



St Hugh's Set Swimming Gala

Monday 13th March 2023



**St Hugh's
School**
Woodhall Spa

Good afternoon,

Welcome to our Annual Intra-School Swimming Gala. This year I have had the privilege of being swimming captain. In this role, I have been helping with the Junior Swim Squad and I can't wait to see everyone swim today!

Every pupil in Year 3-6 will swim in a minimum of two individual events and a relay. We have also had the opportunity to qualify for the Individual Medley in our respective age groups. Heats have taken place in class time and results will be on a heat declared winner basis (HDW). A medal will be awarded to the fastest time in each event. Set points will be awarded to each set based on performance, and I am sure they will be as competitive as ever....let the best set win!

Enjoy yourself and remember that the focus of this event is to **experience** competitive swimming in a familiar environment. We only learn and get better through making mistakes, so **KEEP CALM AND SWIM ON!**

Annabelle

St Hugh's Swimming Captain



If your child would like to continue their swimming journey beyond St Hugh's, there are some great competitive swimming clubs in our local area.

Swimming Club	Training Location	Contact
<p>Louth Dolphins</p> 	<p>Meridian Leisure Centre, Louth</p>	<p>enquiries@louth-dolphins.org.uk</p>
<p>Lincoln Vulcans</p> 	<p>Priory City School, Lincoln One NK Leisure Centre, Lincoln Yarborough Leisure Centre, Lincoln</p>	<p>d.hendel@ntlworld.com</p>
<p>City of Lincoln Pentaqua</p> 	<p>Lincoln Christ's Hospital School, Lincoln One NK Leisure Centre, Lincoln Yarborough Leisure Centre, Lincoln</p>	<p>membership@pentaqua.org</p>
<p>Grantham Swim Club</p> 	<p>Grantham Meres Leisure Centre, Grantham</p>	<p>membership.granthamsc@gmail.com</p>

SET TEAMS

RED SET		WHITE SET		BLUE SET	
6	Charles		Rupert	6	Millie
6	Elias	6	Michelle	6	Megan
6	Annabelle	6	William L	6	William C
6	Olivia	6	Jemima	6	Max
6	Austin-James	6	Charlie	6	Ela
6	Alicia	6	Fergus	6	Toby
6	Kitty	5	India	6	Euan
5	George	5	Lulu	5	Edward
5	Noah	5	Tabitha	5	James
5	Sam	5	Rory	5	Holden
5	Charlotte	5	Joshua	4	Thomas
5	Ellis	4	Sebastian	4	Agatha
4	Emily	4	Olivia	4	Edmund
4	Arabella	4	Rosie	4	April
4	Edward J	4	Joshua	4	Tara
4	Coco	4	Penelope	4	Rory
4	Callan	3	Beau	4	Tallulah
4	Annabelle L	3	Harriet	4	Alistair
3	Hetty	3	Maddie	3	Verity
3	Olivia	3	Elijah	3	George
3	George P			3	Edward P
3	Edward R			3	Faith

WARM UP SCHEDULE

1.55-2.05pm

U9 RED SET

LANE 1	LANE 2	LANE 3	LANE 4
Edward R	Hetty	Olivia	Annabelle
George P	Coco	Emily	Callan
	Arabella	Edward J	

U9 BLUE SET

LANE 1	LANE 2	LANE 3	LANE 4
Edmund	George C	April	Agatha
Tara	Rory	Faith	Alistair
	Tallulah	Verity	Edward P

U9 WHITE SET

LANE 1	LANE 2	LANE 3	LANE 4
Elijah	Penelope	Rosie	Beau
Maddie	Sebastian	Harriet	Olivia
	Joshua		

2.05-2.15pm

U11 RED SET

LANE 1	LANE 2	LANE 3	LANE 4
Austin-James	Annabelle	Kitty	Elias
Ellis	Charlotte	Charles	Sam
Noah	Alicia	George	Olivia

U11 BLUE SET

LANE 1	LANE 2	LANE 3	LANE 4
Ela	Megan B	Euan P	James
Holden	William C	Max	Edward
	Millie	Thomas	Toby O

U11 WHITE SET

LANE 1	LANE 2	LANE 3	LANE 4
Joshua	Charlie	Michelle	India
Jemima	William L	Rupert	Fergus
	Tabitha		

