

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 momento 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 <u>slower</u> 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: lddentsec@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.

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Programme of Events

Session 1: Warm-up 09:00 - Start 09:45

Event		Butterfly demonstration			
	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		
		Breaststroke demonst	ration		
	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		Backstroke demonstro	ation			
	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			
		Freestyle demonstrat	eestyle demonstration			
	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	S: -		
Telephone No:			
E-Mail:			
Please supply an e-mail acmailed out.	ddress so as to keep	costs down, as then the entry ir	nformation can be e-
Item	Number	Cost	Total
Boys individual entries	Tumber	£3.50	10001
Girls individual entries		£3.50	
Relay entry		£5.00	
Coaches meals		£6.00	
		Total :	
Please make your cheque with this sheet no later than Checklist:		ton & District Dolphins A.S.C.' closing date.	and should be sent
Entry Disk	Yes/No	if yes please enclose a print	t out of the entries.
Entry Form	Yes/No		
Cheque	Yes/No		
Signed Below	Yes/No		
I confirm that all entered	swimmers have pai	id their 2008/2009 SASA Mem	bership 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:

					Entry		Times		
Swimmers Name	DoB	SASA No	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.