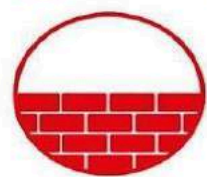




Year 3-6 Set Swimming Gala

Monday 25th March
2024



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 Year 6 swimming captain. In this role, I have been helping with the Junior Swimmers 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!**



Charlotte Jay
St Hugh's Y6 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>

WARM UP SCHEDULE

1.45pm-1.55pm

U9 RED SET

LANE 1	LANE 2	LANE 3	LANE 4
George P	Gio C	Harry L	Taylor T
Hetty C	Beatrix K	Libby H	Olivia B
Willow G	George G	Sophia L	Bonnie W

U9 BLUE SET

LANE 1	LANE 2	LANE 3	LANE 4
William B	Verity B	Faith S	Joseph F-S
Anna P	George C	Niya C	Jonty H
Annie F	Ralph J-B	Abi B	Maya P
Edward P	Harvey K		

U9 WHITE SET

LANE 1	LANE 2	LANE 3	LANE 4
Hugo H-S	Harriet T	Joshua M	Charlie S
Freddie S	Beau B-W	Cecily T	Maddie L
Emilia S	Hollie F	Annabelle B	Florence S

1.55pm-2.10pm

U11 RED SET

LANE 1	LANE 2	LANE 3	LANE 4
Annabelle L	Charlotte J	Coco W	Callun N
Emily G	George C	Edward J	Noah G
	Sam H	Arabella G	Ellis R-R

U11 BLUE SET

LANE 1	LANE 2	LANE 3	LANE 4
Tara P	Rory P	James F	Edward B
Agatha C (absent)	Tallulah J-B	Alastair O	Edmund S
	April S	Genevieve C	

U11 WHITE SET

LANE 1	LANE 2	LANE 3	LANE 4
Camilla T	Tabitha H-S	Penelope L	Joshua N
Oliva A	Joshua F	Rosie F	Seb F
	Henry E		

2.10pm-2.20pm

U13 MIXED SETS

LANE 1	LANE 2	LANE 3	LANE 4
William C	Annabelle	Charlotte	Kitty W
Charles B	Alicia	Charlie	Toby

PROGRAMME OF EVENTS - INDIVIDUAL EVENTS

Event No.	Event	Lane	Competitor
1	U13 Girls 4x1 Individual Medley	1	Alicia T, Louth Dolphins (QT - 1.02.1)
	Butterfly, Backstroke, Breaststroke, Freestyle	2	Annabelle J, Grantham SC (QT - 50.5)
	<i>School Record: Rhiannon Thomas, 58.61 (2017)</i>	3	Charlotte T, Lincoln Vulcans
		4	Kitty W (QT - 1.16.6)
2	U13 Boys 4x1 Individual Medley	1	Charles B
	Butterfly, Backstroke, Breaststroke, Freestyle	2	Charlie T (QT - 1.09.8)
	<i>School Record: Henry Hargreaves, 57.69 (2018)</i>	3	William C (QT - 1.11.2)
		4	Toby O (QT - 1.15.0s)
3	U11 Girls 4x1 Individual Medley	1	Charlotte J, Grantham SC (QT - 58.9)
	Butterfly, Backstroke, Breaststroke, Freestyle	2	Tabitha H-S (QT - 1.12.1s)
	<i>School Record: Annabelle Jay, 56.10 (2023)</i>	3	Rosie F, Louth Dolphins (QT - 1.25.6)
		4	Penelope L (QT - 1.26.6)
	<i>Reserve 1</i>		<i>Coco W (QT - 1.31.5)</i>
4	U11 Boys 4x1 Individual Medley	1	Henry E, Louth Dolphins (QT - 1.12.8)
	Butterfly, Backstroke, Breaststroke, Freestyle	2	Joshua F, Lincoln Vulcans (QT - 1.14.0)
	<i>School Record: Harry Milne, 58.88 (2018)</i>	3	George C (QT - 1.21.3)
		4	Edward J (QT - 1.31.3)
	<i>Reserve 1</i>		<i>Sebastian F (QT - 1.32.4)</i>
5	U9 Girls 3x1 Individual Medley	1	Verity B (QT - 1.11.60)
	Backstroke, Breaststroke, Freestyle	2	Hollie F, Lincoln Vulcans (QT - 1.00.9)
	<i>School Record: Annalise Kingsley, 48.62 (2001)</i>	3	Harriet T (QT - 1.01.8)
		4	Annabelle B (QT - 1.13.5)
	<i>Reserve 1</i>		<i>Emilia S (QT - 1.20.2)</i>
6	U9 Boys 3x1 Individual Medley	1	George C (QT - 1.03.81)
	Backstroke, Breaststroke, Freestyle	2	Beau B-W (QT - 1.10.2)
	<i>School Record: Bobby East, 36.35 (2000)</i>	3	Ralph J-B (QT - 1.10.8)
		4	Joshua M (QT - 1.12.6)
	<i>Reserve 1</i>		<i>Harvey K (QT - 1.15.5)</i>
MEDAL & TROPHY PRESENTATION - INDIVIDUAL MEDLEY (1st, 2nd & 3rd)			
7	U9 Girls 1 length Backstroke		<i>School Record: Lily Craven, 14.24 (2009)</i>
	Heat 1	1	Bonnie W
		2	Anna P
		3	-
		4	Florence S
	Heat 2	1	Hetty C
		2	Abi B
		3	Cecily T
		4	Annie F

