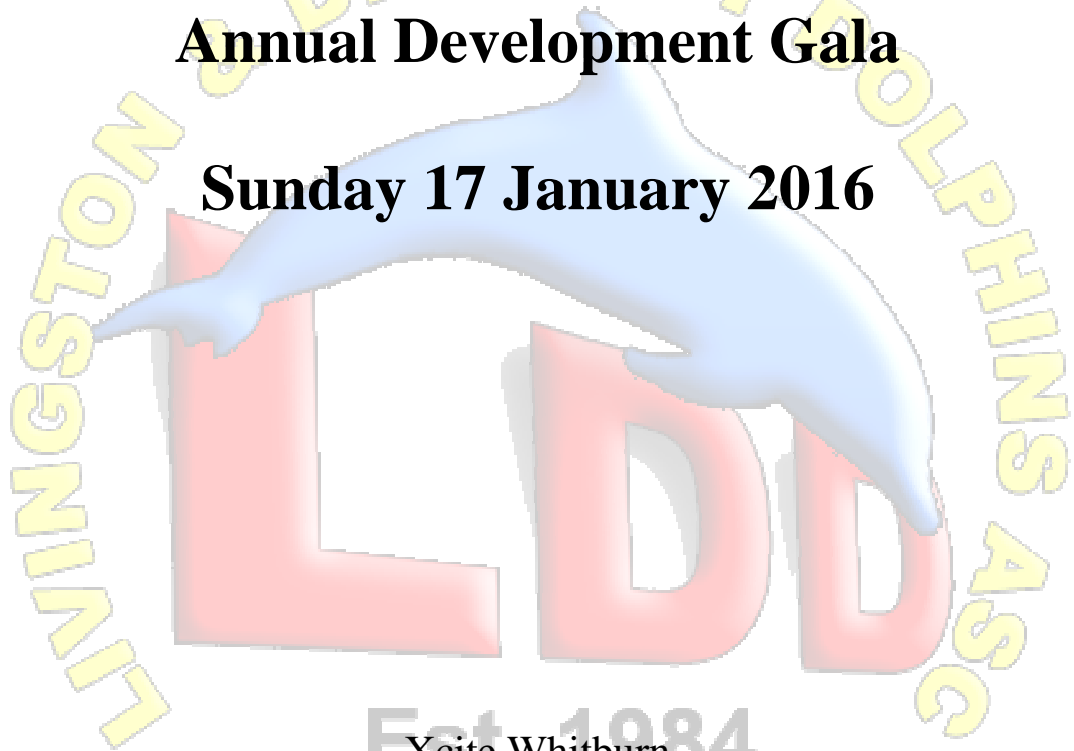


Livingston & District Dolphins

Annual Development Gala

Sunday 17 January 2016



Xcite Whitburn
West Main Street, Whitburn, West Lothian
EH47 0QD

ED / 2016 / 003 / L3



LDD Annual Development Gala 2016

Entries are invited from clubs to take part in our annual Development Gala. This event has been organised for **inexperienced swimmers** who have had little opportunity to gain experience in a competitive environment.

In the event that not all entries can be accepted, then priority will be given to the **slower** entries.

Date: Sunday 17 January 2016

Venue: Xcite Whitburn
West Main Street
Whitburn, West Lothian, EH47 0QD

Warm Up: 9.15am Start 10.00am
1.15pm Start 2.00pm

Age: As at 17 January 2016

Age Groups: 8 years and under, 9 years, 10 years, and 11 years

Entry Fees: £4.00 per individual event, £6.00 per relay and £6.00 per coach's meal

Awards: All swimmers will receive a memento for participating.
No medals will be awarded for the individual events.
Medals will be presented for first, second and third places in the relay events.

Closing Date: Friday 11 December 2015

Clubs can enter only one relay team consisting of swimmers who have also been entered for individual events.

