sep	6th & 7th Sep WD 'Sprints' [SD1, SD2, Dist + classified swimmers]	
4	Mon 08 Sep	Tue 09 Sep	Wed 10 Sep	Thu 11 Sep	Fri 12 Sep	13th Sep SS YA Day 1	14th Sep SS JA Day 1
5	Mon 15 Sep	Tue 16 Sep	Wed 17 Sep	18th Sep Ayrshire Sportsability Gala, Irvine [Para]	Fri 19 Sep	20th Sep SS AGM & Awards Dinner	21st Sep National County Champs training
6	Mon 22 Sep	23rd September Committee Meeting	Wed 24 Sep	Thu 25 Sep	Fri 26 Sep	Sat 27 Sep	28th Sep Dumfries Masters Meet
7	Mon 29 Sep	30th Sep Online Welcome Meeting	Wed 01 Oct	Thu 02 Oct	Fri 03 Oct	Sat 04 Oct	5th Oct SAST Graded Meet [SD1, SD2, Dist, JC, Dev & JCB] National County Champs SS Disability Squad
8	6th October Time Trial	7th October SS National League R1 7th October Coaches Meeting	Wed 08 Oct	Thu 09 Oct	Fri 10 Oct	Sat 11 Oct	Sun 12 Oct
9	Mon 13 Oct	Tue 14 Oct	Wed 15 Oct	Thu 16 Oct	Fri 17 Oct	18th & 19th Oct WD SC Champs Weekend, Dumfries [British, SD1, SD2, Dist + classified swimmers]	
10	Mon 20 Oct	Tue 21 Oct	Wed 22 Oct	Thu 23 Oct	Fri 24 Oct	25th Oct SS YA Day 2 25th Oct RB 'Spooky Splash' (11&u) [Dist, JC & Dev]	26th Oct SS JA Day 2
11	Mon 27 Oct	Tue 28 Oct	Wed 29 Oct	Thu 30 Oct	31st Oct, 1st & 2nd Nov Ren96 Open Meet [SD1, SD2, Dist] 31st Oct, 1st & 2nd Nov North District Open Meet [British, away meet]		
12	Mon 03 Nov	4th November SS Inclusive Coaching CPD	Wed 05 Nov	6th Nov SDS PD Champs, Grangemouth	Fri 07 Nov	Fri 31 Oct Sat 01 Nov	2nd Nov SS Disability Squad 8th & 9th Nov WD SC Champs Weekend, Dumfries [British, SD1, SD2, Dist + classified swimmers] 9th Nov Come and Try Session
13	Mon 10 Nov	11th November SS National League R1 Come and Try Session 11th November Committee Meeting	Wed 12 Nov	Thu 13 Nov	Fri 14 Nov	Sat 15 Nov	Sun 16 Nov
14	Mon 17 Nov	Tue 18 Nov	19th Nov SDS LD Champs, Dundee	Thu 20 Nov	21st-23rd Nov Dumfries Advent Meet [British, SD1, SD2, Dist, JC]		
15	Mon 24 Nov	Tue 25 Nov	Wed 26 Nov	Thu 27 Nov	Fri 28 Nov	29th Nov SS YA Day 3	30th Nov SS JA Day 3
16	1st December IM Time Trial	Tue 02 Dec	Wed 03 Dec	Thu 04 Dec	Fri 05 Dec	Sat 06 Dec	7th Dec SS Disability Squad 7th Dec NA Pentaqua, Portal [Dist, JC & Dev] 7th Dec EK Invitational Meet [BDS, SD1, SD2]

17	Mon 08 Dec	9th December Coaches Meeting 16th December Committee Meeting	10th Dec Xmas Dinner	Thu 11 Dec	Scottish National SC Open Champs (Edinburgh) 12th to 14th Dec [for swimmers with QT's]		
18	Mon 15 Dec		Wed 17 Dec	Thu 18 Dec	Fri 19 Dec	20th Dec SS Nat League Finals [selected team event]	Sun 21 Dec