	Heat 3	1	Libby H
		2	Harriet T
		3	Hollie F
		4	Faith S
Event No.	Event	Lane	Competitor
8	U9 Boys 1 length Backstroke		<i>School Record: Bobby East, 12.42 (2001)</i>
	Heat 1	1	Taylor T
		2	Hugo H-S
		3	George P
		4	George G
	Heat 2	1	Jonty H
		2	Charlie S
		3	-
		4	Joseph F-S
	Heat 3	1	Harry L
		2	George C
		3	Ralph J-B
		4	Beau B-W
9	U11 Girls 2 lengths Backstroke		<i>School Record: Helena Field, 26.41 (2019)</i>
	Heat 1	1	Annabelle L
		2	Emily G
		3	Tara P
		4	-
	Heat 2	1	April S
		2	Genevieve C
		3	Tallulah J-B
		4	Camilla T
	Heat 3	1	Rosie F
		2	Tabitha H-S
		3	Coco W
		4	Arabella G
10	U11 Boys 2 lengths Backstroke		<i>School Record: Andrew Waston, 25.32 (2007)</i>
	Heat 1	1	Edmund S
		2	Sebastian F
		3	Alastair O
		4	Ellis R-R

	Heat 2	1	Joshua N
		2	George C
		3	Henry E
MEDAL PRESENTATION - BACKSTROKE (Fastest time across the event)			

Event No.	Event	Lane	Competitor
11	U9 Girls 1 length Breaststroke		<i>School Record: Isabelle Lewis, 15.24 (2011)</i>
	Heat 1	1	Willow G
		2	Sophia L
		3	Beatrix K
		4	Maya P
	Heat 2	1	Olivia B
		2	Anna P
		3	Niya C
		4	Libby H
	Heat 3	1	Maddie L
		2	Annabelle B
		3	Verity B
		4	Emilia S
12	U9 Boys 1 length Breaststroke		<i>School Record: George Nelstrop, 15.08 (2011)</i>
	Heat 1	1	Harry L
		2	Freddie S
		3	-
		4	William B
	Heat 2	1	Josh M
		2	Gio C
		3	Edward P
		4	Harvey K
13	U11 Girls 2 lengths Breaststroke		<i>School Record: Annabelle Jay, 28.87 (2023)</i>
	Heat 1	1	Tara P
		2	Annabelle L
		3	Olivia A
		4	-
	Heat 2	1	Tabitha H-S
		2	Charlotte J
		3	Penelope L
		4	Coco W

14	U11 Boys 2 lengths Breaststroke		<i>School Record: Thomas Harrop, 28.41 (2010)</i>
	Heat 1	1	Callun N
		2	Noah G
		3	Edward B
		4	James F
	Heat 2	1	Sam H
		2	Joshua F
		3	Edward J
		4	Rory P
MEDAL PRESENTATION - BREASTROKE (Fastest time across the event)			
Event No.	Event	Lane	Competitor
15	U9 Girls 1 length Front Crawl		<i>School Record: Lily Craven, 11.10 (2009)</i>
	Heat 1	1	Florence S
		2	Olivia B
		3	-
		4	Bonnie W
	Heat 2	1	Willow G
		2	Sophia L
		3	Annie F
		4	Maya P
	Heat 3	1	Abi B
		2	Cecily T
		3	Maddie L
		4	Beatrix K
	Heat 4	1	Hetty C
		2	Annabelle B
		3	Verity B
		4	Niya C
	Heat 5	1	Hollie F
		2	Harriet T
		3	Faith S
		4	Emilia S

