

GALA & DATE – EIAN PRENTICE MEMORIAL GALA – FAULDHOUSE PENGUINS

Sun 3rd NOVEMBER 2019

LOCATION – WHITBURN XCITE POOL, WEST MAIN STREET

SESSION TIMES – SESSION 1 - WARM UP 9.00AM FOR START 9.45AM

SESSION 2 - WARM UP 1.15 PM FOR START 2.00 PM

ELIGIBLE SWIMMERS - Green, Blue, Red, Bronze - only open to those age 11 and under

EVENTS & AGE GROUPS – AGE AS AT 31/12/19 LEVEL 3 MEET

SESSION 1 - AM - 8 y/o & UNDER, 9 y/o **SESSION 2** - PM - 10 y/o & 11 y/o

Session 1: Ages 8 & under, 9
25m Butterfly (all ages)
25m Backstroke (8 & under)
50m Backstroke (age 9)
25m Breast (8 & under)
50m Breaststroke (age 9)
25m Freestyle (8 & under)
50m Freestyle (age 9)
200m Freestyle (all ages)

Session 2: Ages 10/11
50m Butterfly
50m Backstroke
50m Breaststroke
50m Freestyle
200m Freestyle

ENTRY FEES – £5.50 PER EVENT

FULL MEET INFO. - http://www.swimscotland.co.uk/

<u>CLOSING DATE FOR SUBMITTING ENTRIES</u> – FRI 27/09/18 – PLEASE E-MAIL YOUR SQUAD ADMIN WITH YOUR ENTRIES, THANK YOU