

| 2019 | | |
|-----------|---|---|
| Weekend | Meet 1 | Meet 2 |
| Comm. | | |
| 05-Jan-19 | | |
| 06-Jan-19 | | |
| 12-Jan-19 | WD LC Champ - Rnd 1 (JAG/SAG) (Tollcross) (L1) | |
| 13-Jan-19 | WD LC Champ - Rnd 1 (JAG/SAG) (Tollcross) (L1) | |
| 19-Jan-19 | Stirling Winter Graded Meet (The Peak) (L2) | |
| 20-Jan-19 | Stirling Winter Graded Meet (The Peak) (L2) | South Ayrshire Murdoch Mini Meet (Citadel) (L2) |
| 26-Jan-19 | JAGS Meet (Grangemouth) (L3) | Renfrew Baths Development Meet (Portal) (L3) |
| 27-Jan-19 | MAGS Meet (Grangemouth) (L2) | Renfrew Baths Development Meet (Portal) (L3) |
| 02-Feb-19 | WD LC Champ - Rnd 2 (JAG/SAG) (Tollcross) (L1) | |
| 03-Feb-19 | WD LC Champ - Rnd 2 (JAG/SAG) (Tollcross) (L1) | |
| 09-Feb-19 | Bellshill Sharks Open (Bellshill) (L2) | |
| 10-Feb-19 | Bellshill Sharks Open (Bellshill) (L2) | |
| 16-Feb-19 | M & B Winter (Drumchapel) (L2) | North Ayrshire 200 Meet (Portal) (L2) |
| 17-Feb-19 | M & B Winter (Drumchapel) (L2) | North Ayrshire 200 Meet (Portal) (L2) |
| 23-Feb-19 | Scottish AGM | |
| 24-Feb-19 | East Kilbride SNAGS Time Trial Meet (Larkhall) (L2) | |
| 02-Mar-19 | WD LC Pre-NAG Time Trial Meet (Tollcross) (L1) | |
| 03-Mar-19 | WD LC Pre-NAG Time Trial Meet (Tollcross) (L1) | |
| 09-Mar-19 | Cumbernauld Spring (Tryst) (L2) | |
| 10-Mar-19 | Cumbernauld Spring (Tryst) (L2) | |
| 16-Mar-19 | Ren 96 Graded Meet (Linwood) (L2) | |
| 17-Mar-19 | Ren 96 Graded Meet (Linwood) (L2) | |
| 23-Mar-19 | Falkirk Otter Mini Meet (Grangemouth) (L3) | |
| 24-Mar-19 | Falkirk Otter Swim Meet (Grangemouth) (L2) | |
| 30-Mar-19 | Scottish National Age Groups | |
| 31-Mar-19 | Scottish National Age Groups | |
| 06-Apr-19 | Co Glasgow Graded Meet (Tollcross) (L2) | |
| 07-Apr-19 | Co Glasgow Graded Meet (Tollcross) (L2) | |
| 13-Apr-19 | Stirling Open Meet (The Peak) (L2) | |
| 14-Apr-19 | Stirling Open Meet (The Peak) (L2) | |
| 20-Apr-19 | Dumfries Spring Splash Graded Meet (Bellshill) (L2) | |
| 21-Apr-19 | Dumfries Spring Splash Graded Meet (Bellshill) (L2) | |
| 27-Apr-19 | East Kilbride Open Meet (Dollan) (1) | |
| 28-Apr-19 | East Kilbride Open Meet (Dollan) (1) | |
| 04-May-19 | North Ayrshire Junior Meet (Portal) (L2) | |
| 05-May-19 | North Ayrshire Junior Meet (Portal) (L2) | |
| 11-May-19 | WD "Future Stars" AG Open Meet (Tollcross) (L2) | |
| 12-May-19 | WD "Future Stars" AG Open Meet (Tollcross) (L2) | |
| 18-May-19 | Alloa Junior Development Meet (The Peak) (L3) | |
| 19-May-19 | Alloa May Open Meet (The Peak) (L2) | |
| 25-May-19 | Co Glasgow International (Tollcross) (1) | |
| 26-May-19 | Co Glasgow International (Tollcross) (1) | |
| 01-Jun-19 | Rutherglen Summer Graded Meet (Bellshill) (L2) (P) | |
| 02-Jun-19 | Rutherglen Summer Graded Meet (Bellshill) (L2) (P) | |
| 08-Jun-19 | Clyde Coast Mini League Finals (Citadel) (L3) | Cumbernauld Summer Open (Tryst) (L2) |