19	22nd Dec Xmas Fun Night	Tue 23 Dec	Wed 24 Dec	Thu 25 Dec	Fri 26 Dec	Sat 27 Dec	Sun 28 Dec
20	Mon 29 Dec	Tue 30 Dec	Wed 31 Dec	Thu 01 Jan	Fri 02 Jan	Sat 03 Jan	4th Jan SS Disability Squad
21	5th January Squad Moves *	Tue 06 Jan	Wed 07 Jan	Thu 08 Jan	Fri 09 Jan	10th Jan SS YA Day 4	Sun 11 Jan
22	Mon 12 Jan	Tue 13 Jan	Wed 14 Jan	Thu 15 Jan	Fri 16 Jan	17th Jan SAST Mini Meet [swimmers aged 12&under]	18th Jan SAST Awards
23	Mon 19 Jan	Tue 20 Jan	Wed 21 Jan	Thu 22 Jan	23rd - 25th Januray - City of Sunderland New Year Meet for BDS (Team away Meet)		
24	26th January Time Trial	27th January Committee Meeting 3rd February Coaches Meeting	Wed 28 Jan	Thu 29 Jan	Fri 30 Jan	31st Jan Renfrew Baths, Linwood [12&u in Dist, JC, JCB, Dev]	1st Feb SS Disability Squad
25	Mon 02 Feb		Wed 04 Feb	Thu 05 Feb	Fri 06 Feb	7th & 8th Feb ELST Age Group Meet - Prestonpans TBC 7th & 8th Feb West District LC Champs, EK, TBC	
26	Mon 09 Feb	Tue 10 Feb	Wed 11 Feb	Thu 12 Feb	13th-15th Feb Feb North Ayrshire, Irvine [British, SD1, SD2, Dist]		
27	Mon 16 Feb	Tue 17 Feb	Wed 18 Feb	Thu 19 Feb	Fri 20 Feb	21st & 22nd Feb West District LC Champs, EK, TBC [British, SD1, SD2, Dist + classified swimmers]	
28	Mon 23 Feb	Tue 24 Feb	Wed 25 Feb	Thu 26 Feb	27th Feb Ayrshire Secondary Schools, Citadel	Sat 28 Feb	1st Mar SS Disability Squad
29	Mon 02 Mar	Tue 03 Mar	Wed 04 Mar	Thu 05 Mar	Summer Meet qualification window opens TBC	7th & 8th Mar Ren96 Pre-SNAGS, Linwood [British, SD1, SD2, Dist - swimmers targeting SNAGS] 7th & 8th Mar Dumfries Spring Splash Meet, Dumfries [Dist, JC, JCB, Dev (SD1, SD2 TBC)]	
30	Mon 09 Mar	10th March Committee Meeting	Wed 11 Mar	Thu 12 Mar		Edinburgh International 13th -15th March - BDS	
31	Mon 16 Mar		Tue 17 Mar	Wed 18 Mar	Thu 19 Mar	Fri 20 Mar	14th & 15th Mar Cumbernauld Spring Open Meet, Cumbernauld [British, SD1, SD2, Dist]
32	23rd March IM Time Trial	24th March Coaches Meeting	Wed 25 Mar	Thu 26 Mar	Fri 27 Mar	28th Mar RB Mini Spring Meet, Linwood [11/u - Dist, JC & Dev]	29th Mar RB Junior Spring [12&o SD1, SD2, Dist, JC, JCB & Dev]
33	Mon 30 Mar	Tue 31 Mar	Wed 01 Apr	Thu 02 Apr	Fri 03 Apr	PROVISIONAL SNAGS 2026 (Aberdeen TBC) 4 to 8th April [for swimmers with QTs and CTs]	
34	PROVISIONAL SNAGS 2026 (Aberdeen TBC) 4 to 8th April [for swimmers with QTs and CTs]			Thu 09 Apr	Fri 10 Apr	Sat 11 Apr	Sun 12 Apr
35	Mon 13 Apr	Aquatics GB British Swimming Championships (London) 14 to 19th April [for swimmers with QTs]					
