

| 2010 | | |
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| Weekend | Meet 1 | Meet 2 |
| Comm. | | |
| 02-Jan-10 | | |
| 03-Jan-10 | | |
| 09-Jan-10 | M&B Winter Graded | |
| 10-Jan-10 | M&B Winter Graded | |
| 16-Jan-10 | Scottish Short Course | |
| 17-Jan-10 | Scottish Short Course | |
| 23-Jan-10 | Stirling Open | |
| 24-Jan-10 | Stirling Open | |
| 30-Jan-10 | Scottish Schools | |
| 31-Jan-10 | South Ayrshire Mini | Forth Valley Junior League |
| 06-Feb-10 | Co Glasgow LC Graded | |
| 07-Feb-10 | Co Glasgow LC Graded | |
| 13-Feb-10 | North Ayrshire 200 Meet | |
| 14-Feb-10 | North Ayrshire 200 Meet | JAGS Meet |
| 20-Feb-10 | <i>West District Group 1 (20/21st)</i> | |
| 21-Feb-10 | <i>West District Group 1 (20/21st)</i> | |
| 27-Feb-10 | SASA AGM (27th) | |
| 28-Feb-10 | | Clyde Coast Mini League |
| 06-Mar-10 | <i>West District Group 2 (6/7th)</i> | |
| 07-Mar-10 | <i>West District Group 2 (6/7th)</i> | |
| 13-Mar-10 | Dumfries Graded | The Mini League |
| 14-Mar-10 | Dumfries Graded | Forth Valley Junior League |
| 20-Mar-10 | Cumbernauld Open | |
| 21-Mar-10 | Cumbernauld Open | Clyde Coast Mini League |
| 27-Mar-10 | REN 96 Graded | |
| 28-Mar-10 | REN 96 Graded | |
| 03-Apr-10 | Easter | |
| 04-Apr-10 | Easter | |
| 10-Apr-10 | Scottish AG Championships | |
| 11-Apr-10 | Scottish AG Championships | |
| 17-Apr-10 | S Ayrshire Open | |
| 18-Apr-10 | S Ayrshire Open | The Mini League |
| 24-Apr-10 | Falkirk Otter Mini Meet | |
| 25-Apr-10 | FIRST Open | |
| 01-May-10 | Co Glasgow LC Open | |
| 02-May-10 | Co Glasgow LC Open | |
| 08-May-10 | N Ayrshire Junior | |
| 09-May-10 | N Ayrshire Junior | |
| 15-May-10 | <i>West District Group 3 (15/16th)</i> | |
| 16-May-10 | <i>West District Group 3 (15/16th)</i> | |
| 22-May-10 | Scottish Squad Weekend/Coaches CPD | Clyde Coast Mini League |
| 23-May-10 | Scottish Squad Weekend/Coaches CPD | Clyde Coast Mini League |
| 29-May-10 | <i>West District Group 4 (29th/30th)</i> | |
| 30-May-10 | <i>West District Group 4 (29th/30th)</i> | |
| 05-Jun-10 | M & B Graded | |
| 06-Jun-10 | M & B Graded | |
| 12-Jun-10 | Cumbernauld Open | Clyde Coast Mini League Final |
| 13-Jun-10 | Cumbernauld Open | |
| 19-Jun-10 | Alloa Open | Dumfries Distance |
| 20-Jun-10 | Alloa Open | Dumfries Distance |
| 26-Jun-10 | Scottish Nationals | |
| 27-Jun-10 | Scottish Nationals | |
| 03-Jul-10 | | |
| 04-Jul-10 | | |
| 21-Aug-10 | | |
| 22-Aug-10 | | |
| 28-Aug-10 | Cumbernauld Graded | |
| 29-Aug-10 | Cumbernauld Graded | |
| 04-Sep-10 | <i>West District Group 5 (4/5th)</i> | |
| 05-Sep-10 | <i>West District Group 5 (4/5th)</i> | |
| 11-Sep-10 | | North Ayrshire Distance |
| 12-Sep-10 | MAGS Meet | North Ayrshire Distance |
| 18-Sep-10 | Scottish Squad Weekend/Coaches CPD | Forth Valley Junior League |
| 19-Sep-10 | Scottish Squad Weekend/Coaches CPD | |
| 25-Sep-10 | <i>STO Seminar (25th)</i> | |
| 26-Sep-10 | <i>District Regional Squad (26th)</i> | |
| 02-Oct-10 | CCL Winter Finals | Stirling Autumn |
| 03-Oct-10 | Hamilton Graded | |
| 09-Oct-10 | Bo'ness Mini Meet | |
| 10-Oct-10 | S Ayrshire Graded | |
| 16-Oct-10 | Forth Valley Jun League | |
| 17-Oct-10 | | |
| 23-Oct-10 | | S Schools Sec Ayr |
| 24-Oct-10 | <i>District Regional Squad (24th)</i> | S Schools Primary Ayr |
| 30-Oct-10 | Alloa Graded | |
| 31-Oct-10 | Alloa Graded | |
| 06-Nov-10 | N Ayrshire Graded | |
| 07-Nov-10 | N Ayrshire Graded | |
| 13-Nov-10 | REN 96 Open | |
| 14-Nov-10 | REN 96 Open | |
| 20-Nov-10 | <i>West District Group 6 (20/21st)</i> | |
| 21-Nov-10 | <i>West District Group 6 (20/21st)</i> | |
| 27-Nov-10 | Cumbernauld Winter AG | |
| 28-Nov-10 | Cumbernauld Winter AG | |
| 04-Dec-10 | <i>West District Group 7 (4/5th)</i> | |
| 05-Dec-10 | <i>West District Group 7 (4/5th)</i> | |
| 11-Dec-10 | <i>District AGM (11th)</i> | |
| 12-Dec-10 | <i>District Regional Squad (12th)</i> | |
| 18-Dec-10 | Dumfries Christmas Cracker | Co Glasgow LC Open |
| 19-Dec-10 | Dumfries Christmas Cracker | Co Glasgow LC Open |
| 25-Dec-10 | | |

Denotes Weekend not available for Club Meets
 (P) Denotes Provisional Allocation - Licence to be submitted.