

# Eian Prentice Memorial Gala

## **FAULDHOUSE PENGUINS SWIMMING CLUB**

### **JUNIOR AGE GROUP GALA 2016**

3



**SATURDAY 5<sup>TH</sup> NOVEMBER, 2016**

Xcite Swimming Pool

West Main Street

Whitburn EH47 0QD

**Date:** 5th November 2016

**Warm Up:** 9:15 am Start 9.45am  
1:00 pm Start 1.30 pm

**Age:** As at 31 December 2016

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

**Entry Fees:** £5.00 per individual event  
£7.00 per relay team  
Coaches (two free passes including meals per club per session) there after £5.00 per individual

**Awards:** Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>  
Trophy for the winner of the boys and girls 9 & under 200m freestyle  
**£10 prize money for every event winner who sets a new meet record**  
**(At last year's Gala 1 new meet record was set)**

**Closing Date:** **12noon Wednesday 5<sup>th</sup> October 2016**

### **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 one boy and girl from eight years age group and one boy and girl from nine years age group for session one and one boy and girl from ten years age group and one boy and girl from eleven years age group for session two, 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 five heats in advance of their own race. They should also report to the marshalling area for presentations.
- All 25m swims will start in the water in the shallow end of the pool.
- No photographic or video equipment will be permitted.
- No glass containers on the poolside or changing rooms.
- The changing area is also limited, swimmers must use lockers provided. No clothes to be left in cubicles.
- 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.
- Spectating facilities is limited to 200 seats.

### **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 Licence No. ED/2016/085/L3

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 9:15 am

Start 9:45 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 1:30 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 2016

### 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		@ £5.00 each:	£	-
Individual Boy Entries		@ £5.00 each:	£	-
Relay Entries		@ £7.00 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:**

Susan Liddle  
9 Rullion Road  
Penicuik  
EH26 9HS

**E-mail Address: [susan.liddle@googlemail.com](mailto:susan.liddle@googlemail.com)**

Closing date for Entries: **12 noon Wednesday 5th October 2016**

# FAULDHOUSE PENGUINS SWIMMING CLUB

## Junior Age Group Gala 2016

### 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:-

**E-mail Address:** [susan.liddle@googlemail.com](mailto:susan.liddle@googlemail.com)

Susan Liddle  
9 Rullion Road  
Penicuik  
EH26 9HS