PROGRAMME OF EVENTS - INDIVIDUAL EVENTS

Event No.	Event	Lane	Competitor
1	U9 Girls 3x1 Individual Medley	1	Harriet (QT 1.15.23)
	Backstroke, Breaststroke, Freestyle	2	Penelope (QT 1.01.56)
		3	Coco (QT 1.10.87)
		4	Rosie (QT 1.28.42)
	Reserve 1		Verity (QT 1.29.76)
	Reserve 2		April (QT 1.35.34)
	2	U9 Boys 3x1 Individual Medley	1
Backstroke, Breaststroke, Freestyle		2	Joshua (QT 1.06.42)
		3	Sebastian (QT 1.10.68)
		4	Edward J (QT 1.14.98)
Reserve 1			Rory (QT 1.15.38)
Reserve 2			Beau (QT 1.19.45)
3		U11 Girls 4x1 Individual Medley	1
	Butterfly, Backstroke, Breaststroke, Freestyle	2	Annabelle 1.01.03
		3	Charlotte 1.04.84
		4	Megan 1.16.281
	Reserve 1		Kitty 1.22.34
	Reserve 2		Tabitha 1.22.87
	4	U11 Boys 4x1 Individual Medley	1
Butterfly, Backstroke, Breaststroke, Freestyle		2	Charlie T 1.08.98
		3	William C 1.09.81
		4	George C 1.24.30
Reserve 1			Will L 1.37.85
Reserve 2			Sam H 1.43.53
MEDAL & TROPHY PRESENTATION - INDIVIDUAL MEDLEY			
5	U9 Girls 1 length Backstroke		
	Heat 1	1	April
		2	Coco
		3	Tallulah
		4	Rosie
	Heat 2	1	Hetty
		2	Verity
		3	Arabella
		4	Faith
	Heat 3	1	Annabelle
	2	Tara	
	3	Agatha	
	4	Emily	

Event No.	Event	Lane	Competitor
6	U9 Boys 1 length Backstroke		
	Heat 1	1	-
		2	George C
		3	Seb
		4	Beau
	Heat 2	1	Callan
		2	Alistair
		3	-
		4	Eiljah
	Heat 3	1	Edward R
		2	Edmund
		3	-
		4	George P
7	U11 Girls 2 lengths Backstroke		
	Heat 1	1	-
		2	Kitty
		3	Charlotte
		4	Tabitha
	Heat 2	1	-
		2	Michelle
		3	India
		4	Ela
8	U11 Boys 2 lengths Backstroke		
	Heat 1	1	Elias
		2	Charlie
		3	Toby
		4	George
	Heat 2	1	Austin-James
		2	Joshua
		3	Sam
		4	James
	1 length		
	Heat 3	1	Ellis
		2	-
		3	-
		4	Holden
MEDAL PRESENTATION - BACKSTROKE			

Event No.	Event	Lane	Competitor
9	U9 Girls 1 length Breaststroke	1	-
	Heat 1	2	Penelope
		3	Harriet
		4	Olivia A
	Heat 2	1	Annabelle
		2	Maddie
		3	-
		4	Olivia B
10	U9 Boys 1 length Breaststroke		
	Heat 1	1	Rory
		2	Joshua
		3	Edward J
		4	Edward P
11	U11 Girls 2 lengths Breaststroke		
	Heat 1	1	Kitty
		2	Annabelle
		3	Alicia
		4	Megan
	Heat 2	1	Jemima
		2	Millie
		3	India
		4	Olivia
12	U11 Boys 2 lengths Breaststroke		
	Heat 1	1	-
		2	William C
		3	Euan
		4	William L
	Heat 2	1	-
		2	Edward
		3	Thomas
		4	Rupert
	Heat 3	1	-
		2	Fergus
		3	Max
		4	Noah

Event No.	Event	Lane	Competitor
13	U11 Boys 1 length Butterfly	1	-
		2	Charles
		3	Sam
		4	Elias
MEDAL PRESENTATION - BREASTROKE & BUTTERFLY			
14	U9 Girls 1 length Front Crawl		
	Heat 1	1	Coco
		2	Penelope
		3	Harriet
		4	Olivia A
	Heat 2	1	Tallulah
		2	Arabella
		3	Rosie
		4	April
	Heat 3	1	Hetty
		2	Faith
		3	Verity
		4	Agatha
	Heat 4	1	Tara
		2	Olivia B
		3	Emily
		4	Maddie

