

Brent Dolphins Swimming Club
WELCOMES YOU TO THE
NORTH LONDON GRADED LEAGUE GALA
AT
WILLESDEN SPORTS CENTRE
DONNINGTON ROAD, WILLESDEN NW10 3QX
ON 2nd February 2008
WARM-UP 6.30pm START 7.00 PM

COMPETING TEAMS:

Brent
Acton
Clissold
Enfield
Northolt
Waltham Forest

PROGRAMS

ADULTS	£2.50
UNDER 16'S	£1.00

Points are awarded for each event with 1pt for first, 2 pts for second etc.
Upgraded swimmers awarded 1 pt more than the number of teams participating.
No swimmer or disqualification awarded 2 pts more than the number of teams participating.

The team with the lowest points total will be the winner.

Thank you to all the officials, families, friends and swimmers for their participation and support.

Please note that photography, including video and mobile phones, is not permitted without the express permission of the business manager, and signing the log book that is available at the recording table.

Please do not leave your valuables unattended!!!

Thank you for coming and have a safe journey home.

BRENT DOLPHINS SWIMMING CLUB

SAFETY

It is incumbent of everyone to ensure that they are aware of the emergency procedures that will be announced prior to the start of the gala.
We would remind parents and team managers that whilst they are in the building, that the safety of children in their care, outside of the area of the poolside, remains their responsibility at all times.

STARTING/DIVING

The height of the starting blocks at Willesden Sports Centre is 650 mm above the surface of the water. The depth of the water at the deep end is 1.8 metres and at the shallow end 1.0 metre.

It is the responsibility of competitors, team managers and clubs to ensure that all swimmers are competent to the standard of the ASA Competitive Start Award to dive start under the above conditions. If they are not, they must start in the water.

The pool is 25 metres in length and all races will start at the deep end of the pool.

At the end of their race competitors are asked to leave the pool by the sides and not climb out over the end of the pool and the turning boards.

WARM UP

Teams will be allocated a lane prior to the gala to use in their warm up.

DISCIPLINE

We would ask you to remember that you are visitors to this centre and team managers are reminded that they are responsible for the behaviour of the swimmers in their team.

LITTER

Please endeavour to keep the area where your team is located free of litter. Keep everything tidy by taking your rubbish away with you, or place it in the receptacles provided.

PHOTOGRAPHY

In accordance with ASA recommendations we have adopted a policy of only allowing photography, in whatever form, by registration.
Registration must be made at the recording table on poolside.

Event no:	Grade time	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
1: Girls 50m Backstroke	39.7						
2: Boys 50m Backstroke	37.7						
3: Girls 25m Breaststroke	21.8						
4: Boys 25m Breaststroke	21.8						
5: Girls 100m Freestyle	1:13.8						
6: Boys 100m Freestyle	1:10.0						
7: Girls 50m Freestyle	42.0						
8: Boys 50m Freestyle	40.0						
9: Girls 50m Backstroke	46.4						
10: Boys 50m Backstroke	44.4						
<i>Points after 10 events</i>							
11: Girls 4x25m Breaststroke relay	1:32.7						
12: Boys 4x25m Breaststroke relay	1:32.7						
13: Girls 25m Breaststroke	24.6						
14: Boys 25m Breaststroke	24.6						
15: Girls 25m Butterfly	20.2						
16: Boys 25m Butterfly	20.2						
17: Girls 50m Freestyle	33.9						
18: Boys 50m Freestyle	31.9						
19: Girls 4x25m Medley relay	1:23.3						
20: Boys 4x25m Medley relay	1:22.3						
<i>Points after 20 events</i>							
21: Girls 4x50m Freestyle relay	2:36.7						
22: Boys 4x50m Freestyle relay	2:26.7						
23: Girls 50m Breaststroke	46.9						
24: Boys 50m Breaststroke	44.9						
25: Girls 25m Freestyle	16.6						
26: Boys 25m Freestyle	16.6						
27: Girls 25m Backstroke	21.4						
28: Boys 25m Backstroke	21.4						
29: Girls 50m Breaststroke	53.6						
30: Boys 50m Breaststroke	51.6						
<i>Points after 30 events</i>							
31: Girls 4x25m Freestyle relay	1:18.8						
32: Boys 4x25m Freestyle relay	1:18.8						
33: Girls 100m Breaststroke	1:40.8						
34: Boys 100m Breaststroke	1:36.8						
35: Girls 25m Freestyle	19.2						
36: Boys 25m Freestyle	19.2						
37: Girls 25m Backstroke	18.6						
38: Boys 25m Backstroke	18.6						
39: Girls 50m Butterfly	41.1						

40: Boys 50m Butterfly	39.1						
<i>Points after 40 events</i>							
41: Girls 4x25m Freestyle relay	1:14.2						
42: Boys 4x25m Freestyle relay	1:13.7						
43: Girls 4x50m Medley relay	2:56.3						
44: Boys 4x50m Medley relay	2:50.3						
45: Girls 8x25m Freestyle relay	2:28.7						
46: Boys 8x25m Freestyle relay	2:26.7						
FINAL POINTS							
POSITION							

**We wish to thank all officials and spectators for their support at this gala.
We hope you have spent an enjoyable evening and wish you a safe journey home.**