| 09-Jun-19 | | Cumbernauld Summer Open (Tryst) (L2) |
| 15-Jun-19 | Larkhall Graded Meet (Larkhall) (L2) (P) | Ren 96 Development (Linwood) (L3) |
| 16-Jun-19 | | Ren 96 Development (Linwood) (L3) |
| 22-Jun-19 | Bellshill Summer Splash (Bellshill) (L2) | |
| 23-Jun-19 | Bellshill Summer Splash (Bellshill) (L2) | |
| 29-Jun-19 | Scottish Open Champs | |
| 30-Jun-19 | Scottish Open Champs | |
| 17-Aug-19 | | |
| 18-Aug-19 | | |
| 24-Aug-19 | Cumbernauld Autumn Graded Meet (Tryst) (L2) | |
| 25-Aug-19 | Cumbernauld Autumn Graded Meet (Tryst) (L2) | |
| 31-Aug-19 | Grangemouth Mini Meet (Grangemouth) (L3) | |
| 01-Sep-19 | Central Swimming Championships (Grangemouth) (L2) | |
| 07-Sep-19 | WD Sprint & Relay Champs (Tollcross) (L1) | |
| 08-Sep-19 | WD Sprint & Relay Champs (Tollcross) (L1) | |
| 14-Sep-19 | Dumfries Dip n Dash (Bellshill) (L3) | North Ayrshire Development Meet (Portal) (L3) |
| 15-Sep-19 | Stirling Autumn Open Meet (The Peak) (L2) | North Ayrshire Development Meet (Portal) (L3) |
| 21-Sep-19 | Scottish Team Champs (RCP) | |
| 22-Sep-19 | STO Seminar | |
| 28-Sep-19 | | |
| 29-Sep-19 | District Regional Programme | |
| 05-Oct-19 | Falkirk Otter Graded Meet (Grangemouth) (L3) | Clyde Coast Winter League (Citadel) (L2) |
| 06-Oct-19 | Bo'ness Mini Meet (Grangemouth) (L3) | South Ayrshire Graded (Citadel) (L3) |
| 12-Oct-19 | Rutherglen Autumn Graded (Bellshill) (L3) (P) | |
| 13-Oct-19 | Rutherglen Autumn Graded (Bellshill) (L2) (P) | Co Glasgow Johnstone Shearer Meet (Castlemilk) (L3) |
| 19-Oct-19 | Alloa Graded Meet (The Peak) (L2) | |
| 20-Oct-19 | Alloa Graded Meet (The Peak) (L2) | M & B Mini Sprints - (Drumchapel) (L3) |
| 26-Oct-19 | WD SC JAG Champ (Tollcross) (L1) | |
| 27-Oct-19 | WD SC JAG Champ (Tollcross) (L1) | |
| 02-Nov-19 | Ren 96 Open Meet (Linwood) (L2) | |
| 03-Nov-19 | Ren 96 Open Meet (Linwood) (L2) | Kingston Sprints (Larkhall) (L3) (P) |
| 09-Nov-19 | | |
| 10-Nov-19 | District Regional Programme | |
| 16-Nov-19 | WD SC SAG Champ (Tollcross)(L1) | |
| 17-Nov-19 | WD SC SAG Champ (Tollcross)(L1) | |
| 23-Nov-19 | Dumfries Advent Meet (Bellshill) (L2) | |
| 24-Nov-19 | Dumfries Advent Meet (Bellshill) (L2) | |
| 30-Nov-19 | District AGM | |
| 01-Dec-19 | District Regional Programme | |
| 07-Dec-19 | European Short Course Champs (Tollcross) | |
| 08-Dec-19 | European Short Course Champs (Tollcross) | |
| 14-Dec-19 | Scottish Short Course Champs (RCP) (L1) | |
| 15-Dec-19 | Scottish Short Course Champs (RCP) (L1) | |
| 21-Dec-19 | South Ayrshire Open Meet (Citadel) (L2) | |
| 22-Dec-19 | South Ayrshire Open Meet (Citadel) (L2) | |

Denotes Weekend not available for Club Meets
 Club's Priority 1
 Club's Priority 2
 Club's Priority 3
 Club's Priority 4
 (L1) (L2) or (L3) Licence Level (1 & 2 Accredited)