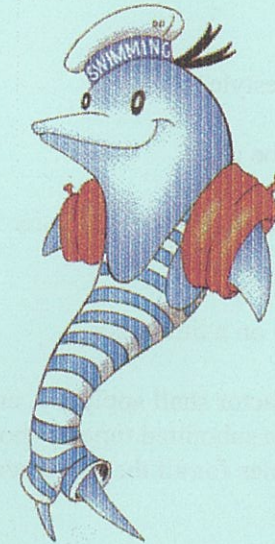


**THE DOLPHIN SWIMMING CLUB**  
**STEVENAGE**



**INTER-CLUB GALA**  
**SATURDAY 18<sup>th</sup> OCTOBER 2008**  
**AT**  
**STEVENAGE SWIMMING CENTRE**  
**ST GEORGE'S WAY, STEVENAGE**

**DOORS OPEN.....6.00pm**

**GALA STARTS.....6.30pm**

**PROGRAMME.....20p**



## NASCH RULES FOR DOLPHIN SWIMMING CLUB GALAS

1. Each club may enter 1 swimmer per individual event and 1 team per relay.
2. All events will be freestyle.
3. Swimming aids may be worn.
4. Competitors for junior events will be under 21 years of age on the day of the gala.
5. Handicapping will be on a time basis.
6. A 5% repositioning factor shall apply, i.e. any swimmer whose time is faster than his submitted time by more than 5% of the average submitted times for all the swimmers in that event shall be repositioned.
7. In the interest of safety, all starts shall be in the water.
8. A competitor will be disqualified if
  - a) he leaves the starting line before his "Go" time unless he returns and touches the wall before restarting.
  - b) there is any physical contact with an accompanying swimmer once the competitor has left the poolside until he has touched the wall at the end of the race.
  - c) an accompanying swimmer swims ahead of the competitor or swims into an adjacent lane.
  - d) he uses the lane ropes, pool side or railings to assist his progress.
  - e) in a relay, he loses contact with the poolside before the preceding swimmer has touched the end of the pool.

We welcome members and friends from the following clubs.

Barracuda	Potters Bar	Bar
Dolphins	Stevenage	Dol
Platypus	Hatfield	Plat
Sealions	Watford	SL
Turtles	Ruislip	Tur

<u>Event 1</u>	<u>Junior 1 length</u>	<u>Club</u>	<u>Start time</u>
Lane 1	Alessandro Cordiviola	Bar	Go
Lane 2	Krettibaba Lunitel	SL	0.13
Lane 3	Emily Wareing	Dol	0.25
Lane 4	Joshua Smith	Plat	0.28
Lane 5	Neil Dew	Tur	0.29

<u>Event 2</u>	<u>Ladies 1 length</u>		
Lane 1	Betty Holton	Plat	Go
Lane 2	Sarah Gompertz	Bar	0.29
Lane 3	Karen Hoffmann	Tur	1.06
Lane 4	Pamela Wall	Dol	1.11

<u>Event 3</u>	<u>Mens 1 length</u>		
Lane 1	Gary Pain	Dol	Go
Lane 2	David Gasper	SL	0.04
Lane 3	Paul Boxx	Plat	0.07
Lane 4	Andrew Michaels	Bar	0.08
Lane 5	Gary Lee	Tur	0.18



<u>Event 4</u>	<u>Junior 2 lengths</u>	<u>Club</u>	<u>Start time</u>
Lane 1	Daniel Stamp	Bar	Go
Lane 2	Rhianon Parsons-Bailey	SL	0.30
Lane 3	Matthew Holgate	Dol	0.46
Lane 4	Jack Locket	Tur	1.14
Lane 5	Jonathan Elkhuja	Plat	1.15

<u>Event 5</u>	<u>Ladies 2 lengths</u>		
Lane 1	Anne Rourke	Tur	Go
Lane 2	Tracey Holt	Dol	0.22
Lane 3	Lesley Smale	Plat	0.34
Lane 4	Rebecca Shepherd	Bar	1.07

<u>Event 6</u>	<u>Mens 2 lengths</u>		
Lane 1	Stewart Hayes	Tur	Go
Lane 2	Glen Hatton	Dol	0.29
Lane 3	David Gasper	SL	0.44
Lane 4	Stephen O'Malley	Bar	0.57
Lane 5	James Barton	Plat	1.31

<u>Event 7</u>	<u>Junior 4 lengths</u>		
Lane 1	Luke Armstrong	Plat	Go
Lane 2	James Franklin	Bar	0.09
Lane 3	Tara Mousley	Dol	0.12
Lane 4	Bryce Parsons-Bailey	SL	0.30

<u>Event 8</u>	<u>Ladies 4 lengths</u>	<u>Club</u>	<u>Start time</u>
Lane 1	Wendy Stevens	Plat	Go
Lane 2	Pamela Wall	Dol	0.09
Lane 3	Sue Coffield	Bar	0.24
Lane 4	Erica Beckwith	Tur	1.12

<u>Event 9</u>	<u>Mens 4 lengths</u>		
Lane 1	Gary Lee	Tur	Go
Lane 2	Stuart Brown	Bar	0.06
Lane 3	Kristian Bell	SL	0.11
Lane 4	Paul Emery	Plat	0.16
Lane 5	Alan Juon	Dol	0.28

<u>Event 10</u>	<u>Junior 3X1 relay</u>		
Lane 1	Barracuda		Go
Lane 2	Sealions		0.22
Lane 3	Turtles		1.05
Lane 4	Dolphins		1.06
Lane 5	Platypus		1.10

<u>Event 11</u>	<u>Ladies 3X1 relay</u>		
Lane 1	Dolphins		Go
Lane 2	Barracuda		0.41
Lane 3	Turtles		0.43
Lane 4	Platypus		1.02



<u>Event 12</u>	<u>Mens 3X1 relay</u>	<u>Club</u>	<u>Start time</u>
Lane 1	Turtles		Go
Lane 2	Dolphins		0.01
Lane 3	Barracuda		0.16
Lane 4	Sealions		0.31
Lane 5	Platypus		0.50

<u>Event 13</u>	<u>Diving</u>		
1	Andrew Michaels	Bar	
2	Tara Mousley	Dol	
3	Ann Redstone	Plat	
4	TBA	SL	
5	Karen Hoffmann	Tur	

Refreshments will be available after the gala.

Please support our raffle which helps to fund these refreshments avoiding a drain on Club resources.

The presentation of medals and of the Dolphin Trophy will be made by our guests, the Mayor and Mayoress of Stevenage, Councillor Michael and Mrs Deborah Patston.

### TIME HANDICAPPING

The System is simple and has been designed to give every handicapped person the opportunity to swim competitively with an equal chance to win. The System does not discriminate between physically and mentally handicapped people, nor indeed does it discriminate between types of physical handicap or performance (speed) of swimmers and using this System the most severely handicapped people can compete on equal terms with those who have a slight handicap and may be much faster swimmers. It follows of course that by using this System both handicapped and non-handicapped people could compete together on equal terms.

### ACKNOWLEDGEMENTS

**This gala has been sponsored by Sport Stevenage.**

Our thanks to all who have helped at this gala, including the Manager and Staff of the Swimming Centre.

We hope you enjoy your evening.  
Thank you for your support.