

## **MINNOWS GALA 17TH NOVEMBER 2016**

*This gala is for NON SQUAD swimmers.*

*The following swimmers may enter:*

*Thursday Evening swimmers who swim in the small pool, or big pool swimmers up to 8pm. Saturday Morning small and big pool swimmers who are non-squad swimmers. Small pool swimmers on Monday, Tuesday, Wednesday or Thursday Morning.*

*\* If you swim on a Thursday Evening/Saturday Morning but also swim in the big pool 7-8am on a Tuesday and Thursday, morning you may only enter this gala if you are in lane 1.*

*\* Age for entry is their age at the end of the year (31<sup>st</sup> December 2016). Maximum Age 12.*

*\*Any swimmers that have previously been a squad member may NOT enter.*

*Start: 1845hrs No warm up*

*Sign In: open 18:00. closes 18.30. Please note you need to sign in with the Marshall on the day of competition by 18:30 or you may not be able to swim.*

*Closing date for entries is 7TH NOVEMBER 2016*

*No late entries accepted or entries on the night.*

*Entry Fee £1.00. (This is for any number of swims).*

*Please give entries and payment, if by cheque made payable to DLGC. Entries to Anita Fisher, Pat on a Thursday Night or Kate on a Saturday Morning.*

- *Although the races will be swum as mixed ages, medals will be awarded to the fastest 3 swimmers in the following age categories:  
6yrs & under, 7yrs, 8yrs, 9yrs, 10yrs, 11yrs & over*
- *There will be no finals. All events will be decided by the times swum.*
- *Events will be swum in accordance with the Amateur Swimming Association (ASA) law, which means that medals will be awarded to the fastest 3 swimmers in each age group who have swum the stroke legally! i.e. not started too early (false start), correct stroke throughout the swim, correct hand touch at pool ends, etc*
- *Swimmers must be members of Dover Lifeguard Club*
- *Swimmers must bring a T-shirt and an extra towel to take on poolside to keep warm, they should also bring a still drink in a plastic bottle.*
- *Anyone wishing to take photographs or use video photography must first register at the DLGC desk, in accordance with the ASA code of practice.*

**MINNOWS 2016**

Welcome to the minnows gala, please find below a list of the events and the order that they will be run in.

No	Event	No	Event
1	8 - 12 Year old Girls 50m Front Crawl	10	7 Years and under Boys 25m Breaststroke
2	8 - 12 Year old Boys 50m Front Crawl	11	8 - 12 Year old Girls 25m Front Crawl
3	8 - 12 Year old Girls 25m Backstroke	12	8 - 12 Year old Boys 25m Front Crawl
4	8 - 12 Year old Boys 25m Backstroke	13	7 Years and under Girls 25m Butterfly
5	7 Years & under Girls 25m Front Crawl	14	7 Years and under Boys 25m Butterfly
6	7 Years & under Boys 25m Front Crawl	15	8 – 12 Year old Girls 25m Breaststroke
7	8 - 12 year old Girls 25m Butterfly	16	8 – 12 Year old Boys 25m Breaststroke
8	8 - 12 year old Boys 25m Butterfly	17	7 Years and under Girls 25m Backstroke
9	7 Years and under Girls 25m Breaststroke	18	7 Years and under Boys 25m Backstroke

**Awards will be presented to the following for both boys and girls:**

**6 Years and Under, 7 Years, 8 Years, 9 Years, 10 Years and 11 Years and Over.**

If having taken part in this gala, your child feels that they would like to compete competitively then we would welcome them to come along for a trial with our competitive squad. If you are interested please email Claire Herrington.

Dover Lifeguards is a club that is fully run by volunteers. We are always looking out for more helpers. If you feel that you are able to spare some time in any way then please speak to any coach/teacher.

MINNOWS GALA 17TH NOVEMBER 2016

PLEASE COMPLETE THIS FORM IN CAPITAL LETTERS

FULL NAME ----- M/F -----

DATE OF BIRTH ----- AGE AT END OF YEAR -----

EVENT	TICK IF ENTERING	TIME
8-12 50M FRONT CRAWL		
8-12 25M BACKSTROKE		
7 AND UNDER 25M FRONT CRAWL		
8-12 25M BUTTERFLY		
7 AND UNDER 25M BREASTSTROKE		
8-12 25M FRONT CRAWL		
7 AND UNDER 25 BUTTERFLY		
8-12 25M BREASTSTROKE		
7 AND UNDER 25M BACKSTROKE		

PAYMENT OF £1.00 CASH OR CHEQUE PAYABLE TO DLGC

SIGNATURE OF PARENT/GUARDIAN -----

FULL NAME -----

CONTACT DETAILS EMAIL OR PHONE NO -----