



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 – 1st 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.



The Official Beer of Scottish Rugby

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.

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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.



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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.

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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.

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The Official Beer of Scottish Rugby

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

Harris Acad FP v Rosyth Sharks

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

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

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The Official Beer of Scottish Rugby

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

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

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

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The Official Beer of Scottish Rugby

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 XV 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

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

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.

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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

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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)

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07 December 2019 - Regional Bowl & Shield Final
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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

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The Official Beer of Scottish Rugby

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.

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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.

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The Official Beer of Scottish Rugby

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.



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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.



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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 Wigtownshire
Uddingston v Cumnock
Oban Lorne v Helensburgh
Dalziel v Clydebank

11 January 2020

Wigtownshire 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
Wigtownshire v Dalziel

25 January 2020

Paisley v Oban Lorne
Cumnock v Clydebank
Strathaven v W Drumpellier
Helensburgh v Wigtownshire
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.

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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.

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