



## TENNENT'S PREMIERSHIP

### **07 September 2019**

Musselburgh v Hawick  
Jed-Forest v Marr  
Aberdeen Grammar Rugby v Edinburgh Academical  
GHA v Currie Chieftains  
Selkirk v Glasgow Hawks

### **14 September 2019**

Marr v Musselburgh  
Edinburgh Academical v Jed-Forest  
Hawick v GHA  
Glasgow Hawks v Aberdeen Grammar Rugby  
Currie Chieftains v Selkirk

### **21 September 2019**

Musselburgh v Edinburgh Academical  
GHA v Marr  
Jed-Forest v Glasgow Hawks  
Currie Chieftains v Hawick  
Selkirk v Aberdeen Grammar Rugby

### **28 September 2019**

Glasgow Hawks v Musselburgh  
Marr v Currie Chieftains  
Aberdeen Grammar Rugby v Jed-Forest  
Edinburgh Academical v GHA  
Hawick v Selkirk

### **05 October 2019**

Musselburgh v Aberdeen Grammar Rugby  
Hawick v Marr  
Currie Chieftains v Edinburgh Academical  
GHA v Glasgow Hawks  
Selkirk v Jed-Forest

### **12 October 2019**

Jed-Forest v Musselburgh  
Edinburgh Academical v Hawick  
Aberdeen Grammar Rugby v GHA  
Glasgow Hawks v Currie Chieftains  
Marr v Selkirk

### **19 October 2019**

Marr v Edinburgh Academical  
GHA v Jed-Forest  
Hawick v Glasgow Hawks  
Currie Chieftains v Aberdeen Grammar Rugby  
Selkirk v Musselburgh

### **09 November 2019**

Musselburgh v GHA  
Glasgow Hawks v Marr  
Jed-Forest v Currie Chieftains  
Aberdeen Grammar Rugby v Hawick  
Selkirk v Edinburgh Academical

### **16 November 2019**

Currie Chieftains v Musselburgh  
Marr v Aberdeen Grammar Rugby  
Hawick v Jed-Forest  
Edinburgh Academical v Glasgow Hawks  
GHA v Selkirk

### **23 November 2019**

Hawick v Musselburgh  
Marr v Jed-Forest  
Edinburgh Academical v Aberdeen Grammar Rugby  
Currie Chieftains v GHA  
Glasgow Hawks v Selkirk

### **30 November 2019**

Musselburgh v Marr  
Jed-Forest v Edinburgh Academical  
GHA v Hawick  
Aberdeen Grammar Rugby v Glasgow Hawks  
Selkirk v Currie Chieftains

### **07 December 2019**

Edinburgh Academical v Musselburgh  
Marr v GHA  
Glasgow Hawks v Jed-Forest  
Hawick v Currie Chieftains  
Aberdeen Grammar Rugby v Selkirk

**14 December 2019**

Musselburgh v Glasgow Hawks  
 Currie Chieftains v Marr  
 Jed-Forest v Aberdeen Grammar Rugby  
 GHA v Edinburgh Academical  
 Selkirk v Hawick

**11 January 2020**

Aberdeen Grammar Rugby v Musselburgh  
 Marr v Hawick  
 Edinburgh Academical v Currie Chieftains  
 Glasgow Hawks v GHA  
 Jed-Forest v Selkirk

**18 January 2020**

Musselburgh v Jed-Forest  
 Hawick v Edinburgh Academical  
 GHA v Aberdeen Grammar Rugby  
 Currie Chieftains v Glasgow Hawks  
 Selkirk v Marr

**15 February 2020**

Edinburgh Academical v Marr  
 Jed-Forest v GHA  
 Glasgow Hawks v Hawick  
 Aberdeen Grammar Rugby v Currie Chieftains  
 Musselburgh v Selkirk

**29 February 2020**

GHA v Musselburgh  
 Marr v Glasgow Hawks  
 Currie Chieftains v Jed-Forest  
 Hawick v Aberdeen Grammar Rugby  
 Edinburgh Academical v Selkirk

**07 March 2020**

Musselburgh v Currie Chieftains  
 Aberdeen Grammar Rugby v Marr  
 Jed-Forest v Hawick  
 Glasgow Hawks v Edinburgh Academical  
 Selkirk v GHA

**21 March 2020** *(used as League stand-by if no Play-Off match)*

Premiership Play-Off Semi-Finals  
 P1 v P4 & P2 v P3

**04 April 2020** *(used as League stand-by if no Play-Off match)*

Premiership Final

**Stand by dates**

02 November 2019  
 21 December 2019  
 01 & 22 February 2020  
 14 March 2010  
 18 April 2020  
 02, 09 & 16 May 2020

**Scottish Cup Dates** *(League stand-by if no Cup match)*

31 August 2019 – Preliminary Round  
 26 October 2019 – 1<sup>st</sup> Round  
 25 January 2020 – Quarter Final  
 28 March 2020 – Semi Finals  
 25 April 2020 - Final

Where clubs require to apply for dispensation for traditional tour matches on any league or stand-by date, the request should be made to the appropriate Championship or Regional Competitions Committee as soon as possible.

Should any club have any issues regarding ground availability etc. for any match they should contact their opponents in the first instance and make alternative arrangements (such as reversing the fixture) then seek approval for the different arrangements from the relevant Competitions Committee via the Competition Secretary.



## TENNENT'S NATIONAL LEAGUE DIVISION 1

### **07 September 2019**

Cartha Queens Park v Highland  
Stirling County v Gala  
Melrose v Kelso  
Dundee HSFP v Heriot's  
Ayr v Watsonians  
Biggar v Boroughmuir

### **14 September 2019**

Gala v Cartha Queens Park  
Boroughmuir v Ayr  
Watsonians v Dundee HSFP  
Heriot's v Melrose  
Kelso v Stirling County  
Highland v Biggar

### **21 September 2019**

Highland v Gala  
Cartha Queens Park v Kelso  
Stirling County v Heriot's  
Melrose v Watsonians  
Dundee HSFP v Boroughmuir  
Biggar v Ayr

### **28 September 2019**

Heriot's v Cartha Queens Park  
Kelso v Highland  
Ayr v Dundee HSFP  
Boroughmuir v Melrose  
Watsonians v Stirling County  
Gala v Biggar

### **05 October 2019**

Gala v Kelso  
Highland v Heriot's  
Cartha Queens Park v Watsonians  
Stirling County v Boroughmuir  
Melrose v Ayr  
Biggar v Dundee HSFP

### **12 October 2019**

Boroughmuir v Cartha Queens Park  
Watsonians v Highland  
Heriot's v Gala  
Dundee HSFP v Melrose  
Ayr v Stirling County  
Kelso v Biggar

### **19 October 2019**

Kelso v Heriot's  
Gala v Watsonians  
Highland v Boroughmuir  
Cartha Queens Park v Ayr  
Stirling County v Dundee HSFP  
Biggar v Melrose

### **02 November 2019**

Dundee HSFP v Cartha Queens Park  
Highland v Ayr  
Boroughmuir v Gala  
Watsonians v Kelso  
Melrose v Stirling County  
Heriot's v Biggar

### **09 November 2019**

Heriot's v Watsonians  
Kelso v Boroughmuir  
Gala v Ayr  
Highland v Dundee HSFP  
Cartha Queens Park v Melrose  
Biggar v Stirling County

### **16 November 2019**

Stirling County v Cartha Queens Park  
Melrose v Highland  
Dundee HSFP v Gala  
Ayr v Kelso  
Boroughmuir v Heriot's  
Biggar v Watsonians

### **23 November 2019**

Watsonians v Boroughmuir  
Heriot's v Ayr  
Kelso v Dundee HSFP  
Gala v Melrose  
Highland v Stirling County  
Cartha Queens Park v Biggar

### **30 November 2019**

Highland v Cartha Queens Park  
Gala v Stirling County  
Kelso v Melrose  
Heriot's v Dundee HSFP  
Watsonians v Ayr  
Boroughmuir v Biggar

**07 December 2019**

Cartha Queens Park v Gala  
 Ayr v Boroughmuir  
 Dundee HSFP v Watsonians  
 Melrose v Heriot's  
 Stirling County v Kelso  
 Biggar v Highland

**14 December 2019**

Gala v Highland  
 Kelso v Cartha Queens Park  
 Heriot's v Stirling County  
 Watsonians v Melrose  
 Boroughmuir v Dundee HSFP  
 Ayr v Biggar

**21 December 2019**

Cartha Queens Park v Heriot's  
 Highland v Kelso  
 Dundee HSFP v Ayr  
 Melrose v Boroughmuir  
 Stirling County v Watsonians  
 Biggar v Gala

**11 January 2020**

Kelso v Gala  
 Heriot's v Highland  
 Watsonians v Cartha Queens Park  
 Boroughmuir v Stirling County  
 Ayr v Melrose  
 Dundee HSFP v Biggar

**18 January 2020**

Cartha Queens Park v Boroughmuir  
 Highland v Watsonians  
 Gala v Heriot's  
 Melrose v Dundee HSFP  
 Stirling County v Ayr  
 Biggar v Kelso

**Stand by dates**

01 & 22 February 2020  
 14 March 2020  
 04, 11, 18 & 25 April 2020  
 02, 09 & 16 May 2020

**15 February 2020**

Heriot's v Kelso  
 Watsonians v Gala  
 Boroughmuir v Highland  
 Ayr v Cartha Queens Park  
 Dundee HSFP v Stirling County  
 Melrose v Biggar

**29 February 2020**

Cartha Queens Park v Dundee HSFP  
 Ayr v Highland  
 Gala v Boroughmuir  
 Kelso v Watsonians  
 Stirling County v Melrose  
 Biggar v Heriot's

**07 March 2020**

Watsonians v Heriot's  
 Boroughmuir v Kelso  
 Ayr v Gala  
 Dundee HSFP v Highland  
 Melrose v Cartha Queens Park  
 Stirling County v Biggar

**21 March 2020**

Cartha Queens Park v Stirling County  
 Highland v Melrose  
 Gala v Dundee HSFP  
 Kelso v Ayr  
 Heriot's v Boroughmuir  
 Watsonians v Biggar

**28 March 2020 (Cup S/F take priority)**

Boroughmuir v Watsonians  
 Ayr v Heriot's  
 Dundee HSFP v Kelso  
 Melrose v Gala  
 Stirling County v Highland  
 Biggar v Cartha Queens Park

**Scottish Cup Dates (League stand-by if no Cup match)**

31 August 2019 – Scottish Cup Preliminary Round  
 26 October 2019 – Scottish Cup Rd 1  
 25 January 2020 – Scottish Cup Quarter Finals  
 28 March 2020 - Scottish Cup Semi Finals  
 25 April 2020 – Scottish Cup Final

Where clubs require to apply for dispensation for traditional tour matches on any league or stand-by date, the request should be made to the appropriate Championship or Regional Competitions Committee as soon as possible.

