



**Livingston & District Dolphins**

**Annual Graded Meet**

**Saturday 28 April 2018**

**Est. 1984**

**Xcite Whitburn**

West Main Street, Whitburn, West Lothian  
EH47 0QD

**SASA License Number: L2/ED/002/APR18**





**LDD GRADED MEET 2018**  
**Saturday 28 April 2018**

Entries are invited from clubs to take part in our annual Graded Meet.

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

Pool: 25 Metre, Anti Turbulence lane lines, Electronic Timing

Sessions: 1 - 9.00 a.m. Warm Up – 10.00 a.m. Start  
2 - 1.00 p.m. Warm Up – 2.00 p.m. Start

Events and Age Groups: 10/11 100m all strokes  
12/13 100m all strokes  
14 & over 100m all strokes

Age on **date** of competition  
Swimmers may only swim in their own age group.

Relays: Entries limited to one relay swim per club. Squadron will be made up of two swimmers from the 10/11 age group, one 12/13 and one 14 & over years.

Awards: Medals – 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Places  
Mementoes to all finalists  
Awards for all swimmers who swim too fast.

**The DOLPHIN Trophy will be awarded to the Top Club based on points from the finals.**

Costs: £5.00 per individual entry  
£6.00 per squadron relay  
£6.00 per coach's lunch  
All cheques to be made payable to Livingston & District Dolphins A.S.C.

**Closing Date 31 March 2018**



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All entries to be submitted by Hy-Tek Team Manager as preferred method, for administrative purposes the attached entry form MUST be submitted with the cheque.

Relay teams can only be made up of swimmers who have acceptable entry times. Livingston & District Dolphins reserve the right to fill empty lanes on the day with our own swimmers in the event of a non-swim.

We have a Level 2 license for this meet. Accreditation will be applied for. **To ensure that the meet will receive accredited status, we would like all clubs coming to the event to supply Technical Officials as per East District guidelines, and that all entered swimmers must have paid their SASA Membership Fee for 2018/2019.**

**Note on Photography:**

No photography is permitted.

All entries to be sent to: -

Graham Templeton  
25 Barn Place  
Livingston  
EH54 7EN

*E-mail Address: [graham.templeton@googlemail.com](mailto:graham.templeton@googlemail.com)*





## LDD GRADED MEET 2018

Saturday 28 April 2018

### Programme of Events and Entry Times

#### Session 1: Warm-up 9.00 a.m. - Start 10.00 a.m.

<i>Event</i>	<i>Description</i>	<i>Fastest Entry Time</i>
101	Boys 10/11 100m Butterfly	1:27.00
102	Girls 10/11 100m Butterfly	1:27.00
103	Boys 12/13 100m Backstroke	1:14.00
104	Girls 12/13 100m Backstroke	1:16.00
105	Boys 14 + 100m Butterfly	1:09.00
106	Girls 14 + 100m Butterfly	1:13.00
107	Boys 10/11 100m Backstroke	1:22.00
108	Girls 10/11 100m Backstroke	1:22.00
109	Boys 12/13 100m Butterfly	1:13.00
110	Girls 12/13 100m Butterfly	1:17.00
111	Boys 14 + 100m Backstroke	1:11.00
112	Girls 14 + 100m Backstroke	1:14.00
<b>Events 113 to 124 – Finals of 101 to 112</b>		

#### Session 2: Warm-up 1.00 p.m. - Start 2.00 p.m.

<i>Event</i>	<i>Description</i>	<i>Fastest Entry Time</i>
201	Boys 10/11 100m Freestyle	1:14.00
202	Girls 10/11 100m Freestyle	1:14.00
203	Boys 12/13 100m Breaststroke	1:23.00
204	Girls 12/13 100m Breaststroke	1:26.00
205	Boys 14 + 100m Breaststroke	1:20.00
206	Girls 14 + 100m Breaststroke	1:24.00
207	Boys 10/11 100m Breaststroke	1:38.00
208	Girls 10/11 100m Breaststroke	1:38.00
209	Boys 12/13 100m Freestyle	1:04.00
210	Girls 12/13 100m Freestyle	1:06.00
211	Boys 14 + 100m Freestyle	1:01.00
212	Girls 14 + 100m Freestyle	1:04.00
<b>Events 213 to 224 – Finals of 201 to 212</b>		
225	Boys 4x50m Freestyle Relay	No time limit
226	Girls 4x50m Freestyle Relay	No time limit

Swimmers who swim 3% faster than these times on the day will not qualify for the final, or count towards their clubs overall points total.



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Health and Safety Declaration

**THIS FORM MUST BE COMPLETED AND RETURNED ALONG WITH THE ENTRY SUMMARY SHEET AND CHEQUE**

In order to comply with accreditation and Health & Safety legislation, please complete and return this form with your entry.

- I confirm that all swimmers are current members of the SASA and have paid the appropriate membership fee.
- I understand that any swimmer entered without a Registration number will be automatically rejected.
- I confirm that the notice about the use of photographic equipment has been brought to the attention of all swimmers, parents and coaches who will be attending the gala.
- I confirm that all swimmers have trained and are competent to dive into the pool, any swimmer unable to do so, will start in the water and notify the referee that this will be the case.

Signed:	
Name of Club:	
Position:	

Est. 1984



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Entry Summary Sheet

Club Name:	
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Contact Name and Address:	
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Telephone No:	
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E-Mail:	
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Item	Number	Cost	Total
Boys individual entries		£5.00	
Girls individual entries		£5.00	
Boys relay entry		£6.00	
Girls relay entry		£6.00	
Coaches meals		£6.00	

Total : \_\_\_\_\_

Please make your cheque payable to "Livingston & District Dolphins A.S.C."

**Checklist:**

Hy Tek entry            Yes/No  
Entry Form              Yes/No  
H&S Declaration        Yes/No  
Cheque                    Yes/No

All entries to be sent to: -

Graham Templeton  
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Livingston  
EH54 7EN

*E-mail Address: [graham.templeton@googlemail.com](mailto:graham.templeton@googlemail.com)*

**Closing Date            31 March 2018**

