

| | | 2007 - 2008 | | 2008 - 2009 | | 2009 - 2010 | |
|------|------------------|---|------------------|--|------------------|--|--|
| Week | Weekend | Meet | Weekend | Meet | Weekend | Meet | |
| | Comm. | | Comm. | | Comm. | | |
| 1 | 11-Aug-07 | | 09-Aug-08 | | 08-Aug-09 | | |
| 2 | 18-Aug-07 | | 16-Aug-08 | | 15-Aug-09 | | |
| 3 | 25-Aug-07 | Cumbernauld Graded (25/26th) | 23-Aug-08 | UK School Games | 22-Aug-09 | | |
| 4 | 01-Sep-07 | West District Group 5 (1/2nd) | 30-Aug-08 | Cumbernauld Graded (30/31st) | 29-Aug-09 | | |
| 5 | 08-Sep-07 | Mini League | 06-Sep-08 | West District Group 5 (6/7th) | 05-Sep-09 | West District Group 5 (5/6th) | |
| 6 | 15-Sep-07 | N Ayr Distance/Mags | 13-Sep-08 | N Ayr Dist Meet (13/14th) / Gmouth MAGS (13th) | 12-Sep-09 | | |
| 7 | 22-Sep-07 | STO Seminar / Free Weekend | 20-Sep-08 | Scottish Squad Weekend/Coaches CPD | 19-Sep-09 | Scottish Squad Weekend/Coaches CPD | |
| 8 | 29-Sep-07 | District Regional Squad (29/30th) | 27-Sep-08 | STO Seminar /District Regional Squad (27/28th) | 26-Sep-09 | STO Seminar /District Regional Squad (26/27th) | |
| 9 | 06-Oct-07 | CCL Winter Champs (6th) / Hamilton Baths (7th) | 04-Oct-08 | CCL Champs (4th) / Hamilton Graded (5th) | 03-Oct-09 | | |
| 10 | 13-Oct-07 | Livingston Aquanauts | 11-Oct-08 | Livingston Aquanauts (11th) | 10-Oct-09 | | |
| 11 | 20-Oct-07 | ASA Nat Counties (21st) / Alloa Graded | 18-Oct-08 | ASA Nat Counties (19th) /Alloa Graded | 17-Oct-09 | | |
| 12 | 27-Oct-07 | District Regional Squad (28th) | 25-Oct-08 | District Regional Squad (26th) | 24-Oct-09 | ASA Nat Counties (25th) | |
| 13 | 03-Nov-07 | Cumbernauld Mini Meet (3/4th) | 01-Nov-08 | Cumbernauld Mini Meet (1/2nd) | 31-Oct-09 | District Regional Squad (1st) | |
| 14 | 10-Nov-07 | N Ayr Graded/Central Champs/Kingston | 08-Nov-08 | N Ayrshire Graded Meet (8/9th) | 07-Nov-09 | | |
| 15 | 17-Nov-07 | Ren 96 Open (17/18th) | 15-Nov-08 | Ren 96 Open (15/16th) | 14-Nov-09 | | |
| 16 | 24-Nov-07 | West District Group 6 (24/25th) | 22-Nov-08 | District Regional Squad (22/23rd) | 21-Nov-09 | District Regional Squad (21/22nd) | |
| 17 | 01-Dec-07 | District AGM (1st) / Inter Club (2nd) | 29-Nov-08 | West District Group 6 (29/30th) | 28-Nov-09 | West District Group 6 (28/29th) | |
| 18 | 08-Dec-07 | West District Group 7 (8/9th) | 06-Dec-08 | District AGM (6th) / Inter Club (7th) | 05-Dec-09 | District AGM (5th) / Inter Club (6th) | |
| 19 | 15-Dec-07 | District Regional Squad (15/16th) | 13-Dec-08 | West District Group 7 (13/14th) | 12-Dec-09 | West District Group 7 (12/13th) | |
| 20 | 22-Dec-07 | | 20-Dec-08 | | 19-Dec-09 | | |
| 21 | 29-Dec-07 | Scottish Squad Weekend/Coaches CPD | 27-Dec-08 | | 26-Dec-09 | Scottish Squad Weekend/Coaches CPD | |
| 22 | 05-Jan-08 | | 03-Jan-09 | | 02-Jan-10 | | |
| 23 | 12-Jan-08 | Scottish Short Course | 10-Jan-09 | | 09-Jan-10 | | |