Should any club have any issues regarding ground availability etc. for any match they should contact their opponents in the first instance and make alternative arrangements (such as reversing the fixture) then seek approval for the different arrangements from the relevant Competitions Committee via the Competition Secretary.



## TENNENT'S NATIONAL LEAGUE DIVISION 2

### **07 September 2019**

Falkirk v Stewart's Melville  
Hamilton v GHK  
Glasgow Academicals v Newton Stewart  
Gordonians v Peebles  
Whitecraigs v Preston Lodge  
Kirkcaldy v Dumfries Saints

### **14 September 2019**

GHK v Falkirk  
Dumfries Saints v Whitecraigs  
Preston Lodge v Gordonians  
Peebles v Glasgow Academicals  
Newton Stewart v Hamilton  
Stewart's Melville v Kirkcaldy

### **21 September 2019**

Stewart's Melville v GHK  
Falkirk v Newton Stewart  
Hamilton v Peebles  
Glasgow Academicals v Preston Lodge  
Gordonians v Dumfries Saints  
Kirkcaldy v Whitecraigs

### **28 September 2019**

Peebles v Falkirk  
Newton Stewart v Stewart's Melville  
Whitecraigs v Gordonians  
Dumfries Saints v Glasgow Academicals  
Preston Lodge v Hamilton  
GHK v Kirkcaldy

### **05 October 2019**

GHK v Newton Stewart  
Stewart's Melville v Peebles  
Falkirk v Preston Lodge  
Hamilton v Dumfries Saints  
Glasgow Academicals v Whitecraigs  
Kirkcaldy v Gordonians

### **12 October 2019**

Dumfries Saints v Falkirk  
Preston Lodge v Stewart's Melville  
Peebles v GHK  
Gordonians v Glasgow Academicals  
Whitecraigs v Hamilton  
Newton Stewart v Kirkcaldy

### **19 October 2019**

Newton Stewart v Peebles  
GHK v Preston Lodge  
Stewart's Melville v Dumfries Saints  
Falkirk v Whitecraigs  
Hamilton v Gordonians  
Kirkcaldy v Glasgow Academicals

### **02 November 2019**

Gordonians v Falkirk  
Whitecraigs v Stewart's Melville  
Dumfries Saints v GHK  
Preston Lodge v Newton Stewart  
Glasgow Academicals v Hamilton  
Peebles v Kirkcaldy

### **09 November 2019**

Peebles v Preston Lodge  
Newton Stewart v Dumfries Saints  
GHK v Whitecraigs  
Stewart's Melville v Gordonians  
Falkirk v Glasgow Academicals  
Kirkcaldy v Hamilton

### **16 November 2019**

Hamilton v Falkirk  
Glasgow Academicals v Stewart's Melville  
Gordonians v GHK  
Whitecraigs v Newton Stewart  
Dumfries Saints v Peebles  
Kirkcaldy v Preston Lodge

### **23 November 2019**

Preston Lodge v Dumfries Saints  
Peebles v Whitecraigs  
Newton Stewart v Gordonians  
GHK v Glasgow Academicals  
Stewart's Melville v Hamilton  
Falkirk v Kirkcaldy

### **30 November 2019**

Stewart's Melville v Falkirk  
GHK v Hamilton  
Newton Stewart v Glasgow Academicals  
Peebles v Gordonians  
Preston Lodge v Whitecraigs  
Dumfries Saints v Kirkcaldy

**07 December 2019**

Falkirk v GHK  
 Whitecraigs v Dumfries Saints  
 Gordonians v Preston Lodge  
 Glasgow Academicals v Peebles  
 Hamilton v Newton Stewart  
 Kirkcaldy v Stewart's Melville

**14 December 2019**

GHK v Stewart's Melville  
 Newton Stewart v Falkirk  
 Peebles v Hamilton  
 Preston Lodge v Glasgow Academicals  
 Dumfries Saints v Gordonians  
 Whitecraigs v Kirkcaldy

**11 January 2020**

Falkirk v Peebles  
 Stewart's Melville v Newton Stewart  
 Gordonians v Whitecraigs  
 Glasgow Academicals v Dumfries Saints  
 Hamilton v Preston Lodge  
 Kirkcaldy v GHK

**18 January 2020**

Newton Stewart v GHK  
 Peebles v Stewart's Melville  
 Preston Lodge v Falkirk  
 Dumfries Saints v Hamilton  
 Whitecraigs v Glasgow Academicals  
 Gordonians v Kirkcaldy

**15 February 2020**

Falkirk v Dumfries Saints  
 Stewart's Melville v Preston Lodge  
 GHK v Peebles  
 Glasgow Academicals v Gordonians  
 Hamilton v Whitecraigs  
 Kirkcaldy v Newton Stewart

**Stand by dates**

01 & 22 February 2020  
 14 March 2020  
 11, 18 & 25 April 2020  
 02, 09 & 16 May 2020

**29 February 2020**

Peebles v Newton Stewart  
 Preston Lodge v GHK  
 Dumfries Saints v Stewart's Melville  
 Whitecraigs v Falkirk  
 Gordonians v Hamilton  
 Glasgow Academicals v Kirkcaldy

**07 March 2020**

Falkirk v Gordonians  
 Stewart's Melville v Whitecraigs  
 GHK v Dumfries Saints  
 Newton Stewart v Preston Lodge  
 Hamilton v Glasgow Academicals  
 Kirkcaldy v Peebles

**21 March 2020**

Preston Lodge v Peebles  
 Dumfries Saints v Newton Stewart  
 Whitecraigs v GHK  
 Gordonians v Stewart's Melville  
 Glasgow Academicals v Falkirk  
 Hamilton v Kirkcaldy

**28 March 2020 (NL Cup S/F take priority)**

Falkirk v Hamilton  
 Stewart's Melville v Glasgow Academicals  
 GHK v Gordonians  
 Newton Stewart v Whitecraigs  
 Peebles v Dumfries Saints  
 Preston Lodge v Kirkcaldy

**04 April 2020**

Dumfries Saints v Preston Lodge  
 Whitecraigs v Peebles  
 Gordonians v Newton Stewart  
 Glasgow Academicals v GHK  
 Hamilton v Stewart's Melville  
 Kirkcaldy v Falkirk

**NL Cup Dates (League stand-by if no Cup match)**

31 August 2019 – NL Cup Preliminary Round  
 26 October 2019 – NL Cup Round 1  
 25 January 2020 – NL Cup Quarter Finals  
 28 March 2020 - NL Cup Semi Finals  
 18 April 2020 – NL Cup Final

Where clubs require to apply for dispensation for traditional tour matches on any league or stand-by date, the request should be made to the appropriate Championship or Regional Competitions Committee as soon as possible.

Should any club have any issues regarding ground availability etc. for any match they should contact their opponents in the first instance and make alternative arrangements (such as reversing the fixture) then seek approval for the different arrangements from the relevant Competitions Committee via the Competition Secretary.



## TENNENT'S NATIONAL LEAGUE DIVISION 3

### **07 September 2019**

Caithness v Ardrossan Academicals  
West of Scotland v Carrick  
Berwick v Howe of Fife  
Hillhead Jordanhill v Murrayfield Wanderers  
Lasswade v Strathmore  
Perthshire v Greenock Wanderers

### **14 September 2019**

Carrick v Caithness  
Greenock Wanderers v Lasswade  
Strathmore v Hillhead Jordanhill  
Murrayfield Wanderers v Berwick  
Howe of Fife v West of Scotland  
Ardrossan Academicals v Perthshire

### **21 September 2019**

Ardrossan Academicals v Carrick  
Caithness v Howe of Fife  
West of Scotland v Murrayfield Wanderers  
Berwick v Strathmore  
Hillhead Jordanhill v Greenock Wanderers  
Perthshire v Lasswade

### **28 September 2019**

Murrayfield Wanderers v Caithness  
Howe of Fife v Ardrossan Academicals  
Lasswade v Hillhead Jordanhill  
Greenock Wanderers v Berwick  
Strathmore v West of Scotland  
Carrick v Perthshire

### **05 October 2019**

Carrick v Howe of Fife  
Ardrossan Academicals v Murrayfield Wanderers  
Caithness v Strathmore  
West of Scotland v Greenock Wanderers  
Berwick v Lasswade  
Perthshire v Hillhead Jordanhill

### **12 October 2019**

Greenock Wanderers v Caithness  
Strathmore v Ardrossan Academicals  
Murrayfield Wanderers v Carrick  
Hillhead Jordanhill v Berwick  
Lasswade v West of Scotland  
Howe of Fife v Perthshire

### **19 October 2019**

Howe of Fife v Murrayfield Wanderers  
Carrick v Strathmore  
Ardrossan Academicals v Greenock Wanderers  
Caithness v Lasswade  
West of Scotland v Hillhead Jordanhill  
Perthshire v Berwick

### **02 November 2019**

Hillhead Jordanhill v Caithness  
Lasswade v Ardrossan Academicals  
Greenock Wanderers v Carrick  
Strathmore v Howe of Fife  
Berwick v West of Scotland  
Murrayfield Wanderers v Perthshire

### **09 November 2019**

Murrayfield Wanderers v Strathmore  
Howe of Fife v Greenock Wanderers  
Carrick v Lasswade  
Ardrossan Academicals v Hillhead Jordanhill  
Caithness v Berwick  
Perthshire v West of Scotland

