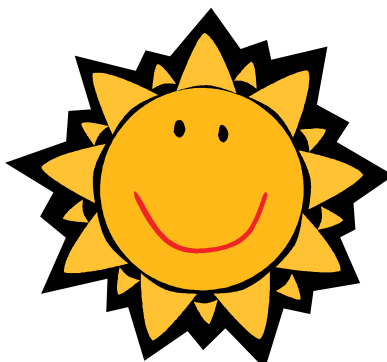


**Exmouth Swimming and Life Saving Society Presents:**

**The “Summer Gala”**



**Sunday June 1<sup>st</sup> 2014**

**Exmouth Swimming Pool 5.00 pm Warm-Up, 5.20 pm start**

**Events:**

1. 9u,10u, 11u, 12u, 13u, 14u, 15u, 16u and Open Girls 50m Butterfly HDW
2. 9u,10u, 11u, 12u, 13u, 14u, 15u, 16u and Open Boys 50m Backstroke HDW
3. 9u,10u, 11u, 12u, 13u, 14u, 15u, 16u and Open Girls 50m Breaststroke HDW
4. 9u,10u, 11u, 12u, 13u, 14u, 15u, 16u and Open Boys 50m Freestyle HDW
5. 9u,10u, 11u, 12u, 13u, 14u, 15u, 16u and Open Girls 50m Backstroke HDW
6. 9u,10u, 11u, 12u, 13u, 14u, 15u, 16u and Open Boys 50m Butterfly HDW
7. 9u,10u, 11u, 12u, 13u, 14u, 15u, 16u and Open Girls 50m Freestyle HDW
8. 9u,10u, 11u, 12u, 13u, 14u, 15u, 16u and Open Boys 50m Breaststroke HDW

Plus “Medley Skins” event for fastest 6 boys and 6 girls in the 50m Freestyle

Name..... Age.....(as on 01.06.14)

Event No.	Event	Tick to enter	Submitted Time
1	50m Butterfly		
3	50m Breaststroke		
5	50m Backstroke		
7	50m Freestyle		

£2.00 per event £7.50 for all 4 events

Cheques should be made payable to “ Exmouth Swimming and Life Saving Society) Closing date for entries Wednesday May 1<sup>st</sup> 2014

**I have read the meet conditions, which I understand and agree to abide by them.....Parent/Carer/Swimmer**

## **General Meet Information**

The Competition will be held under ASA Laws and ASA Technical Rules.; swimmers will compete in heats based on time

The fastest 3 swimmers in each age group, girls and boys will be awarded medals, in the 9 10, 11 and 12 age group 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> will receive ribbons.

All starts will be over the top except for Backstroke.

Doors will open at 5.00 pm. Entry and programme is £1.50

Swimmers must be registered with the Club they are swimming for. Checks will be made and a swimmer found not to be complying; will be withdrawn.

Any valuables etc. left in the changing rooms will be entirely at the owner's risk.

**Please note that cards will be issued for this meet and swimmers allocated heats/lanes in advance.** Cards should be brought to the event with competitors. In the event that a competitor forgets their cards they will be ineligible to swim. When you receive your entry cards please check them (dates, races etc) and notify Jane Easton (01395 233601/ janeandh@btinternet.com) of any mistakes, changes needed or if you have any queries. After 24/05/14 there can be no amendments.

Warm up will commence twenty minutes before the start of the event. The pool is deck level. Diving is not permitted during warm up except when the sprint lanes have been called and only under the direction of the marshals/coaches.

**WARNING** - The length of the pool is 25 metres and the depth of the water at the shallow end is 1.2m. Parents and swimmers are reminded that if a swimmer has not passed a competitive start award they must not dive from the blocks.

Competitors in the first event should report to the marshals immediately after the warm up. Swimmers should then report at least 5 heats before the one they are swimming in. Any swimmer failing to report to the marshals may be deemed to have withdrawn from the heat, re-swims are not permitted.

**Data Protection Act 1984 and 1998** ES and LSS use a computer to record entries and results. By submitting entries and accepting entry to the Meet, consent is thereby given (as required under the Data Protection Act 1984 and 1998) for us to hold your personal information on a computer.

**Child Protection Act.** Anyone wishing to use video, photographic or any image making equipment must register at the recorder's desk and wear the badge provided.