

Eian Prentice Memorial Gala

FAULDHOUSE PENGUINS SWIMMING CLUB

JUNIOR AGE GROUP GALA 2010



SUNDAY 14TH NOVEMBER, 2010
WHITBURN SWIMMING POOL,
WEST MAIN STREET,
WHITBURN,
WEST LoTHIAN.

Venue: Whitburn Swimming Pool,
West Main Street,
Whitburn,
West Lothian

Date: 14TH November 2010

Warm Up: 9:30 am Start 10:15am
1:00 pm Start 1:45pm

Age: As at 31 December 2010

Age Groups: Session 1. {8 years and under: 9 years:}
Session 2. {10 years: 11 years}

Entry Fees: £3.75 per individual event
£5.00 per relay team
Coaches (two free passes including meals per club) there after £5.00 per individual

Awards: Medals for 1st, 2nd, 3rd, flashes for 4th, 5th, 6th
Memorial trophy for the winner of the boys 9 & under 200m freestyle
£10 prize money for every event winner who sets a new meet record
(At last year's Gala 4 new meet records were set)

Closing Date: **1 pm Wednesday 13th October 2010**

Meet Rules:

- The gala shall be run under S.A.S.A. Bye-Laws and Regulations. All competitors must be currently registered with the S.A.S.A.
- *Both the 4 x 50m and 4 x 25m Freestyle relay will be limited to two teams per club. Teams to consist of two boys and two girls from the relevant age groups, swimmers may swim in any order. There will be no diving allowed at the shallow end change over.
- Swimmers must report to the marshalling area three heats in advance of their own race. They should also report to the marshalling area for presentations.
- No photographic or video equipment will be permitted unless prior consent is obtained using the approved S.A.S.A. form.
- No glass containers on the poolside or changing rooms.
- The changing area is also very limited.
- There will be a maximum of four reserves per event, if they are present, but not allocated a swim their entry fee will be refunded.
- Swimmers outwith the pool area must wear dry clothing and footwear at all times.
- Fauldhouse Penguins and West Lothian Leisure **will not** be held responsible for loss or damage to property.

Entries:

All entries should be submitted via Hy-Tek Entry Files. See file application form for details.

- Rejected entries will be refunded

Miscellaneous:

The pool is 6 lanes wide and 25metres long with anti-turbulence lane ropes. Manual timing will be in operation. We have a S.A.S.A. Level 3 Licence for this meet ED/L3/399/0310

Technical Officials from your club are most welcome. We have limited the number of heats to try and provide a gala that does not go on forever. We may extend the number of heats in one event if another is under subscribed.

PROGRAMME OF EVENTS

SESSION 1

Warm up 9:30 am

Start 10:15 am

EVENT

1	8 & under	Boys	25m Butterfly	2 heats	H.D.W
2	8 & under	Girls	25m Butterfly	2 heats	“
3	9 years	Boys	25m Butterfly	2 heats	“
4	9 years	Girls	25m Butterfly	2 heats	“
5	8 & under	Boys	25m Backstroke	4 heats	“
6	8 & under	Girls	25m Backstroke	4 heats	“
7	9 years	Boys	50m Backstroke	3 heats	“
8	9 years	Girls	50m Backstroke	3 heats	“
9	8 & under	Boys	25m Breaststroke	3 heats	“
10	8 & under	Girls	25m Breaststroke	3 heats	“
11	9 years	Boys	50m Breaststroke	3 heats	“
12	9 years	Girls	50m Breaststroke	3 heats	“
13	8 & under	Boys	25m Freestyle	4 heats	“
14	8 & under	Girls	25m Freestyle	4 heats	“
15	9 years	Boys	50m Freestyle	4 heats	“
16	9 years	Girls	50m Freestyle	4 heats	“
17	9 & under	Boys	200m Freestyle	1 heat	“
18	9 & under	Girls	200m Freestyle	1 heat	“
19	9 & under	Mixed	4x25m F/C Relay	2 heats	“

Presentation of Events 1 to 19

SESSION 2

Warm up 1:00 pm

Start 1:45 pm

EVENT

20	10 years	Boys	50m Butterfly	2 heats	H.D.W
21	10 years	Girls	50m Butterfly	2 heats	“
22	11 years	Boys	50m Butterfly	2 heats	“
23	11 years	Girls	50m Butterfly	3 heats	“
24	10 under	Boys	50m Backstroke	4 heats	“
25	10 under	Girls	50m Backstroke	4 heats	“
26	11 years	Boys	50m Backstroke	3 heats	“
27	11 years	Girls	50m Backstroke	4 heats	“
28	10 under	Boys	50m Breaststroke	3 heats	“
29	10 under	Girls	50m Breaststroke	3 heats	“
30	11 years	Boys	50m Breaststroke	3 heats	“
31	11 years	Girls	50m Breaststroke	4 heats	“
32	10 under	Boys	50m Freestyle	5 heats	“
33	10 under	Girls	50m Freestyle	4 heats	“
34	11 years	Boys	50m Freestyle	4 heats	“
35	11 years	Girls	50m Freestyle	5 heats	“
36	11 & under	Boys	200m Freestyle	3 heats	“
37	11 & under	Girls	200m Freestyle	3 heats	“
38	11 & under	Mixed	4x50m F/C Relay	2 heats	“