### **16 November 2019**

West of Scotland v Caithness  
Berwick v Ardrossan Academicals  
Hillhead Jordanhill v Carrick  
Lasswade v Howe of Fife  
Greenock Wanderers v Murrayfield Wanderers  
Perthshire v Strathmore

### **23 November 2019**

Strathmore v Greenock Wanderers  
Murrayfield Wanderers v Lasswade  
Howe of Fife v Hillhead Jordanhill  
Carrick v Berwick  
Ardrossan Academicals v West of Scotland  
Caithness v Perthshire

### **30 November 2019**

Ardrossan Academicals v Caithness  
Carrick v West of Scotland  
Howe of Fife v Berwick  
Murrayfield Wanderers v Hillhead Jordanhill  
Strathmore v Lasswade  
Greenock Wanderers v Perthshire

**07 December 2019**

Caithness v Carrick  
Lasswade v Greenock Wanderers  
Hillhead Jordanhill v Strathmore  
Berwick v Murrayfield Wanderers  
West of Scotland v Howe of Fife  
Perthshire v Ardrossan Academicals

**14 December 2019**

Carrick v Ardrossan Academicals  
Howe of Fife v Caithness  
Murrayfield Wanderers v West of Scotland  
Strathmore v Berwick  
Greenock Wanderers v Hillhead Jordanhill  
Lasswade v Perthshire

**11 January 2020**

Caithness v Murrayfield Wanderers  
Ardrossan Academicals v Howe of Fife  
Hillhead Jordanhill v Lasswade  
Berwick v Greenock Wanderers  
West of Scotland v Strathmore  
Perthshire v Carrick

**18 January 2020**

Howe of Fife v Carrick  
Murrayfield Wanderers v Ardrossan Academicals  
Strathmore v Caithness  
Greenock Wanderers v West of Scotland  
Lasswade v Berwick  
Hillhead Jordanhill v Perthshire

**15 February 2020**

Caithness v Greenock Wanderers  
Ardrossan Academicals v Strathmore  
Carrick v Murrayfield Wanderers  
Berwick v Hillhead Jordanhill  
West of Scotland v Lasswade  
Perthshire v Howe of Fife

**Stand by dates**

01 & 22 February 2020  
14 March 2020  
11, 18 & 25 April 2020  
02, 09 & 16 May 2020

**29 February 2020**

Murrayfield Wanderers v Howe of Fife  
Strathmore v Carrick  
Greenock Wanderers v Ardrossan Academicals  
Lasswade v Caithness  
Hillhead Jordanhill v West of Scotland  
Berwick v Perthshire

**07 March 2020**

Caithness v Hillhead Jordanhill  
Ardrossan Academicals v Lasswade  
Carrick v Greenock Wanderers  
Howe of Fife v Strathmore  
West of Scotland v Berwick  
Perthshire v Murrayfield Wanderers

**21 March 2020**

Strathmore v Murrayfield Wanderers  
Greenock Wanderers v Howe of Fife  
Lasswade v Carrick  
Hillhead Jordanhill v Ardrossan Academicals  
Berwick v Caithness  
West of Scotland v Perthshire

**28 March 2020 (Cup Semi Final take priority)**

Caithness v West of Scotland  
Ardrossan Academicals v Berwick  
Carrick v Hillhead Jordanhill  
Howe of Fife v Lasswade  
Murrayfield Wanderers v Greenock Wanderers  
Strathmore v Perthshire

**04 April 2020**

Greenock Wanderers v Strathmore  
Lasswade v Murrayfield Wanderers  
Hillhead Jordanhill v Howe of Fife  
Berwick v Carrick  
West of Scotland v Ardrossan Academicals  
Perthshire v Caithness

**NL Cup Dates (League stand-by if no Cup match)**

31 August 2019 – NL Cup Preliminary Round  
26 October 2019 – NL Cup Round 1  
25 January 2020 – NL Cup Quarter Finals  
28 March 2020 - NL Cup Semi Finals  
18 April 2020 – NL Cup Final

Where clubs require to apply for dispensation for traditional tour matches on any league or stand-by date, the request should be made to the appropriate Championship or Regional Competitions Committee as soon as possible.

Should any club have any issues regarding ground availability etc. for any match they should contact their opponents in the first instance and make alternative arrangements (such as reversing the fixture) then seek approval for the different arrangements from the relevant Competitions Committee via the Competition Secretary.





## TENNENT'S CALEDONIA DIVISION 1

### **31 August 2019**

Grangemouth Stags v Ellon  
Garioch v Glenrothes  
Dunfermline v Aberdeen Wanderers  
Orkney v Blairgowrie  
Hillfoots v Alloa

### **14 September 2019**

Glenrothes v Grangemouth Stags  
Aberdeen Wanderers v Garioch  
Ellon v Orkney  
Alloa v Dunfermline  
Blairgowrie v Hillfoots

### **21 September 2019**

Grangemouth Stags v Aberdeen Wanderers  
Orkney v Glenrothes  
Garioch v Alloa  
Blairgowrie v Ellon  
Hillfoots v Dunfermline

### **12 October 2019**

Alloa v Grangemouth Stags  
Glenrothes v Blairgowrie  
Dunfermline v Garioch  
Aberdeen Wanderers v Orkney  
Ellon v Hillfoots

### **9 November 2019**

Grangemouth Stags v Dunfermline  
Ellon v Glenrothes  
Blairgowrie v Aberdeen Wanderers  
Orkney v Alloa  
Hillfoots v Garioch

### **23 November 2019**

Garioch v Grangemouth Stags  
Aberdeen Wanderers v Ellon  
Dunfermline v Orkney  
Alloa v Blairgowrie  
Glenrothes v Hillfoots

### **30 November 2019**

Glenrothes v Aberdeen Wanderers  
Orkney v Garioch  
Ellon v Alloa  
Blairgowrie v Dunfermline  
Hillfoots v Grangemouth Stags

### **14 December 2019**

Grangemouth Stags v Orkney  
Alloa v Glenrothes  
Garioch v Blairgowrie  
Dunfermline v Ellon  
Hillfoots v Aberdeen Wanderers

### **11 January 2020**

Blairgowrie v Grangemouth Stags  
Glenrothes v Dunfermline  
Ellon v Garioch  
Aberdeen Wanderers v Alloa  
Orkney v Hillfoots

### **18 January 2020**

Ellon v Grangemouth Stags  
Glenrothes v Garioch  
Aberdeen Wanderers v Dunfermline  
Blairgowrie v Orkney  
Alloa v Hillfoots

### **25 January 2020**

Grangemouth Stags v Glenrothes  
Garioch v Aberdeen Wanderers  
Orkney v Ellon  
Dunfermline v Alloa  
Hillfoots v Blairgowrie

### **01 February 2020**

Aberdeen Wanderers v Grangemouth Stags  
Glenrothes v Orkney  
Alloa v Garioch  
Ellon v Blairgowrie  
Dunfermline v Hillfoots

### **15 February 2020**

Grangemouth Stags v Alloa  
Blairgowrie v Glenrothes  
Garioch v Dunfermline  
Orkney v Aberdeen Wanderers  
Hillfoots v Ellon

### **22 February 2020**

Dunfermline v Grangemouth Stags  
Glenrothes v Ellon  
Aberdeen Wanderers v Blairgowrie  
Alloa v Orkney  
Garioch v Hillfoots

**29 February 2020**

Ellon v Aberdeen Wanderers  
Orkney v Dunfermline  
Blairgowrie v Alloa  
Hillfoots v Glenrothes  
Grangemouth Stags v Garioch

**07 March 2020**

Aberdeen Wanderers v Glenrothes  
Garioch v Orkney  
Alloa v Ellon  
Dunfermline v Blairgowrie  
Grangemouth Stags v Hillfoots

**Stand by dates**

28 September 2019  
19 & 26 October 2019  
28 March 2020  
11, 18 & 25 April 2020  
02, 09, 16 & 23 May 2020

**21 March 2020**

Orkney v Grangemouth Stags  
Glenrothes v Alloa  
Blairgowrie v Garioch  
Ellon v Dunfermline  
Aberdeen Wanderers v Hillfoots

**04 April 2020**

Grangemouth Stags v Blairgowrie  
Dunfermline v Glenrothes  
Garioch v Ellon  
Alloa v Aberdeen Wanderers  
Hillfoots v Orkney

**Caledonia Cup Dates** (*League stand-by if no Cup match*)

07 September 2019 – Regional Bowl & Shield 1st Round  
05 October 2019 – Regional Bowl & Shield Quarter Finals  
16 November 2019 – Regional Bowl & Shield Semi Finals  
07 December 2019 - Regional Bowl & Shield Final  
28 March 2020 - National Bowl/Shield Semi Finals  
25 April 2020 - National Bowl & Shield Final

Where clubs require to apply for dispensation for traditional tour matches on any league or stand-by date, the request should be made to the appropriate Championship or Regional Competitions Committee as soon as possible.

Should any club have any issues regarding ground availability etc. for any match they should contact their opponents in the first instance and make alternative arrangements (such as reversing the fixture) then seek approval for the different arrangements from the relevant Competitions Committee via the Competition Secretary.



