



**Exmouth Swimming and Life Saving Society 2023  
Competitive and Development Section**

Month	Date	Form of entry	Closing date	Event	Venue	Entered
<b>March</b>	31st			Last Swimming Session before Easter Break		
<b>April</b>	15th			Dawlish Ribbon Gala	Trinity School, Teignmouth TQ14 8LY	
	17 <sup>th</sup>			Swimming Resumes		
<b>May</b>	1 <sup>st</sup>			No swimming – Bank Holiday		
	8 <sup>th</sup>			No swimming – Bank Holiday		
	29 <sup>th</sup>			No swimming – Bank holiday		
<b>June</b>	10th	Self (QT) Cat2	TBA	Devon County Development Gala	Plymouth Life Centre 12.30 warm up	
	11th	Self (QT) Cat2	TBA	Devon County Development Gala	Plymouth Life Centre 12.00 warm up	
	17 <sup>th</sup> ?	Self (QT) Cat2	TBA	Devon County Development Gala	Plymouth Life Centre 12.30 warm up	
	18th	Self (QT) Cat2	TBA	Devon County Development Gala	Plymouth Life Centre 12.00 warm up	
	24th	Head Coach	TBA	East Devon Mini League 18 and under (Relay gala)	LED 1.30 pm	
<b>July</b>	2nd	Self	TBA	Coronation Gala	LED 3.00pm	
	31st	Self	NA	Time Trials; free for swimmers normally swimming £2 for others	LED 7.30pm	
<b>August</b>	11 <sup>th</sup>			Last swimming Session before Summer Break		
<b>September</b>	4 <sup>th</sup>			Swimming Resumes		
<b>October</b>	1st	Head Coach	TBA	East Devon Mini League 15 and under	LED 3.00pm	
	2nd	Self	TBA	Club Championships; 11 and over; 1500m Freestyle	LED 7.30pm	

	4th	Self	TBA	Club Championships; 11 and over; 800m Freestyle	LED 6.45 pm	
	16th	Self	TBA	Club Championships; All; 100m Butterfly; 200m Backstroke	LED 7.30pm	
	18th	Self	TBA	Club Championships; All; 100m Backstroke' 100m Breaststroke	LED 6.45 pm	
	30th	Self	TBA	Club Championships; All 400m Freestyle	LED 7.30pm	
<b>November</b>	1st	Self	TBA	Club Championships; 400m Ind Medley; 100m Freestyle	LED 6.45 pm	
	13th	Self	TBA	Club Championships; 200m Freestyle; 200m Breaststroke	LED 7.30 pm	
	15th	Self	TBA	Club Championships; 200m Butterfly; 200m Ind Medley	LED 6.45 pm	
	19 <sup>th</sup>	Self	TBA	Club Championships; 100m Ind Medley; 50m Breaststroke; 50m Backstroke; 50m Freestyle; 50m Butterfly (order may change) + Medley Skins (perhaps)	LED 3.00pm	
<b>December</b>	10 <sup>th</sup>	Self	TBA	Christmas Cracker 9u to Open	LED 3.00pm	
	18 <sup>th</sup>			Last Swimming Session before Christmas Break		

#### Explanatory Notes:

- Form of entry: Head Coach = Head Coach selects the team from available swimmers; Self = you chose to enter event; form submitted to ES and LSS
- Cat2 = ASA Club Compete membership required; Qualifying time: normally must have a time the same as or faster than time listed; occasionally time is "no faster than" or "slower than"
- LC =Long Course 50m/SC=Short course 25m
- Red = ESLSS Club Champs/Fund-raising gala
- Dark Blue = Home Galas
- Turquoise = Time Trial
- Pale Orange = East Devon Mini League
- Light Purple = Open Event
- Green = Open Event; ideal for those swimmers new to competitions
- Maroon = Open event; low level gala; suitable for those wanting to experience a swimming competition slightly higher than "new to competitions"
- Ginger = Open event more suitable for experienced swimmers
- Yellow = Club Information
- Pink= Away Gala
- Purple = Devon County events