**CLUB/SCHOOL NAME**

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| **FEMALE BREASTSTROKE** |
|  | **CLASS** | **NAME & D.O.B** | **TIME** |
|  |  |  |  |
|  | **50 METRES** |  |  |
| **1** | **Up to 49.99** |  |  |
|  |  |  |  |
|  |  |  |  |
|  | **50 METRES** |  |  |
| **2** | **50.00-56.99** |  |  |
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|  |  |  |  |
|  | **50 METRES** |  |  |
| **3** | **57.00-66.99** |  |  |
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|  | **50 METRES** |  |  |
| **4** | **67.00-78.00** |  |  |
|  |  |  |  |
|  |  |  |  |
|  | **25 METRES** |  |  |
| **5** | **28.00-32.99** |  |  |
|  |  |  |  |
|  |  |  |  |
|  | **25 METRES** |  |  |
| **6** | **33.00-37.99** |  |  |
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| **FEMALE 100 METRES FREESTYLE** |
|  | **NAME & D.O.B** | **TIME** |
| **1** |  |  |
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| **4** |  |  |
| **5** |  |  |

**CLUB/SCHOOL NAME**

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| **MALE FREESTYLE** |
|  | **CLASS** | **NAME & D.O.B** | **TIME** |
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|  | **50 METRES** |  |  |
| **1** | **Up to 49.99** |  |  |
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|  | **50 METRES** |  |  |
| **2** | **50.00-56.99** |  |  |
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|  | **50 METRES** |  |  |
| **3** | **57.00-66.99** |  |  |
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|  | **50 METRES** |  |  |
| **4** | **67.00-78.00** |  |  |
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|  | **25 METRES** |  |  |
| **5** | **28.00-32.99** |  |  |
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|  | **25 METRES** |  |  |
| **6** | **33.00-37.99** |  |  |
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|  | **25 METRES** |  |  |
| **7** | **38.00-43.99** |  |  |
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|  | **25 METRES** |  |  |
| **8** | **44.00-50.99** |  |  |
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|  | **25 METRES** |  |  |
| **9** | **51.00-57.99** |  |  |
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|  |  |  |  |
|  | **25 METRES** |  |  |
| **10** | **58.00-And up** |  |  |
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**CLUB/SCHOOL NAME**

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| **MALE BACKSTROKE** |
|  | **CLASS** | **NAME & D.O.B** | **TIME** |
|  |  |  |  |
|  | **50 METRES** |  |  |
| **1** | **Up to 49.99** |  |  |
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|  | **50 METRES** |  |  |
| **2** | **50.00-56.99** |  |  |
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|  | **50 METRES** |  |  |
| **3** | **57.00-66.99** |  |  |
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|  | **50 METRES** |  |  |
| **4** | **67.00-78.00** |  |  |
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|  | **25 METRES** |  |  |
| **5** | **28.00-32.99** |  |  |
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|  | **25 METRES** |  |  |
| **6** | **33.00-37.99** |  |  |
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|  | **25 METRES** |  |  |
| **7** | **38.00-43.99** |  |  |
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|  | **25 METRES** |  |  |
| **8** | **44.00-50.99** |  |  |
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|  | **25 METRES** |  |  |
| **9** | **51.00-57.99** |  |  |
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|  | **25 METRES** |  |  |
| **10** | **58.00-And up** |  |  |
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**CLUB/SCHOOL NAME**

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| **MALE BREASTSTROKE** |
|  | **CLASS** | **NAME & D.O.B** | **TIME** |
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|  | **50 METRES** |  |  |
| **1** | **Up to 49.99** |  |  |
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|  | **50 METRES** |  |  |
| **2** | **50.00-56.99** |  |  |
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|  | **50 METRES** |  |  |
| **3** | **57.00-66.99** |  |  |
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|  | **50 METRES** |  |  |
| **4** | **67.00-78.00** |  |  |
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|  | **25 METRES** |  |  |
| **5** | **28.00-32.99** |  |  |
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|  | **25 METRES** |  |  |
| **6** | **33.00-37.99** |  |  |
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| **MALE 100 METRE FREESTYLE** |
|  | **NAME & D.O.B** | **TIME** |
| **1** |  |  |
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| **3** |  |  |
| **4** |  |  |
| **5** |  |  |

**CLUB/SCHOOL NAME**

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| **FEMALE FREESTYLE** |
|  | **CLASS** | **NAME & D.O.B** | **TIME** |
|  |  |  |  |
|  | **50 METRES** |  |  |
| **1** | **Up to 49.99** |  |  |
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|  | **50 METRES** |  |  |
| **2** | **50.00-56.99** |  |  |
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|  | **50 METRES** |  |  |
| **3** | **57.00-66.99** |  |  |
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|  | **50 METRES** |  |  |
| **4** | **67.00-78.00** |  |  |
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|  | **25 METRES** |  |  |
| **5** | **28.00-32.99** |  |  |
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|  | **25 METRES** |  |  |
| **6** | **33.00-37.99** |  |  |
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|  | **25 METRES** |  |  |
| **7** | **38.00-43.99** |  |  |
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|  | **25 METRES** |  |  |
| **8** | **44.00-50.99** |  |  |
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|  | **25 METRES** |  |  |
| **9** | **51.00-57.99** |  |  |
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|  |  |  |  |
|  | **25 METRES** |  |  |
| **10** | **58.00-And up** |  |  |
|  |  |  |  |