## TENNENT'S CALEDONIA DIVISION 2 - MIDLANDS

### **31 August 2019**

Harris Acad FP v Madras Rugby  
Kinross v Stirling Accies  
Kirkcaldy 2nd XV v Carnoustie HSFP  
Dundee Uni Medics v Falkirk 2nd XV  
Rosyth Sharks v Panmure

### **14 September 2019**

Stirling Accies v Harris Acad FP  
Carnoustie HSFP v Kinross  
Madras Rugby v Dundee Uni Medics  
Panmure v Kirkcaldy 2nd XV  
Falkirk 2nd XV v Rosyth Sharks

### **21 September 2019**

Harris Acad FP v Carnoustie HSFP  
Dundee Uni Medics v Stirling Accies  
Kinross v Panmure  
Falkirk 2nd XV v Madras Rugby  
Rosyth Sharks v Kirkcaldy 2nd XV

### **12 October 2019**

Panmure v Harris Acad FP  
Stirling Accies v Falkirk 2nd XV  
Kirkcaldy 2nd XV v Kinross  
Carnoustie HSFP v Dundee Uni Medics  
Madras Rugby v Rosyth Sharks

### **Saturday 19th Oct 2019**

Carnoustie HSFP v Harris Acad FP  
Dundee Uni Medics v Panmure

### **09 November 2019**

Harris Acad FP v Kirkcaldy 2nd XV  
Madras Rugby v Stirling Accies  
Falkirk 2nd XV v Carnoustie HSFP  
Rosyth Sharks v Kinross

### **23 November 2019**

Kinross v Harris Acad FP  
Carnoustie HSFP v Madras Rugby  
Kirkcaldy 2nd XV v Dundee Uni Medics  
Panmure v Falkirk 2nd XV  
Stirling Accies v Rosyth Sharks

### **30 November 2019**

Stirling Accies v Carnoustie HSFP  
Dundee Uni Medics v Kinross  
Madras Rugby v Panmure  
Falkirk 2nd XV v Kirkcaldy 2nd XV  
Rosyth Sharks v Harris Acad FP

### **14 December 2019**

Harris Acad FP v Dundee Uni Medics  
Panmure v Stirling Accies  
Kinross v Falkirk 2nd XV  
Kirkcaldy 2nd XV v Madras Rugby  
Rosyth Sharks v Carnoustie HSFP

### **11 January 2020**

Falkirk 2nd XV v Harris Acad FP  
Stirling Accies v Kirkcaldy 2nd XV  
Madras Rugby v Kinross  
Carnoustie HSFP v Panmure  
Dundee Uni Medics v Rosyth Sharks

### **18 January 2020**

Madras Rugby v Harris Acad FP  
Stirling Accies v Kinross  
Carnoustie HSFP v Kirkcaldy 2nd XV  
Falkirk 2nd XV v Dundee Uni Medics  
Panmure v Rosyth Sharks

### **25 January 2020**

Harris Acad FP v Stirling Accies  
Kinross v Carnoustie HSFP  
Dundee Uni Medics v Madras Rugby  
Kirkcaldy 2nd XV v Panmure  
Rosyth Sharks v Falkirk 2nd XV

### **01 February 2020**

Stirling Accies v Dundee Uni Medics  
Panmure v Kinross  
Madras Rugby v Falkirk 2nd XV  
Kirkcaldy 2nd XV v Rosyth Sharks

### **15 February 2020**

Harris Acad FP v Panmure  
Falkirk 2nd XV v Stirling Accies  
Kinross v Kirkcaldy 2nd XV  
Dundee Uni Medics v Carnoustie HSFP  
Rosyth Sharks v Madras Rugby

**22 February 2020**

Kirkcaldy 2nd XV v Harris Acad FP  
Stirling Accies v Madras Rugby  
Carnoustie HSFP v Falkirk 2nd XV  
Panmure v Dundee Uni Medics  
Kinross v Rosyth Sharks

**29 February 2020**

Madras Rugby v Carnoustie HSFP  
Dundee Uni Medics v Kirkcaldy 2nd XV  
Falkirk 2nd XV v Panmure  
Rosyth Sharks v Stirling Accies  
Harris Acad FP v Kinross

**07 March 2020**

Carnoustie HSFP v Stirling Accies  
Kinross v Dundee Uni Medics  
Panmure v Madras Rugby  
Kirkcaldy 2nd XV v Falkirk 2nd XV  
Harris Acad FP v Rosyth Sharks

**21 March 2020**

Dundee Uni Medics v Harris Acad FP  
Stirling Accies v Panmure  
Falkirk 2nd XV v Kinross  
Madras Rugby v Kirkcaldy 2nd XV  
Carnoustie HSFP v Rosyth Sharks

**04 April 2020**

Harris Acad FP v Falkirk 2nd XV  
Kirkcaldy 2nd XV v Stirling Accies  
Kinross v Madras Rugby  
Panmure v Carnoustie HSFP  
Rosyth Sharks v Dundee Uni Medics

**Stand by dates**

28 September 2019  
19 & 26 October 2019  
28 March 2020  
11, 18 & 25 April 2020  
02, 09, 16 & 23 May 2020

**Caledonia Cup Dates** (*League stand-by if no Cup match*)

07 September 2019 – Regional Bowl & Shield 1st Round  
05 October 2019 – Regional Bowl & Shield Quarter Finals  
16 November 2019 – Regional Bowl & Shield Semi Finals  
07 December 2019 - Regional Bowl & Shield Final  
28 March 2020 - National Bowl/Shield Semi Finals  
25 April 2020 - National Bowl & Shield Final

Where clubs require to apply for dispensation for traditional tour matches on any league or stand-by date, the request should be made to the appropriate Championship or Regional Competitions Committee as soon as possible.

Should any club have any issues regarding ground availability etc. for any match they should contact their opponents in the first instance and make alternative arrangements (such as reversing the fixture) then seek approval for the different arrangements from the relevant Competitions Committee via the Competition Secretary.



## TENNENT'S CALEDONIA DIVISION 2 - NORTH

### **14 September 2019**

Ross Sutherland v Highland 2nd XV  
Aberdeen Grammar 2nd XV v North Police Scotland  
Moray v Mackie Acad FP  
Banff v Aberdeenshire

### **21 September 2019**

Ross Sutherland v Aberdeen Grammar 2nd XV  
North Police Scotland v Mackie Acad FP  
Aberdeenshire v Moray  
Highland 2nd XV v Banff

### **12 October 2019**

North Police Scotland v Aberdeenshire  
Mackie Acad FP v Ross Sutherland  
Aberdeen Grammar 2nd XV v Highland 2nd XV  
Moray v Banff

### **19 October 2019**

Ross Sutherland v Aberdeenshire  
Highland 2nd XV v Moray  
Aberdeen Grammar 2nd XV v Mackie Acad FP  
Banff v North Police Scotland

### **09 November 2019**

North Police Scotland v Moray  
Mackie Acad FP v Highland 2nd XV  
Aberdeenshire v Aberdeen Grammar 2nd XV  
Ross Sutherland v Banff

### **23 November 2019**

Moray v Ross Sutherland  
Mackie Acad FP v Aberdeenshire  
Highland 2nd XV v North Police Scotland  
Banff v Aberdeen Grammar 2nd XV

### **30 November 2019**

Highland 2nd XV v Aberdeen Grammar 2nd XV  
Banff v Ross Sutherland  
Moray v North Police  
Aberdeenshire v Mackie Acad FP

### **Stand by dates**

28 September 2019  
19 & 26 October 2019  
28 March 2020  
11, 18 & 25 April 2020  
02, 09, 16 & 23 May 2020

### **14 December 2019**

Highland 2nd XV v Aberdeenshire  
Ross Sutherland v North Police Scotland  
Aberdeen Grammar 2nd XV Moray  
Banff v Mackie Acad FP

### **11 January 2020**

Highland 2nd XV v Ross Sutherland  
North Police Scotland v Aberdeen Grammar 2nd XV  
Mackie Acad FP v Moray  
Aberdeenshire v Banff

### **18 January 2020**

Hillfoots 2 v Ross Sutherland  
Mackie Acad FP v North Police Scotland  
Moray v Aberdeenshire  
Banff v Highland 2nd XV

### **25 January 2020**

Aberdeenshire v North Police Scotland  
Ross Sutherland v Mackie Acad FP  
Highland 2nd XV Aberdeen Grammar 2nd XV  
Banff v Moray

### **15 February 2020**

Aberdeenshire v Ross Sutherland  
Moray v Highland 2nd XV  
Mackie Acad FP v Aberdeen Grammar 2nd XV  
North Police Scotland v Banff

### **22 February 2020**

Moray v North Police Scotland  
Highland 2nd XV v Mackie Acad FP  
Aberdeen Grammar 2nd XV v Aberdeenshire  
Banff v Perthshire

### **29 February 2020**

Ross Sutherland v Moray  
Aberdeenshire v Mackie Acad FP  
North Police Scotland v Highland 2nd XV  
Aberdeen Grammar 2nd XV v Banff

### **Caledonia Cup Dates** (*League stand-by if no Cup match*)

07 September 2019 – Regional Bowl & Shield 1st Round  
05 October 2019 – Regional Bowl & Shield Quarter Finals  
16 November 2019 – Regional Bowl & Shield Semi Finals  
07 December 2019 - Regional Bowl & Shield Final  
28 March 2020 - National Bowl/Shield Semi Finals  
25 April 2020 - National Bowl & Shield Final

Where clubs require to apply for dispensation for traditional tour matches on any league or stand-by date, the request should be made to the appropriate Championship or Regional Competitions Committee as soon as possible.

Should any club have any issues regarding ground availability etc. for any match they should contact their opponents in the first instance and make alternative arrangements (such as reversing the fixture) then seek approval for the different arrangements from the relevant Competitions Committee via the Competition Secretary.



