



Livingston & District Dolphins

Annual Graded Meet

Saturday 11 May 2013

**Mercat Gait Swimming Pool
Prestonpans**



LDD GRADED MEET 2013
Saturday 11 May

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: 10/11 50m all strokes
12/13 100m all strokes
14 & over 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 10/11 age group, one 12/13 and one 14 & over 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:.. Noon Wednesday 17th April 2013



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All entries to be submitted by Hy Tek 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 be 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. 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 2013/2014.** 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 to be sent to: -

Mr John Bruce
50 Station Road
Roslin
EH25 9LR
E-mail: jbruce2160@aol.com



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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 10/11 50m Butterfly	0:42.00
102	Girls 10/11 50m Butterfly	0:42.00
103	Boys 12/13 100m Backstroke	1:17.00
104	Girls 12/13 100m Backstroke	1:16.00
105	Boys 14 + 100m Butterfly	1:08.00
106	Girls 14 + 100m Butterfly	1:14.00
107	Boys 10/11 50m Backstroke	0:40.00
108	Girls 10/11 50m Backstroke	0:42.00
109	Boys 12/13 100m Butterfly	1:18.00
110	Girls 12/13 100m Butterfly	1:19.00
111	Boys 14 + 100m Backstroke	1:11.00
112	Girls 14 + 100m Backstroke	1:14.00
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 10/11 50m Freestyle	0:34.00
202	Girls 10/11 50m Freestyle	0:34.00
203	Boys 12/13 100m Breaststroke	1:26.00
204	Girls 12/13 100m Breaststroke	1:28.00
205	Boys 14 + 100m Breaststroke	1:18.00
206	Girls 14 + 100m Breaststroke	1:24.00
207	Boys 10/11 50m Breaststroke	0:46.00
208	Girls 10/11 50m Breaststroke	0:48.00
209	Boys 12/13 100m Freestyle	1:10.00
210	Girls 12/13 100m Freestyle	1:06.00
211	Boys 14 + 100m Freestyle	1:01.00
212	Girls 14 + 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.



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Entry Summary Sheet

Club Name:	
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Contact Name and Address:	
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Telephone No:	
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E-Mail:	
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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 Tek entry Yes/No

Entry Form Yes/No

Cheque Yes/No

Signed Below Yes/No

Return by Closing Date:.. Noon Wednesday 17th April 2013

I confirm that all entered swimmers have paid their 2013/2014 SASA Membership fees.

Signed: