

**SIDVALE SHARKS INDEPENDENCE DAY GALA**  
**SIDMOUTH SWIMMING POOL, THE HAM,**  
**EXIO 8XR**

**Saturday 4th July 2015**

**Warm- up 4.30pm, Start 5pm, Age on day.**

Under ASA Laws and ASA Technical Rules

Coaches: Each club must ensure that swimmers who do not have there Competitive Start Award should only dive from the side or start in the water. There will be no diving from the shallow end.

Mixed races must include at least one boy and one girl.

**Photography: Please Sign in at the score desk. Thank You.**

	<b>Club</b>					
	<b>Lane</b>	1	2	3	4	5
1	BOYS 16U 100m IM					
2	GIRLS 16U 100m IM					
3	BOYS 14U 100m IM					
4	GIRLS 14U 100m IM					
5	BOYS 12U 100m IM					
6	GIRLS 12U 100m IM					
7	BOYS 10U 100m IM					
8	GIRLS 10U 100m IM					
9	MIXED 16U 4 x 50m FREESTYLE RELAY					
10	MIXED 14U 4 x 50m FREESTYLE RELAY					
11	BOYS 16U 50m BUTTERFLY					
12	GIRLS 16U 50m BUTTERFLY					
13	BOYS 14U 50m BUTTERFLY					
14	GIRLS 14U 50m BUTTERFLY					
15	BOYS 12U 50m BACKSTROKE					
	<b>POINTS</b>					
16	GIRLS 12U 50m BACKSTROKE					
17	BOYS 10U 50m BREASTSTROKE					

18	GIRLS 10U 50m BREASTSTROKE					
19	MIXED 12U 4 x 50m MEDLEY RELAY					
20	MIXED 12U 4 x 50m MEDLEY RELAY					
21	BOYS 16U 50m FREESTYLE					
22	GIRLS 16U 50m FREESTYLE					
23	BOYS 14U 50m FREESTYLE					
24	GIRLS 14U 50m FREESTYLE					
25	BOYS 12U 50m BUTTERFLY					
26	GIRLS 12U 50m BUTTERFLY					
27	BOYS 10U 50m BACKSTROKE					
28	GIRLS 10U 50m BACKSTROKE					
29	PARENTS 4 x 25m FREESTYLE RELAY					
30	INDEPENDENCE RACE 50m SWIM 2 BOYS & 2 GIRLS ANY AGE + COACH					
	<b>POINTS</b>					
	<b>Club</b>					
	<b>Lane</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
31	MIXED 12U 4 x 50m FREESTYLE RELAY					
32	MIXED 10U 4 x 50m FREESTYLE RELAY					
33	PARENTS RACE MEDLEY RELAY					
34	BOYS 16U 50m BREASTSTROKE					
35	GIRLS 16U 50m BREASTSTROKE					
36	BOYS 14U 50m BREASTSTROKE					
37	GIRLS 14U 50m BREASTSTROKE					
38	BOYS 12U 50m FREESTYLE					
39	GIRLS 12U 50m FREESTYLE					
40	BOYS 10U 50m BUTTERFLY					
41	GIRLS 10U 50m BUTTERFLY					
42	8 x 25m FREESTYLE KICK RELAY B&G EACH AGE GROUP					

43	MIXED 16U 4 x 50m MEDLEY RELAY					
44	MIXED 14U 4 x 50m MEDLEY RELAY					
45	BOYS 16U 50m BACKSTROKE					
46	GIRLS 16U 50m BACKSTROKE					
	<b>POINTS</b>					
47	BOYS 14U 50m BACKSTROKE					
48	GIRLS 14U 50m BACKSTROKE					
49	BOYS 12U 50m FREESTYLE					
50	GIRLS 12U 50m FREESTYLE					
51	8 x 25m FREESTYLE CANON B/G EACH AGE GROUP.					
	<b>POINTS AFTER 50 RACES.</b>					

PLEASE CAN EACH CLUB BRING ONE TIME KEEPER.

AS THERE IS LIMITED SPACE ON POOLSIDE PLEASE WOULD SWIMMERS PUT BAGS IN LOCKERS.  
THESE TAKE A REFUNDABLE £1. (COACHES ARE EXEMPT FROM THIS )

ADMISSION FOR SPECTATORS £2 TO COVER THE COST OF POOL HIRE.

THERE WILL BE A BBQ AFTERWARDS WITH BURGERS, HOTDOGS & SOFT DRINKS.  
VEGETARIAN OPTION AVAILABLE.

WE HOPE YOU HAVE ENJOYED TONIGHT & HOPE TO SEE YOU AT FUTURE COMPETITIONS.

HAVE A SAFE JOURNEY HOME