## TENNENT'S CALEDONIA DIVISION 3 - MIDLANDS

### **31 August 2019**

Glenrothes 2nd XV v Grangemouth 2nd XV  
Bannockburn v Dunfermline 2nd XV  
Waid Acad FP v Strathmore 2nd XV  
Perthshire 2nd XV v Dundee Morgan  
Montrose v Crieff & Strathearn

### **14 September 2019**

Dunfermline 2nd XV v Glenrothes 2nd XV  
Strathmore 2nd XV v Bannockburn  
Grangemouth 2nd XV v Perthshire 2nd XV  
Crieff & Strathearn v Waid Acad FP  
Dundee Morgan v Montrose

### **21 September 2019**

Glenrothes 2nd XV v Strathmore 2nd XV  
Perthshire 2nd XV v Dunfermline 2nd XV  
Bannockburn v Crieff & Strathearn  
Dundee Morgan v Grangemouth 2nd XV  
Montrose v Waid Acad FP

### **12 October 2019**

Crieff & Strathearn v Glenrothes 2nd XV  
Dunfermline 2nd XV v Dundee Morgan  
Waid Acad FP v Bannockburn  
Strathmore 2nd XV v Perthshire 2nd XV  
Grangemouth 2nd XV v Montrose

### **09 November 2019**

Glenrothes 2nd XV v Waid Acad FP  
Grangemouth 2nd XV v Dunfermline 2nd XV  
Dundee Morgan v Strathmore 2nd XV  
Perthshire 2nd XV v Crieff & Strathearn  
Montrose v Bannockburn

### **23 November 2019**

Bannockburn v Glenrothes 2nd XV  
Strathmore 2nd XV v Grangemouth 2nd XV  
Waid Acad FP v Perthshire 2nd XV  
Crieff & Strathearn v Dundee Morgan  
Dunfermline 2nd XV v Montrose

### **30 November 2019**

Dunfermline 2nd XV v Strathmore 2nd XV  
Perthshire 2nd XV v Bannockburn  
Grangemouth 2nd XV v Crieff & Strathearn  
Dundee Morgan v Waid Acad FP  
Montrose v Glenrothes 2nd XV

### **14 December 2019**

Glenrothes 2nd XV v Perthshire 2nd XV  
Crieff & Strathearn v Dunfermline 2nd XV  
Bannockburn v Dundee Morgan  
Waid Acad FP v Grangemouth 2nd XV  
Montrose v Strathmore 2nd XV

### **11 January 2020**

Dundee Morgan v Glenrothes 2nd XV  
Dunfermline 2nd XV v Waid Acad FP  
Grangemouth 2nd XV v Bannockburn  
Strathmore 2nd XV v Crieff & Strathearn  
Perthshire 2nd XV v Montrose

### **18 January 2020**

Grangemouth 2nd XV v Glenrothes 2nd XV  
Dunfermline 2nd XV v Bannockburn  
Strathmore 2nd XV v Waid Acad FP  
Dundee Morgan v Perthshire 2nd XV  
Crieff & Strathearn v Montrose

### **25 January 2020**

Glenrothes 2nd XV v Dunfermline 2nd XV  
Bannockburn v Strathmore 2nd XV  
Perthshire 2nd XV v Grangemouth 2nd XV  
Waid Acad FP v Crieff & Strathearn  
Montrose v Dundee Morgan

### **01 February 2020**

Strathmore 2nd XV v Glenrothes 2nd XV  
Dunfermline 2nd XV v Perthshire 2nd XV  
Crieff & Strathearn v Bannockburn  
Grangemouth 2nd XV v Dundee Morgan  
Waid Acad FP v Montrose

### **15 February 2020**

Glenrothes 2nd XV v Crieff & Strathearn  
Dundee Morgan v Dunfermline 2nd XV  
Bannockburn v Waid Acad FP  
Perthshire 2nd XV v Strathmore 2nd XV  
Montrose v Grangemouth 2nd XV

### **22 February 2020**

Waid Acad FP v Glenrothes 2nd XV  
Dunfermline 2nd XV v Grangemouth 2nd XV  
Strathmore 2nd XV v Dundee Morgan  
Crieff & Strathearn v Perthshire 2nd XV  
Bannockburn v Montrose

**29 February 2020**

Grangemouth 2nd XV v Strathmore 2nd XV  
Perthshire 2nd XV v Waid Acad FP  
Dundee Morgan XV v Crieff & Strathearn  
Montrose v Dunfermline 2nd XV  
Glenrothes 2nd XV v Bannockburn

**07 March 2020**

Strathmore 2nd XV v Dunfermline 2nd XV  
Bannockburn v Perthshire 2nd XV  
Crieff & Strathearn v Grangemouth 2nd XV  
Waid Acad FP v Dundee Morgan  
Glenrothes 2nd XV v Montrose

**Stand by dates**

28 September 2019  
19 & 26 October 2019  
28 March 2020  
11, 18 & 25 April 2020  
02, 09, 16 & 23 May 2020

**21 March 2020**

Perthshire 2nd XV v Glenrothes 2nd XV  
Dunfermline 2nd XV v Crieff & Strathearn  
Dundee Morgan v Bannockburn  
Grangemouth 2nd XV v Waid Acad FP  
Strathmore 2nd XV v Montrose

**04 April 2020**

Glenrothes 2nd XV v Dundee Morgan  
Waid Acad FP v Dunfermline 2nd XV  
Bannockburn v Grangemouth 2nd XV  
Crieff & Strathearn v Strathmore 2nd XV  
Montrose v Perthshire 2nd XV

**Caledonia Region Cup Dates** (League stand-by if no Cup match)

07 September 2019 – Regional Bowl & Shield 1st Round  
05 October 2019 – Regional Bowl & Shield Quarter Finals  
16 November 2019 – Regional Bowl & Shield Semi Finals  
07 December 2019 - Regional Bowl & Shield Final  
28 March 2020 - National Bowl/Shield Semi Finals  
25 April 2020 - National Bowl & Shield Final

Where clubs require to apply for dispensation for traditional tour matches on any league or stand-by date, the request should be made to the appropriate Championship or Regional Competitions Committee as soon as possible.

Should any club have any issues regarding ground availability etc. for any match they should contact their opponents in the first instance and make alternative arrangements (such as reversing the fixture) then seek approval for the different arrangements from the relevant Competitions Committee via the Competition Secretary.





## TENNENT'S CALEDONIA DIVISION 3 – NORTH

### **14 September 2019**

RAF Lossiemouth v Kinloss Eagles  
Aberdeen University v Gordonians 2nd XV  
Stornoway v Shetland  
Huntly v Peterhead

### **21 September 2019**

Gordonians 2nd XV v Kinloss Eagles  
Shetland v Aberdeen University  
Stornoway v Huntly  
Peterhead v RAF Lossiemouth

### **12 October 2019**

Gordonians 2nd XV v Shetland  
RAF Lossiemouth v Stornoway  
Aberdeen University v Huntly  
Kinloss Eagles v Peterhead

### **19 October 2019**

Shetland v Kinloss Eagles  
Huntly v Gordonians 2nd XV  
Aberdeen University v RAF Lossiemouth  
Stornoway v Peterhead

### **09 November 2019**

Kinloss Eagles v Stornoway  
Shetland v Huntly  
Gordonians 2nd XV v RAF Lossiemouth  
Peterhead v Aberdeen University

### **23 November 2019**

Huntly v Kinloss Eagles  
Aberdeen University v Stornoway  
RAF Lossiemouth v Shetland  
Gordonians 2nd XV v Peterhead

### **30 November 2019**

Kinloss Eagles v Aberdeen University  
Huntly v RAF Lossiemouth  
Stornoway v Gordonians 2nd XV  
Peterhead v Shetland

### **14 December 2019**

Kinloss Eagles v RAF Lossiemouth  
Gordonians 2nd XV v Aberdeen University  
Shetland v Stornoway  
Peterhead v Huntly

### **11 January 2020**

Kinloss Eagles v Gordonians 2nd XV  
Aberdeen University v Shetland  
Huntly v Stornoway  
RAF Lossiemouth v Peterhead

### **18 January 2020**

Shetland v Gordonians 2nd XV  
Stornoway v RAF Lossiemouth  
Huntly v Aberdeen University  
Peterhead v Kinloss Eagles

### **25 January 2020**

Kinloss Eagles v Shetland  
Gordonians 2nd XV v Huntly  
RAF Lossiemouth v Aberdeen University  
Peterhead v Stornoway

### **15 February 2020**

Stornoway v Kinloss Eagles  
Huntly v Shetland  
RAF Lossiemouth v Gordonians 2nd XV  
Aberdeen University v Peterhead

### **22 February 2020**

Kinloss Eagles v Huntly  
Stornoway v Aberdeen University  
Shetland v RAF Lossiemouth  
Peterhead v Gordonians 2nd XV

### **29 February 2020**

Aberdeen University v Kinloss Eagles  
RAF Lossiemouth v Huntly  
Gordonians 2nd XV v Stornoway  
Shetland v Peterhead

### **Stand by dates**

28 September 2019  
19 & 26 October 2019  
28 March 2020  
11, 18 & 25 April 2020  
02, 09, 16 & 23 May 2020

### **Caledonia Region Cup Dates** (League stand-by if no Cup match)

07 September 2019 – Regional Bowl & Shield 1st Round  
05 October 2019 – Regional Bowl & Shield Quarter Finals  
16 November 2019 – Regional Bowl & Shield Semi Finals  
07 December 2019 - Regional Bowl & Shield Final  
28 March 2020 - National Bowl/Shield Semi Finals  
25 April 2020 - National Bowl & Shield Final

Where clubs require to apply for dispensation for traditional tour matches on any league or stand-by date, the request should be made to the appropriate Championship or Regional Competitions Committee as soon as possible.

Should any club have any issues regarding ground availability etc. for any match they should contact their opponents in the first instance and make alternative arrangements (such as reversing the fixture) then seek approval for the different arrangements from the relevant Competitions Committee via the Competition Secretary.