Event No.	Event	Lane	Competitor
15	U9 Boys 1 length Front Crawl		
	Heat 1	1	George C
		2	Sebastian
		3	Joshua
		4	Edward J
	Heat 2	1	-
		2	Rory
		3	Beau
		4	Alistair
	Heat 3	1	-
		2	Edward P
		3	Edmund
		4	Elijah
	Heat 4	1	Callan
		2	George P
		3	-
		4	Edward R
16	U11 Girls 2 lengths Front Crawl		
	Heat 1	1	Alicia
		2	Annabelle
		3	Charlotte
		4	Megan
	Heat 2	1	-
		2	Millie
		3	Michelle
		4	Tabitha
	Heat 3	1	-
		2	Jemima
		3	Ela
		4	Olivia

Event No.	Event	Lane	Competitor
17	U11 Boys 2 length Front Crawl		
	Heat 1	1	William C
		2	Charlie
		3	George
		4	Charles B
	Heat 2	1	Euan
		2	Toby
		3	William L
		4	Elias
	Heat 3	1	Fergus
		2	Rupert
		3	Max
		4	Joshua
	Heat 4	1	James
		2	Thomas
		3	Edward
		4	Austin-James
	Heat 5 (1 length)	1	Ellis
		2	Noah
		3	-
		4	Holden
MEDAL PRESENTATION - FRONT CRAWL			

PROGRAMME OF EVENTS - RELAYS

Event No.	Event	Lane	TEAM	Competitors
18	U9 Mixed 4 x 1 Freestyle Relay	1	RED	Coco, Edward, Hetty, Arabella
		2	WHITE	Penelope, Seb, Joshua, Harriet
		4	BLUE	George, Rory, Tallulah, April
19	U9 Mixed 8 x 1 Freestyle Relay	1	RED	Callan, Emily, Annabelle, George P, Edward R, Olivia A
		2	WHITE	Olivia, Rosie, Maddie, Beau
		4	BLUE	Faith, Verity, Edmund, Agatha, Alistair, Edmund, Elijah, Tara
20	U11 Mixed 4 x 1 Freestyle Relay	1	RED	Charlotte, George, Annabelle, Alicia
		2	WHITE	Charlie, Michelle, William L, Tabitha
		4	BLUE	Megan, Millie, Max, William C
21	U1 Mixed 8 x 1 Freestyle Relay	1	RED	Charles, Noah, Sam, Ellis, Kitty, Austin-James, Olivia, Elias
		2	WHITE	Rupert, Fergus, India, Joshua
		4	BLUE	Euan, Thomas, Holden, Edward, Ela, James
22	U9 Mixed 4 x 1 Medley Relay	1	RED	Coco, Edward J, Hetty, Arabella
	Back, Breast, Free, Free	2	WHITE	Penelope, Joshua, Harriet, Sebastian
		3	BLUE	George, Rory, April, Tallulah
23	U1 Mixed 4 x 1 Medley Relay	1	RED	Charles, Charlotte, Annabelle, Kitty
	Back, Breast, Butterfly, Free	2	WHITE	Michelle, William L, Charlie, Tabitha
		3	BLUE	Millie, William C, Megan B., Max

Swimming @ St Hugh's

My swimming journey

Name: _____ Age: _____

Photo of me

Skills and Traits:

- I can... enter the water safely with support
- I can... perform a hand entry independently
- I am... a team player
- I can... use the stairs
- I can... perform a push and glide on my front
- I can... float on my back with support
- I can... jump in and return to the wall
- I can... use the stairs
- I can... perform a push and glide on my back
- I can... float on my back with support
- I can... jump in and submerge
- I can... come out independently
- I can... perform a star float unaided
- I can... jump in with support
- I can... perform a mushroom float
- I can... splash my face with water
- I can... perform a push and glide on my back
- I can... perform a star float unaided
- I can... splash my face with water
- I can... blow bubbles on the surface
- I can... perform a star float unaided
- I can... swim with my face in the water
- I can... perform 3 rhythmic strokes
- I can... perform a push and glide on my back
- I can... perform a star float unaided
- I like... a challenge
- I am... reflective
- I can... swim a length on my front
- I can... travel on my back with an aid
- I can... turn 360 degrees
- I can... rotate from front to back
- I can... swim all by myself
- I can... travel on my front with an aid
- I can... rotate from front to back
- I can... swim through a hoop
- I can... rotate from back to front
- I can... swim a length on my front independently
- I can... travel on my back independently
- I am... creative
- I am... curious

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