Presentation of Events 20 to 38

FAULDHOUSE PENGUINS SWIMMING CLUB

Junior Age Group Gala 2010

Summary Sheet

*** Please completed this form electronically and return it with your entries by email. ***

Club Name:	
Contact Name:	
Address:	
Post Code:	
Telephone:	
email-address:	

Double click anywhere in grid below then add the number of entries, etc. in column B

Individual Girl Entries		@ £ 3.75 each:	£	-
Individual Boy Entries		@ £ 3.75 each:	£	-
Relay Entries		@ £ 5.00 each:	£	-
Coaches Passes		@ £ 5.00 each:	£	-
Total Remittance			£	-

Press <Enter> and click anywhere outside the grid to return to normal mode.

Please also return this form with a cheque (made payable to **Fauldhouse Penguins S.C.**) to:

John Bruce
50 Station Road
Roslin
Midlothian
EH25 9LR
Tel: 0131 440 1752
e-mail: JBruce2160@aol.com

Closing date for Entries: **1 pm Wednesday 13th October 2010**

FAULDHOUSE PENGUINS SWIMMING CLUB

Junior Age Group Gala 2010

Entry File Request

Please supply the following details when requesting the entry file:

Club Name:	
Contact Name:	
Address:	
Post Code:	
Telephone:	
email-address:	

Requests for entry files should be made by email to:-

JBruce2160@aol.com

John Bruce
50 Station Road
Roslin
Midlothian
EH25 9LR

Tel: 0131 440 1752

Fauldhouse Penguins Meet Records as of (2009)

AGE	Butterfly	Backstroke	Breaststroke	Freestyle
Boys 8 & under	J. McPherson Stewart N/FB (2005) Event 1 00:18.00	Jamie Coulter E/FP (2001) Event 5 00:19.46	Jamie Coulter E/FP (2001) Event 9 00:22.83	Jamie Coulter E/FP (2001) Event 13 00:16.23
Girls 8 & under	Megan Smith W/EK (2008) Event 2 00:19.80	Suzanne O'Brien W/GH (2008) Event 6 00:21.45	Kayley Davidson W/GH (2006) Event 10 00:23.31	Ishbel Rodger W/GH (2002) Event 14 00:17.51
Boys 9 years	Corie McKirdy W/DD (2005) Event 3 00:16.51	Corie McKirdy W/DD (2005) Event 7 00:39.29	Corie McKirdy W/DD (2005) Event 11 00:46.02	Jamie Coulter E/FP (2002) Event 15 00:33.26
Girls 9 years	Ally Morrison M/MS (2009) Event 4 00:17.77	Ally Morrison M/MS (2009) Event 8 00:41.98	Ally Morrison M/MS (2009) Event 12 00:47.80	Ishbel Rodger E/FP(2003) Event 16 00:35.99
Boys 10 years	Jamie Coulter E/FP (2003) Event 20 00:35.93	Jamie Coulter E/FP (2003) Event 24 00:38.54	Ross Murdoch W/DD (2004) Event 28 00:42.43	Jamie Coulter E/FP (2003) Event 32 00:32.32
Girls 10 years	Rachel Matos E/PO (2006) Event 21 00:35.29	Sarah Donnelly E/AN (2009) Event 25 00:37.75	Katelyn Stewart E/WB (2001) Event 29 00:42.21	Chelsea Lawson E/IS (2006) Event 33 00:32.67
Boys 11 years	Zach Courtney E/WB (2005) Event 22 00:32.69	Zach Courtney E/WB (2005) Event 26 00:34.03	Zach Courtney E/WB (2005) Event 30 00:39.51	Jamie Coulter E/FP (2004) Event 34 00:30.56
Girls 11 years	Raquel Matos E/PO (2007) Event 23 00:32.87	Raquel Matos E/PO (2007) Event 27 00:35.86	Corie Scott W/EK (2004) Event 31 00:38.46	Nicola Pearson W/DD (2005) Event 35 00:31.11

200m Freestyle	
Boys 9 years & under Event 17	Jamie Coulter E/FP (2002) 02:37.72
Girls 9 years & under Event 18	Rachel O'Donnell E/IS (2005) 02:53.71
Boys 11 years & under Event 36	Jamie Coulter E/FP (2004) 02:19.85
Girls 11 years & under Event 37	Ishbel Rodger E/FP (2005) 02:28.96

Mixed 4x50 Freestyle Relays	
9 years & under Event 19	West Dunbartonshire (2005) 01:11.88
11 years & under Event 38	Portobello (2007) 02:09.53