## TENNENT'S CALEDONIA DIVISION 4 – MIDLANDS

### **31 August 2019**

Dunfermline 3rd XV v Stobswell  
Bo'ness v Arbroath  
Howe Crusaders v Aberfeldy  
Hillfoots 2nd XV v Free

### **14 September 2019**

Arbroath v Stobswell  
Aberfeldy v Bo'ness  
Howe Crusaders v Hillfoots 2nd XV  
Free v Dunfermline 3rd XV

### **21 September 2019**

Arbroath v Aberfeldy  
Bo'ness v Hillfoots 2nd XV  
Dunfermline 3rd XV v Howe Crusaders  
Stobswell v Free

### **12 October 2019**

Bo'ness v Dunfermline 3rd XV  
Hillfoots 2nd XV v Arbroath  
Aberfeldy v Stobswell  
Howe Crusaders v Free

### **09 November 2019**

Arbroath v Dunfermline 3rd XV  
Stobswell v Howe Crusaders  
Aberfeldy v Hillfoots 2nd XV  
Free v Bo'ness

### **23 November 2019**

Bo'ness v Howe Crusaders  
Hillfoots 2nd XV v Stobswell  
Dunfermline 3rd XV v Aberfeldy  
Arbroath v Free

### **30 November 2019**

Howe Crusaders v Arbroath  
Hillfoots 2nd XV v Dunfermline 3rd XV  
Stobswell v Bo'ness  
Free v Aberfeldy

### **14 December 2019**

Stobswell v Dunfermline 3rd XV  
Arbroath v Bo'ness  
Aberfeldy Howe Crusaders  
Free v Hillfoots 2nd XV

### **11 January 2020**

Stobswell v Arbroath  
Bo'ness v Aberfeldy  
Hillfoots 2nd XV v Howe Crusaders  
Dunfermline 3rd XV v Free

### **18 January 2020**

Aberfeldy v Arbroath  
Hillfoots 2nd XV v Bo'ness  
Howe Crusaders v Dunfermline 3rd XV  
Free v Stobswell

### **25 January 2020**

Dunfermline 3rd XV v Bo'ness  
Arbroath v Hillfoots 2nd XV  
Stobswell v Aberfeldy  
Free v Howe Crusaders

### **01 February 2020**

Dunfermline 3rd XV v Arbroath  
Howe Crusaders v Stobswell  
Hillfoots 2nd XV v Aberfeldy  
Bo'ness v Free

### **15 February 2020**

Howe Crusaders v Bo'ness  
Stobswell v Hillfoots 2nd XV  
Aberfeldy v Dunfermline 3rd XV  
Free v Arbroath

### **22 February 2020**

Arbroath v Howe Crusaders  
Dunfermline 3rd XV v Hillfoots 2nd XV  
Bo'ness v Stobswell  
Aberfeldy v Free

**Stand by dates**

28 September 2019  
19 & 26 October 2019  
29 February 2020  
7, 14, 21 & 28 March 2020  
11, 18 & 25 April 2020  
02, 09, 16 & 23 May 2020

**Caledonia Region Cup Dates** (League stand-by if no Cup match)

07 September 2019 – Regional Bowl & Shield 1st Round  
05 October 2019 – Regional Bowl & Shield Quarter Finals  
16 November 2019 – Regional Bowl & Shield Semi Finals  
07 December 2019 - Regional Bowl & Shield Final  
28 March 2020 - National Bowl/Shield Semi Finals  
25 April 2020 - National Bowl & Shield Final

Where clubs require to apply for dispensation for traditional tour matches on any league or stand-by date, the request should be made to the appropriate Championship or Regional Competitions Committee as soon as possible.

Should any club have any issues regarding ground availability etc. for any match they should contact their opponents in the first instance and make alternative arrangements (such as reversing the fixture) then seek approval for the different arrangements from the relevant Competitions Committee via the Competition Secretary.



## TENNENT'S CALEDONIA DIVISION 4 – NORTH

### **14 September 2019**

Aberdeen Uni Medics v Dyce  
Ellon 2nd XV v Fraserburgh  
Deeside v Inverness CD

### **21 September 2019**

Fraserburgh v Aberdeen Uni Medics  
Dyce v Deeside  
Inverness CD v Ellon 2nd XV

### **12 October 2019**

Aberdeen Uni Medics v Deeside  
Fraserburgh v Inverness CD  
Ellon 2nd XV v Dyce

### **19 October 2019**

Inverness CD v Aberdeen Uni Medics  
Deeside v Ellon 2nd XV  
Dyce v Fraserburgh

### **09 November 2019**

Aberdeen Uni Medics v Ellon 2nd XV  
Inverness CD v Dyce  
Fraserburgh v Deeside

### **23 November 2019**

Dyce v Aberdeen Uni Medics  
Fraserburgh v Ellon 2nd XV  
Inverness CD v Deeside

### **30 November 2019**

Aberdeen Uni Medics v Fraserburgh  
Deeside v Dyce  
Ellon 2nd XV v Inverness CD

### **14 December 2019**

Deeside v Aberdeen Uni Medics  
Inverness CD v Fraserburgh  
Dyce v Ellon 2nd XV

### **11 January 2020**

Aberdeen Uni Medics v Inverness CD  
Ellon 2nd XV v Deeside  
Fraserburgh v Dyce

### **18 January 2020**

Ellon 2nd XV v Aberdeen Uni Medics  
Dyce v Inverness CD  
Deeside v Fraserburgh

### **Stand by dates**

28 September 2019  
26 October 2019  
25 January 2020  
1, 15, 22 & 29 February  
7, 14, 21 & 28 March 2020  
11, 18 & 25 April 2020  
02, 09, 16 & 23 May 2020

### **Caledonia Region Cup Dates** (League stand-by if no Cup match)

07 September 2019 – Regional Bowl & Shield 1st Round  
05 October 2019 – Regional Bowl & Shield Quarter Finals  
16 November 2019 – Regional Bowl & Shield Semi Finals  
07 December 2019 - Regional Bowl & Shield Final  
28 March 2020 - National Bowl/Shield Semi Finals  
25 April 2020 - National Bowl & Shield Final

Where clubs require to apply for dispensation for traditional tour matches on any league or stand-by date, the request should be made to the appropriate Championship or Regional Competitions Committee as soon as possible.

Should any club have any issues regarding ground availability etc. for any match they should contact their opponents in the first instance and make alternative arrangements (such as reversing the fixture) then seek approval for the different arrangements from the relevant Competitions Committee via the Competition Secretary.



## TENNENT'S EAST DIVISION 1

### **07 September 2019**

St Boswells RFC v Royal High RFC  
Ross High v Haddington RFC  
Forrester v Linlithgow  
Hawick Harlequins v Broughton  
Hawick Linden v Duns

### **14 September 2019**

Haddington RFC v St Boswells RFC  
Linlithgow v Ross High  
Royal High RFC v Hawick Harlequins  
Duns v Forrester  
Broughton v Hawick Linden

### **21 September 2019**

St Boswells RFC v Linlithgow  
Hawick Harlequins v Haddington RFC  
Ross High v Duns  
Broughton v Royal High RFC  
Hawick Linden v Forrester

### **28 September 2019**

Duns v St Boswells RFC  
Haddington RFC v Broughton  
Forrester v Ross High  
Linlithgow v Hawick Harlequins  
Royal High RFC v Hawick Linden

### **05 October 2019**

St Boswells RFC v Forrester  
Royal High RFC v Haddington RFC  
Broughton v Linlithgow  
Hawick Harlequins v Duns  
Hawick Linden v Ross High

### **12 October 2019**

Ross High v St Boswells RFC  
Linlithgow v Royal High RFC  
Forrester v Hawick Harlequins  
Duns v Broughton  
Haddington RFC v Hawick Linden

### **19 October 2019**

Haddington RFC v Linlithgow  
Hawick Harlequins v Ross High  
Royal High RFC v Duns  
Broughton v Forrester  
Hawick Linden v St Boswells RFC

### **09 November 2019**

St Boswells RFC v Hawick Harlequins  
Duns v Haddington RFC  
Ross High v Broughton  
Forrester v Royal High RFC  
Hawick Linden v Linlithgow

### **16 November 2019**

Broughton v St Boswells RFC  
Haddington RFC v Forrester  
Royal High RFC v Ross High  
Linlithgow v Duns  
Hawick Harlequins v Hawick Linden

### **23 November 2019**

Royal High v St Boswells RFC  
Haddington RFC v Ross High  
Linlithgow v Forrester  
Broughton v Hawick Harlequins  
Duns v Hawick Linden

### **30 November 2019**

St Boswells RFC v Haddington RFC  
Ross High v Linlithgow  
Hawick Harlequins v Royal High  
Forrester v Duns  
Hawick Linden v Broughton

### **07 December 2019**

Linlithgow v St Boswells RFC  
Haddington RFC v Hawick Harlequins  
Duns v Ross High  
Royal High v Broughton  
Forrester v Hawick Linden

### **14 December 2019**

St Boswells RFC v Duns  
Broughton v Haddington RFC  
Ross High v Forrester  
Hawick Harlequins v Linlithgow  
Hawick Linden v Royal High

### **11 January 2020**

Forrester v St Boswells  
Haddington v Royal High  
Linlithgow v Broughton  
Duns v Hawick Harlequins  
Ross High v Hawick Linden

**18 January 2020**

St Boswells RFC v Ross High  
Royal High v Linlithgow  
Hawick Harlequins v Forrester  
Broughton v Duns  
Hawick Linden v Haddington RFC

**15 February 2020**

Linlithgow v Haddington RFC  
Ross High v Hawick Harlequins  
Duns v Royal High  
Forrester v Broughton  
St Boswells v Hawick Linden

**29 February 2020**

Hawick Harlequins v St Boswells  
Haddington RFC v Duns  
Broughton v Ross High  
Royal High v Forrester  
Linlithgow v Hawick Linden

**07 March 2020**

St Boswells RFC v Broughton  
Forrester v Haddington RFC  
Ross High v Royal High  
Duns v Linlithgow  
Hawick Linden v Hawick Harlequins

**Stand by dates**

26 October 2019  
02 November 2019  
21 December 2019  
25 January 2020  
1 & 22 February  
14, 21 & 28 March 2020

**East Region Cup Dates** (League stand-by if no Cup match)  
TBC - Currently awaiting confirmation of intentions from teams.

Where clubs require to apply for dispensation for traditional tour matches on any league or stand-by date, the request should be made to the appropriate Championship or Regional Competitions Committee as soon as possible.

Should any club have any issues regarding ground availability etc. for any match they should contact their opponents in the first instance and make alternative arrangements (such as reversing the fixture) then seek approval for the different arrangements from the relevant Competitions Committee via the Competition Secretary.