36	20th April Squad Moves	21st April Committee Meeting	22nd April Exams start	Thu 23 Apr	Fri 24 Apr	25th & 26th Apr East Kilbride LC Meet, EK [swimmers aiming to qualify for Summer Meets] 25th & 26th Apr Kiltwalk - fundraising opportunity More details to follow in due course	
37	Mon 27 Apr					Tue 28 Apr	Wed 29 Apr
							3rd May SS Disability Squad
38	Mon 04 May	Tue 05 May	Wed 06 May	Thu 07 May	Fri 08 May	9th & 10th May West District TBC, EK TBC [squads TBC]	

39	Summer Meet qualification window closes	Tue 12 May	Wed 13 May	Thu 14 May	Fri 15 May	Sat 16 May	Sun 17 May
40	18th May Time Trial	Tue 19 May	Wed 20 May	Thu 21 May	Fri 22 May	Sat 23 May	Sun 24 May
41	Mon 25 May	Tue 26 May	Wed 27 May	Thu 28 May	29th to 31st May Glasgow International Swim Meet, Tollcross TBC [for swimmers with CTs]		
42	1st June Exams finish	2nd June Committee Meeting	Wed 03 Jun	Thu 04 Jun	Fri 05 Jun	Sat 06 Jun	7th Jun Mini League FINALS Day [Citadel]
							SS Disability Squad
43	Mon 08 Jun	Tue 09 Jun	Wed 10 Jun	Thu 11 Jun	Fri 12 Jun	13th & 14th June SAST Open Meet, Citadel [British, SD1, SD2, Dist, JC]	
44	15th June IM Time Trial	16th June Coaches Meeting	Wed 17 Jun	Thu 18 Jun	Fri 19 Jun	Sat 20 Jun	21st Jun SAST End of Season Event TBC
45	22nd June Summer Meet Training	Tue 23 Jun	Wed 24 Jun	Thu 25 Jun	Scottish National LC Open Champs (Edinburgh TBC) 26 to 28th June [for swimmers with QTs]		
46	Mon 29 Jun	Tue 30 Jun	Wed 01 Jul	Thu 02 Jul	Fri 03 Jul	Sat 04 Jul	Sun 05 Jul
47	Mon 06 Jul	Tue 07 Jul	Wed 08 Jul	PROVISIONAL Scottish Summer Meet (Aberdeen TBC) 9 to 12th July For swimmers who qualify via the Summer Meet rankings			
48	Mon 13 Jul	Tue 14 Jul	Wed 15 Jul	PROVISIONAL Aquatics GB Next Gen Champs (Sheffield) - 16th to 22nd July For swimmers who qualify via the Summer Meet rankings			
49	20th July Summer Training Starts	Tue 21 Jul	Wed 22 Jul	Thu 23 Jul	2026 Commonwealth Games, Glasgow		
	PROVISIONAL Aquatics GB Next Gen Champs (Sheffield) - 16th to 22nd July For swimmers who qualify via the Summer Meet rankings						
50	2026 Commonwealth Games, Tollcross			Thu 30 Jul	Fri 31 Jul	Sat 01 Aug	Sun 02 Aug
51	Mon 03 Aug	Tue 04 Aug	Wed 05 Aug	Thu 06 Aug	Fri 07 Aug	Sat 08 Aug	Sun 09 Aug
52	Mon 10 Aug	Tue 11 Aug	Wed 12 Aug	Thu 13 Aug	Fri 14 Aug	Sat 15 Aug	Sun 16 Aug
1	17th August AGM	18th August Training restarts	Wed 19 Aug	Thu 20 Aug	Fri 21 Aug	Sat 22 Aug	Sun 23 Aug