| 24 | 19-Jan-08 | Stirling Junior Open (19/20th) | 17-Jan-09 | Scottish Short Course | 16-Jan-10 | Scottish Short Course | |
| 25 | 26-Jan-08 | Scottish Schools Championships | 24-Jan-09 | | 23-Jan-10 | | |
| 26 | 02-Feb-08 | City of Glasgow Graded (2/3rd) | 31-Jan-09 | | 30-Jan-10 | | |
| 27 | 09-Feb-08 | Grangemouth JAGS (9th) | 07-Feb-09 | | 06-Feb-10 | | |
| 28 | 16-Feb-08 | N Ayrshire 200 Meet (16/17th) | 14-Feb-09 | | 13-Feb-10 | | |
| 29 | 23-Feb-08 | SASA AGM (23rd) | 21-Feb-09 | West District Group 1 (21/22nd) | 20-Feb-10 | West District Group 1 (20/21st) | |
| 30 | 01-Mar-08 | West District Group 1 (1/2nd) | 28-Feb-09 | SASA AGM (28th) | 27-Feb-10 | SASA AGM (27th) | |
| 31 | 08-Mar-08 | Milngavie & Bearsden LC Meet (8th) | 07-Mar-09 | West District Group 2 (7/8th) | 06-Mar-10 | West District Group 2 (6/7th) | |
| 32 | 15-Mar-08 | West District Group 2 (15/16th) | 14-Mar-09 | | 13-Mar-10 | | |
| 33 | 22-Mar-08 | Easter / Stirling Junior Open (22/23rd) | 21-Mar-09 | | 20-Mar-10 | | |
| 34 | 29-Mar-08 | Cumbernauld Open (29/30th) | 28-Mar-09 | | 27-Mar-10 | | |
| 35 | 05-Apr-08 | British Championships | 04-Apr-09 | Scottish Age Groups | 03-Apr-10 | Scottish Age Groups / Easter | |
| 36 | 12-Apr-08 | Scottish Age Groups | 11-Apr-09 | British Chps / Easter | 10-Apr-10 | British Championships | |
| 37 | 19-Apr-08 | S Ayrshire Open (19/20th) | 18-Apr-09 | | 17-Apr-10 | | |
| 38 | 26-Apr-08 | Falkirk Mini (26th) /Open (27th) | 25-Apr-09 | | 24-Apr-10 | | |
| 39 | 03-May-08 | City of Glasgow Open (3/4th) | 02-May-09 | | 01-May-10 | | |
| 40 | 10-May-08 | N Ayrshire Junior (10/11th) | 09-May-09 | | 08-May-10 | West District Group 3 (8/9th) | |
| 41 | 17-May-08 | West District Group 3 (17/18th) | 16-May-09 | West District Group 3 (16/17th) | 15-May-10 | Scottish Squad Weekend/Coaches CPD | |
| 42 | 24-May-08 | Scottish Squad Weekend/Coaches CPD | 23-May-09 | Scottish Squad Weekend/Coaches CPD | 22-May-10 | West District Group 4 (22/23rd) | |
| 43 | 31-May-08 | West District Group 4 (31st/1st) | 30-May-09 | West District Group 4 (30th/31st) | 29-May-10 | | |
| 44 | 07-Jun-08 | Cumbernauld Spring Graded (7/8th) | 06-Jun-09 | | 05-Jun-10 | | |
| 45 | 14-Jun-08 | Clyde Coast League Finals (14th)/Aquanauts (15th) | 13-Jun-09 | | 12-Jun-10 | | |
| 46 | 21-Jun-08 | Alloa Open Meet (21/22nd) | 20-Jun-09 | | 19-Jun-10 | | |
| 47 | 28-Jun-08 | Scottish Nationals | 27-Jun-09 | Scottish Nationals | 26-Jun-10 | Scottish Nationals | |
| 48 | 05-Jul-08 | | 04-Jul-09 | | 03-Jul-10 | | |
| 49 | 12-Jul-08 | | 11-Jul-09 | | 10-Jul-10 | | |
| 50 | 19-Jul-08 | | 18-Jul-09 | | 17-Jul-10 | | |
| 51 | 26-Jul-08 | British Age Groups | 25-Jul-09 | British Age Groups | 24-Jul-10 | British Age Groups | |
| 52 | 02-Aug-08 | British Youth/Trials | 01-Aug-09 | British Youth/Trials | 31-Jul-10 | British Youth/Trials | |

Denotes Weekend not available for Club Meets