## TENNENT'S EAST DIVISION 2

### **07 September 2019**

North Berwick v Langholm  
Portobello FP v Livingston  
Trinity Academicals v Dunbar  
Corstorphine v Penicuik  
Inverleith v Leith

### **14 September 2019**

Livingston v North Berwick  
Dunbar v Portobello FP  
Langholm v Corstorphine  
Leith v Trinity Academicals  
Penicuik v Inverleith

### **21 September 2019**

North Berwick v Dunbar  
Corstorphine v Livingston  
Portobello FP v Leith Rugby Club  
Penicuik v Langholm  
Inverleith v Trinity Academicals

### **28 September 2019**

Leith v North Berwick  
Livingston v Penicuik  
Trinity Academicals v Portobello FP  
Dunbar v Corstorphine  
Langholm v Inverleith

### **05 October 2019**

North Berwick v Trinity Academicals  
Langholm v Livingston  
Penicuik v Dunbar  
Corstorphine v Leith  
Inverleith v Portobello FP

### **12 October 2019**

Portobello FP v North Berwick  
Dunbar v Langholm  
Trinity Academicals v Corstorphine  
Leith v Penicuik  
Livingston v Inverleith

### **19 October 2019**

Livingston v Dunbar  
Corstorphine v Portobello FP  
Langholm v Leith  
Penicuik v Trinity Academicals  
Inverleith v North Berwick

### **09 November 2019**

North Berwick v Corstorphine  
Leith v Livingston  
Portobello FP v Penicuik  
Trinity Academicals v Langholm  
Inverleith v Dunbar

### **16 November 2019**

Penicuik v North Berwick  
Livingston v Trinity Academicals  
Langholm v Portobello FP  
Dunbar v Leith  
Corstorphine v Inverleith

### **23 November 2019**

Langholm v North Berwick  
Livingston v Portobello FP  
Dunbar v Trinity Academicals  
Penicuik v Corstorphine  
Leith v Inverleith

### **30 November 2019**

North Berwick v Livingston  
Portobello v Dunbar  
Corstorphine v Langholm  
Trinity Academicals v Leith  
Inverleith v Penicuik

### **07 December 2019**

Dunbar v North Berwick  
Livingston v Corstorphine  
Leith v Portobello FP  
Langholm v Penicuik  
Trinity Academicals v Inverleith

### **14 December 2019**

North Berwick v Leith  
Penicuik v Livingston  
Portobello FP v Trinity Academicals  
Corstorphine v Dunbar  
Inverleith v Langholm

### **11 January 2020**

Trinity Academicals v North Berwick  
Livingston v Langholm  
Dunbar v Penicuik  
Leith v Corstorphine  
Portobello FP v Inverleith



**18 January 2020**

North Berwick v Portobello FP  
Langholm v Dunbar  
Corstorphine v Trinity Academicals  
Penicuik v Leith  
Inverleith v Livingston

**15 February 2020**

Dunbar v Livingston  
Portobello FP v Corstorphine  
Leith v Langholm  
Trinity Academicals v Penicuik  
North Berwick v Inverleith

**Stand by dates**

26 October 2019  
02 November 2019  
21 December 2019  
25 January 2020  
1 & 22 February  
14, 21 & 28 March 2020

**29 February 2020**

Corstorphine v North Berwick  
Livingston v Leith  
Penicuik v Portobello FP  
Langholm v Trinity Academicals  
Dunbar v Inverleith

**07 March 2020**

North Berwick v Penicuik  
Trinity Academicals v Livingston  
Portobello FP v Langholm  
Leith v Dunbar  
Inverleith v Corstorphine

**East Region Cup Dates** (League stand-by if no Cup match)  
TBC - Currently awaiting confirmation of intentions from teams.

Where clubs require to apply for dispensation for traditional tour matches on any league or stand-by date, the request should be made to the appropriate Championship or Regional Competitions Committee as soon as possible.

Should any club have any issues regarding ground availability etc. for any match they should contact their opponents in the first instance and make alternative arrangements (such as reversing the fixture) then seek approval for the different arrangements from the relevant Competitions Committee via the Competition Secretary.



## TENNENT'S EAST DIVISION 3

### **07 September 2019**

Edinburgh Uni Medics v Dalkeith  
Edinburgh Northern v Gala YM  
Queensferry v Liberton  
Lismore v Earlston

### **14 September 2019**

Gala YM v Dalkeith  
Liberton v Edinburgh Northern  
Queensferry v Lismore  
Earlston v Edinburgh Uni Medics

### **21 September 2019**

Gala YM v Liberton  
Edinburgh Uni Medics v Queensferry  
Edinburgh Northern v Lismore  
Dalkeith v Earlston

### **28 September 2019**

Liberton v Dalkeith  
Lismore v Gala YM  
Edinburgh Northern v Edinburgh Uni Medics  
Queensferry v Earlston

### **05 October 2019**

Dalkeith v Queensferry  
Liberton v Lismore  
Gala YM v Edinburgh Uni Medics  
Earlston v Edinburgh Northern

### **12 October 2019**

Lismore v Dalkeith  
Edinburgh Northern v Queensferry  
Edinburgh Uni Medics v Liberton  
Gala YM v Earlston

### **19 October 2019**

Dalkeith v Edinburgh Northern  
Lismore v Edinburgh Uni Medics  
Queensferry v Gala YM  
Earlston v Liberton

### **Stand by dates**

26 October 2019  
02 & 16 November 2019  
07 & 21 December 2019  
25 January 2020  
01, 22 & 29 February  
07 & 14 March 2020

### **09 November 2019**

Dalkeith v Edinburgh Uni Medics  
Gala YM v Edinburgh Northern  
Liberton v Queensferry  
Earlston v Lismore

### **23 November 2019**

Dalkeith v Gala YM  
Edinburgh Northern v Liberton  
Lismore v Queensferry  
Edinburgh Uni Medics v Earlston

### **30 November 2019**

Liberton v Gala YM  
Queensferry v Edinburgh Uni Medics  
Lismore v Edinburgh Northern  
Earlston v Dalkeith

### **14 December 2019**

Dalkeith v Liberton  
Gala YM v Lismore  
Edinburgh Uni Medics v Edinburgh Northern  
Earlston v Queensferry

### **11 January 2020**

Queensferry v Dalkeith  
Lismore v Liberton  
Edinburgh Uni Medics v Gala YM  
Edinburgh Northern v Earlston

### **18 January 2020**

Dalkeith v Lismore  
Queensferry v Edinburgh Northern  
Liberton v Edinburgh Uni Medics  
Earlston v Gala YM

### **15 February 2020**

Edinburgh Northern v Dalkeith  
Edinburgh Uni Medics v Lismore  
Gala YM v Queensferry  
Liberton v Earlston

**East Region Cup Dates** (League stand-by if no Cup match)  
TBC - Currently awaiting confirmation of intentions from teams.

Where clubs require to apply for dispensation for traditional tour matches on any league or stand-by date, the request should be made to the appropriate Championship or Regional Competitions Committee as soon as possible.

Should any club have any issues regarding ground availability etc. for any match they should contact their opponents in the first instance and make alternative arrangements (such as reversing the fixture) then seek approval for the different arrangements from the relevant Competitions Committee via the Competition Secretary.



## TENNENT'S WEST DIVISION 1

### **31 August 2019**

East Kilbride v Garnock  
Stewartry v Cambuslang  
Annan v Kilmarnock  
A Glens v Irvine  
Lenzie v Strathendrick

### **07 September 2019**

Garnock v A Glens  
Kilmarnock v Cambuslang  
Irvine v Strathendrick

### **14 September 2019**

East Kilbride v Kilmarnock  
A Glens v Cambuslang  
Stewartry v Strathendrick  
Irvine v Garnock  
Lenzie v Annan

### **21 September 2019**

Strathendrick v East Kilbride  
Cambuslang v Irvine  
Annan v Stewartry  
Kilmarnock v A Glens  
Garnock v Lenzie

### **28 September 2019**

East Kilbride v Annan  
Garnock v Cambuslang  
Irvine v Kilmarnock  
A Glens v Strathendrick  
Lenzie v Stewartry

### **05 October 2019**

Stewartry v East Kilbride  
Kilmarnock v Garnock  
Annan v A Glens  
Strathendrick v Irvine  
Cambuslang v Lenzie

### **12 October 2019**

Cambuslang v Kilmarnock  
A Glens v Stewartry  
Garnock v Strathendrick  
Irvine v Annan  
Lenzie v East Kilbride

### **19 October 2019**

East Kilbride v A Glens  
Strathendrick v Cambuslang  
Stewartry v Irvine  
Annan v Garnock

### **26 October 2019**

Irvine v East Kilbride  
Cambuslang v Annan  
Garnock v Stewartry  
Kilmarnock v Strathendrick  
A Glens v Lenzie

### **09 November 2019**

Garnock v East Kilbride  
Cambuslang v Stewartry  
Kilmarnock v Annan  
Irvine v A Glens  
Strathendrick v Lenzie

### **16 November 2019**

East Kilbride v Garnock  
Stewartry v Cambuslang  
A Glens v Kilmarnock  
Annan v Irvine  
Lenzie v Strathendrick

### **23 November 2019**

Kilmarnock v East Kilbride  
Cambuslang v A Glens  
Strathendrick v Stewartry  
Garnock v Irvine  
Annan v Lenzie

### **30 November 2019**

East Kilbride v Strathendrick  
Irvine v Cambuslang  
Stewartry v Annan  
A Glens v Kilmarnock  
Lenzie v Garnock

### **07 December 2019**

Annan v East Kilbride  
Cambuslang v Garnock  
Kilmarnock v Irvine  
Strathendrick v A Glens  
Stewartry v Lenzie

**14 December 2019**

East Kilbride v Stewartry  
 Garnock v Kilmarnock  
 A Glens v Annan  
 Lenzie v Cambuslang

**11 January 2020**

Stewartry v A Glens  
 Strathendrick v Garnock  
 Annan v Irvine  
 East Kilbride v Lenzie

**18 January 2020**

A Glens v East Kilbride  
 Cambuslang v Strathendrick  
 Irvine v Stewartry  
 Garnock v Annan  
 Kilmarnock v Lenzie

**25 January 2020**

East Kilbride v Irvine  
 Annan v Cambuslang  
 Stewartry v Garnock  
 Strathendrick v Kilmarnock  
 Lenzie v A Glens

**01 February 2020**

Cambuslang v East Kilbride  
 Kilmarnock v Stewartry  
 Strathendrick v Annan  
 Irvine v Lenzie

**Stand by dates**

15, 22 and 29 February 2020  
 07, 14, 21 & 28 March 2020  
 04, 11 & 18 April 2020  
 02, 09, 26 & 23 May 2020

**West Regional Shield dates (League stand-by if no Shield match)**

07 September 2019 – West Regional Shield Preliminary Round  
 28 September 2019 – West Regional Shield Round 1  
 19 October 2019 – West Regional Shield Round 2  
 08 November 2019 – West Regional Shield Semi Finals  
 07 December 2019 – West Regional Shield Final (date TBC)  
 28 March 2020 - National Shield Semi Finals  
 25 April 2020 - National Shield Final

Where clubs require to apply for dispensation for traditional tour matches on any league or stand-by date, the request should be made to the appropriate Championship or Regional Competitions Committee as soon as possible.

