



Livingston & District Dolphins A.S.C.

present their

Annual Graded Meet

on

Saturday 8th May 2010

at

Mercat Gait Swimming Pool, Prestonpans

SASA License Number: ED/LA2/312/0609

Accreditation will be applied for.

Livingston & District Dolphins Graded Meet
Prestonpans
8th May 2010

Entries are invited from clubs to take part in our annual "Graded Meet". This event will be run along similar lines to previous years.

Pool: 25 Metre, Anti Turbulence lane lines, Electronic Timing.

Sessions: 1. 9.00 a.m. Warm Up – 9.45 a.m. Start
2. 1.15 p.m. Warm Up – 2.00 p.m. Start

Events: 12/U 50m all strokes
13/14 100m all strokes
15/17 100m all strokes

Age on **date** of competition
Swimmers may only swim in their own age group.

Relays: Entries limited to one relay swim per club. Squadron will be made up of two Swimmers from the 12/U age group, one 13/14 and one 15/17 years.

Awards: Medals – 1st, 2nd and 3rd Places
Mementoes to all finalists
Awards for all swimmers who swim too fast.

The DOLPHIN Trophy will be awarded to the Top Club based on points from the finals.

Costs: £4.00 per individual entry
£5.00 per squadron relay
£6.00 per coach's lunch
All cheques to be made payable to Livingston & District Dolphins A.S.C.

Closing Date: Wednesday 7th April 2010.

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All entries to be submitted by Hy Teck Team Manager as preferred method, For administrative purposes the attached entry form MUST be submitted with the cheque.

To assist in our aim to hold a graded meet, we would ask clubs not to enter National or District squad swimmers in individual events. Relay teams can only made up of swimmers who have acceptable entry times. Livingston & District Dolphins A.S.C. reserve the right to fill empty lanes on the day with our own swimmers in the event of a non-swim.

We have a SASA Level 2 license for this meet (ED/LA2/312/0609). Accreditation will be applied for. **To ensure that the meet will receive accredited status, we would like all clubs coming to the event to supply Technical Officials as per East District guidelines, and that all entered swimmers must have paid their SASA Membership Fee for 2010/2011.** For more information please e-mail the address below.

Note on Photography:

The Mercat Gait Centre Management prohibits photography within all areas of the centre.

All entries, including a summary sheet, payments due to be sent to: -

Mr. Paul Ross
Dolphins Entry Co-ordinator
30 Bervie Drive
Livingston
West Lothian
EH54 9HA
Tel: 01506-410056
E-mail: lddentsec@googlemail.com

Programme of Events and Entry Times

Session 1: Warm-up 9.00 a.m. - Start 9.45 a.m.

<i>Event</i>	<i>Description</i>	<i>Fastest Entry Time</i>
101	Boys 12/u 50m Butterfly	0:42.00
102	Girls 12/u 50m Butterfly	0:42.00
103	Boys 13/14 100m Backstroke	1:18.00
104	Girls 13/14 100m Backstroke	1:18.00
105	Boys 15/17 100m Butterfly	1:08.00
106	Girls 15/17 100m Butterfly	1:15.00
107	Boys 12/u 50m Backstroke	0:40.00
108	Girls 12/u 50m Backstroke	0:42.00
109	Boys 13/14 100m Butterfly	1:23.00
110	Girls 13/14 100m Butterfly	1:25.00
111	Boys 15/17 100m Backstroke	1:11.00
112	Girls 15/17 100m Backstroke	1:15.00
Events 113 to 124 – Finals of 101 to 112		

Session 2: Warm-up 1.15 p.m. - Start 2.00 p.m.

<i>Event</i>	<i>Description</i>	<i>Fastest Entry Time</i>
201	Boys 12/u 50m Freestyle	0:34.00
202	Girls 12/u 50m Freestyle	0:34.00
203	Boys 13/14 100m Breaststroke	1:26.00
204	Girls 13/14 100m Breaststroke	1:29.00
205	Boys 15/17 100m Breaststroke	1:18.00
206	Girls 15/17 100m Breaststroke	1:24.00
207	Boys 12/u 50m Breaststroke	0:46.00
208	Girls 12/u 50m Breaststroke	0:48.00
209	Boys 13/14 100m Freestyle	1:10.00
210	Girls 13/14 100m Freestyle	1:08.00
211	Boys 15/17 100m Freestyle	1:02.00
212	Girls 15/17 100m Freestyle	1:06.00
Events 213 to 224 – Finals of 201 to 212		
225	Boys 4x50m Freestyle Relay	No time limit
226	Girls 4x50m Freestyle Relay	No time limit

Swimmers who swim 3% faster than these times on the day will not qualify for the final, or count towards their clubs overall points total.

Entry Summary Sheet

Club Name:

Contact Name and Address: -

Telephone No:

E-Mail:

Please supply an e-mail address so as to keep costs down, as then the entry information can be e-mail out.

Item	Number	Cost	Total
Boys individual entries		£4.00	
Girls individual entries		£4.00	
Boys relay entry		£5.00	
Girls relay entry		£5.00	
Coaches meals		£6.00	

Total : _____

Please make your cheque payable to "Livingston & District Dolphins A.S.C."

Checklist:

Hy Teck entry Yes/No

Entry Form Yes/No

Cheque Yes/No

Signed Below Yes/No

I confirm that all entered swimmers have paid their 2010/2011 SASA Membership fees.

Signed:

Please note that your entry will not be accepted unless signed above or if the entry arrives after midnight on 7th April 2010.

