

JUNIOR WHITE CLIFFS GALA

Thursday 8th November 2018

We would like to invite all swimmers to enter this gala both for fun and experience.

This time we have added some events for our squad swimmers, as we thought you might like to see our older and younger swimmers in competitive mode. We also hope that this will encourage you to join us and give competitive swimming a go.

Please don't worry, you won't be swimming against them, they will be in separate races.

If you, as a swimmer or a parent, would like to talk to us about any aspect of the competitive swimming side please look out for one of our club captains: Libby, Ashleigh, Tom or Lee, all are wearing white tee shirts, they will be happy to have a chat with you and talk through their experiences with the club.

Claire Herrington and I, Anita Fisher, will also be more than happy to have a chat with you, so please do not hesitate to catch us any time.

Gala Conditions

- Swimmers must be a member of Dover Lifeguard Club
- Age for entry is their age at end of the year 2018 (31st December 2018)
- Maximum Age 18.
- Closing date for entries is: Thursday 25th October 2018 at 8pm
- Entry Fee £2.00 for any number of events
- No late entries accepted or entries on the night.
- Please give entries and payment, NO CHEQUES ALLOWED, to Pat on Thursday Evenings or Kate on Saturday Mornings.

Alternatively, direct payment to the Competition Account (Sort Code 30-90-92, A/C 35099860) (not the same account that fees are paid into!) quoting 'Junior' and the swimmer's surname.

YOU MAY ENTER EITHER.....

➤ OPEN RACES

- If you have only previously done minnows or club championships.
- If since 1st January 2017 you have not competed in any open gala as an individual.
- You have not competed in a DLGC team gala. This includes development galas.

➤ Or SQUAD RACES:

- If you have competed in any open gala as an individual.
- If you have competed in a DLGC team gala, this includes development galas.

Gala Information

Signing In Opens 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. Start 1845hrs. No warm up.

Races will be swum as mixed ages, with medals awarded to the fastest 3 swimmers in each age group who have swum the stroke legally! ie not started too early (false start), correct stroke throughout the swim, correct hand touch at the pool ends etc.

The age categories are: 6yrs and under, 7yrs, 8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17/18yrs.

There will be no finals. All events will be decided by times swum.

There will be no medals for the Squad events, these are for time only and club records!

Events will be swum in accordance with the Amateur Swimming Association (ASA) law.

Please ensure your child brings 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.

If you are in any doubt whether you are eligible for this Gala please ask either John Vinson Head Coach, Anita Fisher or Claire Herrington.

JUNIOR WHITE CLIFFS GALA

8th November 2018

Welcome to the Junior White Cliffs Gala, please find below a list of the events and the order that they will be run in.

1	Squad Girls 25m Front Crawl	11	Open 6-18 Girls 25m Butterfly
2	Squad Boys 25m Front Crawl	12	Open 6-18 Boys 25m Butterfly
3	Open 6-18 years Girls 50m Front Crawl	13	Open 6-18 Girls 25m Front Crawl
4	Open 6-18 years Boys 50m Front Crawl	14	Open 6-18 Boys 25m Front Crawl
5	Squad Girls 25m Backstroke	15	Squad Girls 25m Breaststroke
6	Squad Boys 25m Backstroke	16	Squad Boys 25m Breaststroke
7	Open 6-18 years Girls 25m Back	17	Open 6-18 Girls 25m Breaststroke
8	Open 6-18 years Boys 25m Back	18	Open 6-18 Boys 25m Breaststroke
9	Squad Girls 25m Butterfly		
10	Squad Boys 25m Butterfly		

**Awards will be presented to the following for both boys and girls:
6 Years and Under, 7 Years, 8 Years, 9 Years, 10 Years, 11 Years, 12 Years, 13 Years, 14 Years, 15 Years, 16 Years and 17/18 Years.**

Junior White Cliffs Gala 2018

PLEASE COMPLETE THIS FORM IN CAPITAL LETTERS

Full Name ----- Date of Birth -----

Age at end of year 2018 ----- Male/Female -----

ASA NUMBER (on plastic card) -----

If you have a time please put it in the box, otherwise tick the boxes of the events you wish to enter

OPEN Races

	25m	50m
Front crawl		
Breaststroke		XXXXXXXXXXXXX
Backstroke		XXXXXXXXXXXXX
Butterfly		XXXXXXXXXXXXX

SQUAD Races

	25m	TIME
Front crawl		
Breaststroke		
Backstroke		
Butterfly		

PAYMENT £2.00.....

CASH ONLY to Desk on a Thursday/Saturday

SIGNATURE OF PARENT/GUARDIAN -----

FULL NAME OF PARENT/GUARDIAN -----

CONTACT DETAILS: EMAIL OR PHONE NO -----