



Livingston & District Dolphins A.S.C.

present their

Annual Development Gala

on

Saturday 22nd January 2011

at

Whitburn Swimming Pool, Whitburn

SASA License Number: ED/L3/402/0310

Livingston & District Dolphins Development Gala
Whitburn
Saturday 22nd January 2011

Entries are invited from clubs to take part in our annual "Development Gala". This event will be run along similar lines to previous years, with a guest celebrity swimmer demonstrating each stroke prior to each set of events. This event has been organised for **inexperienced swimmers** who have had little opportunity to gain experience in a competitive environment. All swimmers will receive a certificate acknowledging that they have taken part and a memento to mark the occasion. Medals will be presented to first, second and third places in the relay event.

In the event that not all the entries can be accepted, then priority will be given to the **slower** entries. As this event is intended for clubs from the East District of Scotland and members of the Forth Valley Junior League, entries from other clubs will only be accepted if there is sufficient capacity and only on a first come, first served basis.

Age groups: 9 years (not 9 and under), 10 years and 11 years. **Age as at 31st December 2011**

Costs: £4.00 per individual entry, £6.00 per relay and £6.00 per coach's meal.

Clubs can enter only one relay team made up of swimmers who have been entered for this event.

The event will be run using Hy-Tek Meet Manager. Please send an e-mail, quoting your club, name, address and contact telephone number to Paul Ross at lddentsec@googlemail.com. Cheques and other paperwork should be posted to

Mrs. Lisa McKail
Dolphins Entry Co-ordinator
5 Ennis Park
Polbeth, West Calder
West Lothian
EH55 8TN
Tel: 01506-873423
E-mail: lddentsec@googlemail.com

It is the responsibility of all club entry secretaries to ensure that all competitor entry times, dates of birth, etc are correct. A draft programme will be made available to all club entry secretaries as soon as possible after the closing date. Corrections to entries that will displace a swimmer already accepted will not be allowed.

The closing date for entries, including an entry summary sheet, is Midnight on Saturday 11th December 2010. Due to Christmas, entries post-marked Friday 10th December 2010 or earlier will be accepted. Cheques to be made payable to "Livingston & District Dolphins A.S.C." and should be sent with the summary sheet no later than three days after the closing date.

To ensure that the smooth running of this meet, we would like all clubs coming to the event to nominate and provide (Club) Timekeepers in line with East District Rules. For more information please e-mail the above address.

To keep costs down, please supply an e-mail address that can be used for sending programme information when it becomes available, as well as any entry queries.

Programme of Events

Session 1: Warm-up 09:30 - Start 10:15

Event	<i>Butterfly demonstration</i>	
101	Girls 9 years	25m Butterfly
102	Boys 9 years	25m Butterfly
103	Girls 10 years	25m Butterfly
104	Boys 10 years	25m Butterfly
105	Girls 11 years	25m Butterfly
106	Boys 11 years	25m Butterfly
<i>Breaststroke demonstration</i>		
107	Girls 9 years	25m Breaststroke
108	Boys 9 years	25m Breaststroke
109	Girls 10 years	50m Breaststroke
110	Boys 10 years	50m Breaststroke
111	Girls 11 years	50m Breaststroke
112	Boys 11 years	50m Breaststroke

Session 1: Ends 12.45 (approx)

Session 2: Warm-up 13:30 - Start 14:00

Event	<i>Backstroke demonstration</i>	
201	Girls 9 years	25m Backstroke
202	Boys 9 years	25m Backstroke
203	Girls 10 years	50m Backstroke
204	Boys 10 years	50m Backstroke
205	Girls 11 years	50m Backstroke
206	Boys 11 years	50m Backstroke
<i>Freestyle demonstration</i>		
207	Girls 9 years	25m Freestyle
208	Boys 9 years	25m Freestyle
209	Girls 10 years	50m Freestyle
210	Boys 10 years	50m Freestyle
211	Girls 11 years	50m Freestyle
212	Boys 11 years	50m Freestyle
213	6x25m Squadron Freestyle Relay (9,10,11 year Boy/Girl in age order)	

Session 2: Ends 16.30 (approx)

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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-mailed out.

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

Total :

Please make your cheque payable to “Livingston & District Dolphins A.S.C.” and should be sent with this sheet no later than three days after the closing date.

Checklist:

Hy-Tek Entry	Yes/No
Entry Form	Yes/No
Cheque	Yes/No
Signed Below	Yes/No

The club will be supplying timekeepers on the day and will notify LDD of names prior to the meet.

I confirm that all entered swimmers have paid their 2010/2009 SASA Membership fees.

Signed:

Please note that your entry will not be accepted unless signed above or if deemed to be late.

Livingston & District Dolphins A.S.C.

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Club Name:

Swimmers Name	DoB	SASA No	Entry			Times			
			25m Fly	25m Breast	50m Breast	25m Back	50m Back	25m Free	50m Free

Please feel free to copy this form. Please ensure that you add your club's name and identify whether it is for girls or boys.