



Livingston & District Dolphins A.S.C.

present their

Annual Development Gala

on

Saturday 24th January 2009

at

Whitburn Swimming Pool, Whitburn

SASA License Number: ED/LA3/237/0909

Livingston & District Dolphins Development Gala
Whitburn
Saturday 24th January 2009

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 2009**

Costs: £3.50 per individual entry, £5.00 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.

All entries to be submitted on disk, preferred method, or on the attached entry form. No time cards are required. Disks can be requested in writing, enclosing a disk, to the address below, or by e-mail.

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

The closing date for entries, including an entry summary sheet, is Midnight on Saturday 20th December 2008. Due to Christmas, entries post-marked Friday 19th December 2008 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 2 (Club) Timekeepers. 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 09:00 - Start 09:45

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 12.30 (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)

