

Livingston & District Dolphins

Annual Development Gala

Sunday 12th January 2020

Location: Xcite Whitburn, West Main St, Whitburn EH47 0QD

Session Times:

SESSION 1 WARM UP 9.15am START 10.00am: Ages 9 & Under

SESSION 2 WARM UP 1.15pm START 2pm: Ages 10 & 11

Eligible Swimmers:

Level 3 Meet – Ages 11 and under – GREEN, BLUE, RED, BRONZE

In the event that not all entries can be accepted, then priority will be given to the **slower** entries.

Events & Age Groups: (age as at 12 Jan 2020)

Age 8 & U 25m Fly, 25m Breast, 25m Back & 25 Free

Age 9 25m Fly, 50m Back, 50m Breast, 50m Free

Age 10 25m Fly, 50m Back, 50m Breast, 50m Free

Age 11 50m Fly, 50m Back, 50m Breast, 50m Free

Entry Fee: £6 per individual event

Full program & event details: Swim Scotland Website <http://www.swimscotland.co.uk/>

Closing Date:

Entry by email only to your squad admin **Wed 11/12/19 at the very latest. Please choose from the tables below your swim choices for the relevant age group.**

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Session 1 Ages 9 & Under
25m Butterfly (Ages 8 & 9)
25m Breast (Age 8 & U)
50m Breaststroke (Age 9)
25m Back (Age 8 & U)
50m Backstroke (Age 9)
25m Free (Age 8 & U)
50m Free (Age 9)

Session 2 Ages 10/11
25m Butterfly (Age 10)
50m Butterfly (Age 11)
50m Backstroke (Ages 10 & 11)
50m Breaststroke (Ages 10 & 11)
50m Free (Ages 10 & 11)

CLOSING DATE TO ENTER WED 11/12/19