This event will be run using Hy-Tek Meet Manager. To request the entry file please send an email quoting your club name, address and contact telephone number to graham.templeton@googlemail.com Cheques (payable to LDD-ASC) and other paperwork should be posted to:

Graham Templeton
25 Barn Place
Livingston
EH54 7EN

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. Correction to entries that will displace a swimmer already accepted will not be allowed. All entered swimmers must have paid their SASA Membership Fee for 2015/2016. To ensure the smooth running of this meet, we request all clubs coming to the event to nominate and provide timekeepers in line with East District rules. For more information please email the address above.



LDD Annual Development Gala 2016

Programme of Events

Session 1

Warm-up 9.15am - Start 10.00am

Event		
		<i>Butterfly Demonstration</i>
101	Girls 8 years and under	25m Butterfly
102	Boys 8 years and under	25m Butterfly
103	Girls 9 years	25m Butterfly
104	Boys 9 years	25m Butterfly
		<i>Breaststroke Demonstration</i>
105	Girls 8 years and under	25m Breaststroke
106	Boys 8 years and under	25m Breaststroke
107	Girls 9 years	50m Breaststroke
108	Boys 9 years	50m Breaststroke
		<i>Backstroke Demonstration</i>
109	Girls 8 years and under	25m Backstroke
110	Boys 8 years and under	25m Backstroke
111	Girls 9 years	50m Backstroke
112	Boys 9 years	50m Backstroke
		<i>Freestyle Demonstration</i>
113	Girls 8 years and under	25m Freestyle
114	Boys 8 years and under	25m Freestyle
115	Girls 9 years	50m Freestyle
116	Boys 9 years	50m Freestyle
117	4x25m Squadron Freestyle Relay (8 years and under / 9years Boy/Girl in age order)	



LDD Annual Development Gala 2016

Programme of Events

Session 2

Warm-up 1.15pm - Start 2.00pm

Event		<i>Butterfly Demonstration</i>
201	Girls 10 years	25m Butterfly
202	Boys 10 years	25m Butterfly
203	Girls 11 years	50m Butterfly
204	Boys 11 years	50m Butterfly
		<i>Breaststroke Demonstration</i>
205	Girls 10 years	50m Breaststroke
206	Boys 10 years	50m Breaststroke
207	Girls 11 years	50m Breaststroke
208	Boys 11 years	50m Breaststroke
		<i>Backstroke Demonstration</i>
209	Girls 10 years	50m Backstroke
210	Boys 10 years	50m Backstroke
211	Girls 11 years	50m Backstroke
212	Boys 11 years	50m Backstroke
		<i>Freestyle Demonstration</i>
213	Girls 10 years	50m Freestyle
214	Boys 10 years	50m Freestyle
215	Girls 11 years	50m Freestyle
216	Boys 11 years	50m Freestyle
217	4x50m Squadron Freestyle Relay (10 years / 11years Boy/Girl in age order)	



LDD Annual Development Gala 2016

Entry Summary Sheet

Club Name:	
Contact Name:	
Address:	
Post Code:	
Telephone:	
Email address:	

Item	Number	Cost	Total
Boys individual entries		£4.00	
Girls individual entries		£4.00	
Relay entry		£6.00	
Coaches meals		£6.00	
TOTAL			<hr/>

Please make your cheque payable to LDD-ASC and return along with this form to:

Graham Templeton
25 Barn Place
Livingston
EH54 7EN
graham.templeton@googlemail.com

Closing Date for Entries: Friday 11 December 2015



LDD Annual Development Gala 2016

Health and Safety Declaration

This form must be completed and returned with your entry cheque.

I confirm that all swimmers are current members of SASA and have paid the appropriate membership fee.

I understand that any swimmer entered without a SASA registration number will be automatically rejected.

I confirm that all swimmers have trained and are competent to dive in the pool, any swimmer unable to do so, will start in the water and notify the referee in advance.

Signed: _____

Print Name: _____

Club: _____

Position: _____

Date: _____

