



The Official Beer of Scottish Rugby

## Tennent's Caledonia Div 4 North (2019/20)

### 14 September 2019

Aberdeenshire 2<sup>nd</sup> XV v Deeside  
Dyce v Aberdeen Uni Medics  
Ellon 2<sup>nd</sup> XV v Inverness CD  
Fraserburgh v Free

### 21 September 2019

Deeside v Aberdeen Uni Medics  
Inverness CD v Dyce  
Ellon 2<sup>nd</sup> XV v Fraserburgh  
Free v Aberdeenshire 2<sup>nd</sup> XV

### 12 October 2019

Aberdeen Uni Medics v Inverness CD  
Aberdeenshire 2<sup>nd</sup> XV v Ellon 2<sup>nd</sup> XV  
Dyce v Fraserburgh  
Deeside v Free

### 19 October 2019

Inverness CD v Deeside  
Fraserburgh v Aberdeen Uni Medics  
Dyce v Aberdeenshire 2<sup>nd</sup> XV  
Ellon 2<sup>nd</sup> XV v Free

### 09 November 2019

Deeside v Ellon 2<sup>nd</sup> XV  
Inverness CD v Fraserburgh  
Aberdeen Uni Medics v Aberdeenshire 2<sup>nd</sup> XV  
Free v Dyce

### 23 November 2019

Fraserburgh v Deeside  
Dyce v Ellon 2<sup>nd</sup> XV  
Aberdeenshire 2<sup>nd</sup> XV v Inverness CD  
Aberdeen Uni Medics v Free

### 30 November 2019

Deeside v Dyce  
Fraserburgh v Aberdeenshire 2<sup>nd</sup> XV  
Ellon 2<sup>nd</sup> XV v Aberdeen Uni Medics  
Free v Inverness CD

### 14 December 2019

Deeside v Aberdeenshire 2<sup>nd</sup> XV  
Aberdeen Uni Medics v Dyce  
Inverness CD v Ellon 2<sup>nd</sup> XV  
Free v Fraserburgh

### 11 January 2020

Aberdeen Uni Medics v Deeside  
Dyce v Inverness CD  
Fraserburgh v Ellon 2<sup>nd</sup> XV  
Aberdeenshire 2<sup>nd</sup> XV v Free

### 18 January 2020

Inverness CD v Aberdeen Uni Medics  
Ellon 2<sup>nd</sup> XV v Aberdeenshire 2<sup>nd</sup> XV  
Fraserburgh v Dyce  
Free v Deeside

### 25 January 2020

Deeside v Inverness CD  
Aberdeen Uni Medics v Fraserburgh  
Aberdeenshire 2<sup>nd</sup> XV v Dyce  
Free v Ellon 2<sup>nd</sup> XV

### 15 February 2020

Ellon 2<sup>nd</sup> XV v Deeside  
Fraserburgh v Inverness CD  
Aberdeenshire 2<sup>nd</sup> XV v Aberdeen Uni Medics  
Dyce v Free

### 22 February 2020

Deeside v Fraserburgh  
Ellon 2<sup>nd</sup> XV v Dyce  
Inverness CD v Aberdeenshire 2<sup>nd</sup> XV  
Free v Aberdeen Uni Medics

### 29 February 2020

Dyce v Deeside  
Aberdeenshire 2<sup>nd</sup> XV v Fraserburgh  
Aberdeen Uni Medics v Ellon 2<sup>nd</sup> XV  
Inverness CD v Free

Stand by dates

Sep 28<sup>th</sup>

Oct 26<sup>th</sup>

Feb 1<sup>st</sup>

Mar 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

Apr 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>,

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

Bowl & Shield 1<sup>st</sup> Round 7<sup>th</sup> Sep 2019

Bowl & Shield QF 5<sup>th</sup> Oct 2019

Bowl & Shield SF 16<sup>th</sup> Nov 2019

Regional Bowl & Shield Final 7<sup>th</sup> Dec 2019

National Bowl/Shield SF 28<sup>th</sup> Mar 2020

National Bowl & Shield Final 25<sup>th</sup> Apr 2020

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.