Should any club have any issues regarding ground availability etc. for any match they should contact their opponents in the first instance and make alternative arrangements (such as reversing the fixture) then seek approval for the different arrangements from the relevant Competitions Committee via the Competition Secretary.



## TENNENT'S WEST DIVISION 2

### **31 August 2019**

Paisley v W Drumpellier  
Strathaven v Clydebank  
Cumnock v Wigtownshire  
Uddingston v Oban Lorne  
Dalziel v Helensburgh

### **07 September 2019**

Wigtownshire v Strathaven  
W Drumpellier v Uddingston  
Oban Lorne v Paisley

### **14 September 2019**

Paisley v Wigtownshire  
Uddingston v Clydebank  
Strathaven v Helensburgh  
Oban Lorne v W Drumpellier  
Dalziel v Cumnock

### **21 September 2019**

Helensburgh v Paisley  
Clydebank v Oban Lorne  
Cumnock v Strathaven  
Wigtownshire v Uddingston  
W Drumpellier v Dalziel

### **28 September 2019**

Paisley v Cumnock  
W Drumpellier v Clydebank  
Oban Lorne v Wigtownshire  
Uddingston v Helensburgh  
Dalziel v Strathaven

### **05 October 2019**

Strathaven v Paisley  
Wigtownshire v W Drumpellier  
Cumnock v Uddingston  
Helensburgh v Oban Lorne  
Clydebank v Dalziel

### **12 October 2019**

Clydebank v Wigtownshire  
Uddingston v Strathaven  
W Drumpellier v Helensburgh  
Oban Lorne v Cumnock  
Dalziel v Paisley

### **19 October 2019**

Paisley v Uddingston  
Helensburgh v Clydebank  
Strathaven v Oban Lorne  
Cumnock v W Drumpellier  
Dalziel v Wigtownshire

### **26 October 2019**

Clydebank v Cumnock  
W Drumpellier v Strathaven  
Wigtownshire v Helensburgh  
Uddingston v Dalziel

### **09 November 2019**

W Drumpellier v Paisley  
Clydebank v Strathaven  
Wigtownshire v Cumnock  
Oban Lorne v Uddingston  
Helensburgh v Dalziel

### **16 November 2019**

Paisley v Clydebank  
Strathaven v Wigtownshire  
Uddingston v W Drumpellier  
Cumnock v Helensburgh  
Dalziel v Oban Lorne

### **23 November 2019**

Wigtownshire v Paisley  
Clydebank v Uddingston  
Helensburgh v Strathaven  
W Drumpellier v Oban Lorne  
Cumnock v Dalziel

### **30 November 2019**

Paisley v Helensburgh  
Oban Lorne v Clydebank  
Strathaven v Cumnock  
Uddingston v Wigtownshire  
Dalziel v W Drumpellier

### **07 December 2019**

Cumnock v Paisley  
Clydebank v W Drumpellier  
Wigtownshire v Oban Lorne  
Helensburgh v Uddingston  
Strathaven v Dalziel

**14 December 2019**

Paisley v Strathaven  
W Drumpellier v Wigtonshire  
Uddingston v Cumnock  
Oban Lorne v Helensburgh  
Dalziel v Clydebank

**11 January 2020**

Wigtonshire v Clydebank  
Strathaven v Uddingston  
Helensburgh v W Drumpellier  
Cumnock v Oban Lorne  
Paisley v Dalziel

**18 January 2020**

Uddingston v Paisley  
Clydebank v Helensburgh  
Oban Lorne v Strathaven  
W Drumpellier v Cumnock  
Wigtonshire v Dalziel

**25 January 2020**

Paisley v Oban Lorne  
Cumnock v Clydebank  
Strathaven v W Drumpellier  
Helensburgh v Wigtonshire  
Dalziel v Uddingston

**01 February 2020**

Clydebank v Paisley  
Helensburgh v Cumnock

**Stand by dates**

15, 22 and 29 February 2020  
07, 14, 21 & 28 March 2020  
04, 11 & 18 April 2020  
02, 09, 16 & 23 May 2020

**West Regional Shield dates *(League stand-by if no Shield match)***

07 September 2019 – West Regional Shield Preliminary Round  
28 September 2019 – West Regional Shield Round 1  
19 October 2019 – West Regional Shield Round 2  
08 November 2019 – West Regional Shield Semi Finals  
07 December 2019 – West Regional Shield Final (date TBC)  
28 March 2020 - National Shield Semi Finals  
25 April 2020 - National Shield Final

Where clubs require to apply for dispensation for traditional tour matches on any league or stand-by date, the request should be made to the appropriate Championship or Regional Competitions Committee as soon as possible.

Should any club have any issues regarding ground availability etc. for any match they should contact their opponents in the first instance and make alternative arrangements (such as reversing the fixture) then seek approval for the different arrangements from the relevant Competitions Committee via the Competition Secretary.



## TENNENT'S WEST DIVISION 3

### **31 August 2019**

Loch Lomond v Lochaber  
Cumbernauld v Hyndland  
Moffat v Cowal  
Bishopton v Shawlands  
Glasgow University Medics v Isle of Mull  
Lanark v Birkmyre

### **07 September 2019**

Cumbernauld v Glasgow University Medics  
Isle of Mull v Cowal  
Bishopton v Lanark

### **14 September 2019**

Hyndland v Loch Lomond  
Lochaber v Moffat  
Cowal v Cumbernauld  
Isle of Mull v Bishopton  
Shawlands v Glasgow University Medics  
Lanark v Birkmyre

### **21 September 2019**

Loch Lomond v Cowal  
Hyndland v Moffat  
Cumbernauld v Lochaber  
Bishopton v Birkmyre  
Isle of Mull v Lanark  
Glasgow University Medics v Shawlands

### **28 September 2019**

Bishopton v Cumbernauld  
Glasgow University Medics v Cowal  
Birkmyre v Lochaber  
Shawlands v Hyndland  
Isle of Mull v Moffat  
Lanark v Loch Lomond

### **05 October 2019**

Cumbernauld v Birkmyre  
Cowal v Shawlands  
Lochaber v Isle of Mull  
Hyndland v Lanark  
Moffat v Bishopton  
Loch Lomond v Glasgow University Medics

### **12 October 2019**

Moffat v Loch Lomond  
Cowal v Cumbernauld  
Lochaber v Hyndland  
Lanark v Bishopton  
Birkmyre v Glasgow University Medics  
Shawlands v Isle of Mull

### **19 October 2019**

Shawlands v Cumbernauld  
Lanark v Lochaber  
Bishopton v Hyndland  
Glasgow University Medics v Moffat  
Birkmyre v Loch Lomond

### **26 October 2019**

Loch Lomond v Cumbernauld  
Moffat v Lochaber  
Hyndland v Cowal  
Bishopton v Glasgow University Medics  
Lanark v Shawlands  
Isle of Mull v Birkmyre

### **09 November 2019**

Cumbernauld v Isle of Mull  
Cowal v Lanark  
Lochaber v Bishopton  
Hyndland v Glasgow University Medics  
Moffat v Birkmyre  
Loch Lomond v Shawlands

### **16 November 2019**

Lochaber v Loch Lomond  
Hyndland v Cumbernauld  
Cowal v Moffat  
Shawlands v Bishopton  
Isle of Mull v Glasgow University Medics  
Lanark v Birkmyre

### **23 November 2019**

Isle of Mull v Loch Lomond  
Lanark v Cumbernauld  
Bishopton v Cowal  
Glasgow University Medics v Lochaber  
Birkmyre v Hyndland  
Shawlands v Moffat



**30 November 2019**

Loch Lomond v Hyndland  
 Moffat v Lochaber  
 Cumbernauld v Cowal  
 Bishopton v Isle of Mull  
 Glasgow University Medics v Shawlands  
 Birkmyre v Lanark

**07 December 2019**

Cumbernauld v Loch Lomond  
 Lochaber v Moffat  
 Cowal v Hyndland  
 Glasgow University Medics v Bishopton  
 Shawlands v Lanark  
 Birkmyre v Isle of Mull

**14 December 2019**

Loch Lomond v Moffat  
 Cumbernauld v Cowal  
 Hyndland v Lochaber  
 Glasgow University Medics v Birkmyre  
 Isle of Mull v Shawlands

**Stand by dates**

25 January 2020  
 01, 15, 22 & 29 February 2020  
 07, 14, 21 & 28 March 2020  
 04, 11, 18 April 2020  
 02, 29, 16 & 23 May 2020

**11 January 2020**

Cowal v Loch Lomond  
 Moffat v Hyndland  
 Lochaber v Cumbernauld  
 Birkmyre v Bishopton  
 Lanark v Isle of Mull  
 Shawlands v Glasgow University Medics

**18 January 2020**

Loch Lomond v Bishopton  
 Birkmyre v Cowal  
 Lochaber v Shawlands  
 Hyndland v Isle of Mull  
 Moffat v Lanark

**West Regional Bowl dates (*League stand-by if no Bowl match*)**

07 September 2019 – West Regional Bowl Preliminary Round  
 28 September 2019 – West Regional Bowl round 1  
 19 October 2019 – West Regional Bowl Semi Finals  
 07 December 2019 – West Regional Bowl Final (date TBC)  
 11 April 2020 - National Bowl Semi Finals  
 25 April 2020 - National Bowl Final

Where clubs require to apply for dispensation for traditional tour matches on any league or stand-by date, the request should be made to the appropriate Championship or Regional Competitions Committee as soon as possible.

Should any club have any issues regarding ground availability etc. for any match they should contact their opponents in the first instance and make alternative arrangements (such as reversing the fixture) then seek approval for the different arrangements from the relevant Competitions Committee via the Competition Secretary.