

Saturday		Sunday		Mid week
2020				
14-Mar		15-Mar	Compass Sport Cup heat	
21-Mar	BOC	22-Mar	BOC	
28-Mar		29-Mar	SOL 2 TBC	
04-Apr	INT Local Event - Polkemmet	05-Apr	SOL 3 TBC	
11-Apr	JK	12-Apr	JK	13th = JK Relay
18-Apr		19-Apr		22nd = Sprintelope 1 - ESOC - Oxgangs
25-Apr	Lakes	26-Apr	Lakes	29th = SprINTelope 2 - Jack Kane Centre
02-May	INT Local Event - Colinton Dell	03-May	SOL 4 TBC	6th = Sprintelope 3 - ELO - Prestonpans
09-May	Lakes	10-May	Lakes	13th = Sprintelope 4 - FVO - Linlithgow
16-May		17-May		20th = Sprintelope 5 - ELO - North Berwick
23-May		24-May		27th = Sprintelope 6 - ESOC
30-May		31-May		3rd = Sprintelope 7 - ELO - Longniddry
06-Jun	INT Local Event - Dechmont Law	07-Jun		10th = Sprintelope 8 - ESOC - South Queensferry
13-Jun	Jukola	14-Jun	SOL 5 TBC	17th = Sprintelope 9 - ELO - Haddington
20-Jun		21-Jun		24th = SprINTelope 10 - Little France
27-Jun	FVO - Harvester Relay	28-Jun		1st = SprINTelope 11 - Prestonfield
04-Jul		05-Jul		8th = Sprintelope 12 - ESOC
11-Jul		12-Jul		15th = SprINTelope 13 - Astley Ainslie
18-Jul		19-Jul		22nd = Sprintelope 14 - ESOC
25-Jul		26-Jul		29th = SprINTelope 15 - Morningside
01-Aug		02-Aug		5th = Sprintelope 16 - ESOC
08-Aug		09-Aug		12th = SprINTelope 17 - Swan Spring
15-Aug		16-Aug		19th = Sprintelope 18 - ESOC
22-Aug	SOC Individual - Tentsmuir N.	23-Aug	SOC Relays (Tentsmuir S.)	
29-Aug		30-Aug		
05-Sep	INT Local Event - Braidburn / SHI Relay	06-Sep	SOL 6 TBC	
12-Sep		13-Sep		16th Freshers Sprintelope
19-Sep		20-Sep		
26-Sep		27-Sep	SOL 7 TBC	
03-Oct	INT Local Event - Mortonhall	04-Oct		3rd & 4th = October Odyssey
10-Oct		11-Oct		
17-Oct		18-Oct	Compass Sport Cup final	
24-Oct		25-Oct	SOL 8 TBC	
31-Oct		01-Nov		
07-Nov	SOUL 7 - Livingston (INTrepid W/E)	08-Nov	SoSOL - Kinneil Wood (INTrepid W/E)	
14-Nov		15-Nov		
21-Nov		22-Nov		
28-Nov		29-Nov		

05-Dec		06-Dec		
12-Dec		13-Dec		
19-Dec		20-Dec		
26-Dec		27-Dec		

07-Mar-20