**CLUB/SCHOOL NAME**

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| --- |
| **FEMALE BACKSTROKE** |
|  | **CLASS** | **NAME & D.O.B** | **TIME** |
|  |  |  |  |
|  | **50 METRES** |  |  |
| **1** | **Up to 49.99** |  |  |
|  |  |  |  |
|  |  |  |  |
|  | **50 METRES** |  |  |
| **2** | **50.00-56.99** |  |  |
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|  | **50 METRES** |  |  |
| **3** | **57.00-66.99** |  |  |
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|  | **50 METRES** |  |  |
| **4** | **67.00-78.00** |  |  |
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|  | **25 METRES** |  |  |
| **5** | **28.00-32.99** |  |  |
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|  | **25 METRES** |  |  |
| **6** | **33.00-37.99** |  |  |
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|  | **25 METRES** |  |  |
| **7** | **38.00-43.99** |  |  |
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|  | **25 METRES** |  |  |
| **8** | **44.00-50.99** |  |  |
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|  | **25 METRES** |  |  |
| **9** | **51.00-57.99** |  |  |
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|  |  |  |  |
|  | **25 METRES** |  |  |
| **10** | **58.00-And up** |  |  |
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**CLUB/SCHOOL NAME**

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| **MALE 100 METRES INDIVIDUAL MEDLEY** |
|  | **NAME & D.O.B** | **TIME** |
| **1** |  |  |
| **2** |  |  |
| **3** |  |  |
| **4** |  |  |
| **5** |  |  |

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| **FEMALE 100 METRES INDIVIDUAL MEDLEY** |
|  | **NAME & D.O.B** | **TIME** |
| **1** |  |  |
| **2** |  |  |
| **3** |  |  |
| **4** |  |  |
| **5** |  |  |

**CLUB/SCHOOL NAME**

|  |
| --- |
| **MALE 25/50METRES BUTTERFLY** |
| **Distance** | **NAME & D.O.B** | **TIME** |
| **1** |  |  |
| **2** |  |  |
| **3** |  |  |
| **4** |  |  |
| **5** |  |  |
| **6** |  |  |
| **7** |  |  |
| **8** |  |  |

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| **FEMALE 25/50METRES BUTTERFLY** |
| **Distance** | **NAME & D.O.B** | **TIME** |
| **1** |  |  |
| **2** |  |  |
| **3** |  |  |
| **4** |  |  |
| **5** |  |  |
| **6** |  |  |
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| **8** |  |  |



Mary Duncan Swimming Gala

(for swimmers with a physical, sensory or learning disability)

Fraserburgh Swimming Pool

Saturday 2nd March 2019

The above event will take place at Fraserburgh Swimming Pool with swimmers arriving from

12 noon for a 12.30 start. The gala will finish at approximately 3.30pm dependant on the size of entries.

Please find enclosed entry forms for all strokes but note that swimmers will only be allowed to enter 4 events. Swimmers who record a time of less than 42.00 for 50m freestyle must enter 100m event. Please submit accurate times which will allow for a fair competition for all those taking part.

Please copy the timecard sheet enclosed and complete for each swimmer (lane and event numbers will be added once the programme is complete). As this event also acts as a qualifier for the Scottish National Senior Championships it is important that you put the date of birth of each swimmer on the entry form.

The SDS Championships for swimmers with a physical disability and sensory disability will be held at Grangemouth 13th April 2019.

The SDS Senior Championships for swimmers with a learning disability will be held at Tollcross in Glasgow on 18th May 2019.

Swimmers who qualify for these events will be notified via their club, or as individuals after the Mary Duncan Gala.

Entry fees (£5 per swimmer) should accompany your entry forms and cheques should be made payable to “Grampian Disability Sport”.

There is plenty of parking at Fraserburgh Swimming Pool plus a pool hoist and accessible changing room available. The lockers in the changing rooms operate with a £1 coin.

Each team entering must provide at least one adult helper to help with timekeeping etc.

In the past it has been left to clubs/schools on the day to provide helpers so it would be appreciated if more than 1 named helper per club/ school could be notified with this application

Name of school/ club \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of helper \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Capacity of Helper i.e. Timekeeper\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Entry forms and fees should be returned to the address below by Friday 15th February. No late entries will be accepted.

It would be appreciated if you could let us know if you are NOT entering a team.

Please send entry forms and fees to:

Pauline Stirling,

GDS Vice Chairperson,

48 East Park Road,

Kintore,

Aberdeenshire,

AB51 0FE

Email entries acceptable Email: p7stirling@gmail.com

Additional Information

Swimmers wishing a warm-up will have the opportunity to do so prior to the start of the gala.  They should be supervised whilst in the water with a coach at the end of the lane they are warming up in.

Swimmers with epilepsy should be "spotted" when involved in their races.

Only swimmers who are competent should dive.  No diving at the shallow end.  Should swimmers wish to use diving blocks, please tick the box on their timecard.

There will be a short break in the middle of the progamme to allow swimmers to have a drink and a small snack.  Please remember they will be returning to the pool to swim, so shouldn't eat anything too heavy and fizzy juice should be avoided.

Swimmers will only be allowed to enter four events plus a relay.  Swimmers can only enter one distance per stroke and if their time is too quick for the 25m events they should move up to the 50m race and similarly from 50m to 100m.

If there are four or more swimmers in an event then gold, silver and bronze medals will be presented.  If there are 3 swimmers in an event then gold and silver medals will be presented.  If there are 1 or 2 swimmers in an event then a gold medal will be presented.  Please note that in the most common time bands, races may be run over a number of heats with the medals being worked out on the quickest times.  Please explain to your swimmers that although they may place well in their heat, their times will be compared to those from other heats before medals are presented.