Event No.	Event	Lane	Competitor
16	U9 Boys 1 length Front Crawl		<i>School Record: Bobby East, 10.16 (2001)</i>
	Heat 1	1	Taylor T
		2	Jonty H
		3	Hugo H-S
		4	Joseph F-S

	Heat 2	1	William B
		2	George P
		3	Edward P
		4	George G
	Heat 3	1	Gio C
		2	Joshua M
		3	Ralph J-B
		4	Charlie S
	Heat 4	1	Beau B-W
		2	George C
		3	Harvey K
		4	Freddie S
17	U11 Girls 2 lengths Front Crawl		<i>School Record: Annabelle Jay, 21.15 (2023)</i>
	Heat 1	1	-
		2	Genevieve C
		3	April S
		4	Emily G
	Heat 2	1	Camilla T
		2	Arabella G
		3	Olivia A
		4	-
	Heat 3	1	Rosie F
		2	Charlotte J
		3	Penelope L
		4	Tallulah J-B

Event No.	Event	Lane	Competitor
18	U11 Boys 2 length Front Crawl		<i>School Record: Harry Milne, 21.65 (2019)</i>
	Heat 1	1	Ellis R-R
		2	Noah G
		3	-
		4	Edmund S
	Heat 2	1	Callun N
		2	Rory P
		3	Alastair O
		4	Edward B

	Heat 3	1	Sebastian F
		2	Sam H
		3	Joshua N
		4	James F
	Heat 4	1	Henry E
		2	George C
		3	Joshua F
		4	Edward J
MEDAL PRESENTATION - FRONT CRAWL (Fastest time across the event)			

PROGRAMME OF EVENTS - RELAYS

Event No.	Event	Lane	TEAM	Competitors
19	U9A Mixed 4 x 1 Freestyle Relay	1	RED	Gio C, Libby H, Harry L, Hetty C
		2	WHITE	Harriet, Beau B-W, Josh M, Hollie F
		4	BLUE	George C, Ralph J-B, Faith S, Harvey K
20	U9B Mixed 5 x 1 Freestyle Relay	1	RED	Beatrix, George G, Olivia B , George P
		2	WHITE	Freddie, Charlie,Cecily ,Emilia,Annabelle
		4	BLUE	William,Niya,Abigail,,Edward P ,Verity
21	U9C Mixed 5 x 1 Freestyle Relay	1	RED	Bonnie, Taylor, Willow, Sophia, Olivia B
		2	WHITE	Florence,Hugo,Maddie, Cecily, Charlie
		4	BLUE	Jonty, Joseph, Annie, Maya, Anna
22	U11A Mixed 4 x 1 Freestyle Relay	1	RED	Charlotte J, Sam H, Edward J, George C
		2	WHITE	Tabitha H-S, Henry E, Penelope L, Josh F
		4	BLUE	Rory P, Tallulah J-B, Genevieve, James F
23	U11B Mixed 7 x 1 Freestyle Relay	1	RED	Coco, Arabella, Callan,Annabelle, Emily, Ellis, Noah
		2	WHITE	Sebastian, Rosie , Camilla, Sebastian , Olivia, Joshua, Rosie
		4	BLUE	Alastair, April , Edmund, Alastair , Tara, Edward B, April
24	U9 Mixed 4 x 1 Medley Relay	1	RED	Libby, Gio, Hetty, Beatrix
	Back, Breast, Free, Free	2	WHITE	Hollie, Annabelle, Beau, Harriet
		3	BLUE	Ralph, Verity, Faith, George
25	U11 Mixed 4 x 1 Medley Relay	1	RED	Coco, Edward J, Charlotte, George
	Back, Breast, Butterfly, Free	2	WHITE	Tabitha, Penelope, Henry, Joshua F
		3	BLUE	Genevieve, Rory, April, Tallulah

Swimming @ St Hugh's

My swimming journey

Name: _____ Age: _____

Photo of me

Activities:

- I can... enter the water safely with support
- I can... perform a dorsal entry independently
- I can... use the stairs
- I can... jump in and return to the wall
- I can... jump in and submerge
- I can... jump in with support
- I can... come out independently
- I can... splash my face with water
- I can... submerge with my face in the water
- I can... submerge with water shower overhead
- I can... splash my face with water
- I can... submerge with my face in the water
- I can... perform 3 rhythmic strokes
- I can... swim 200 metres
- I can... ride from front to back
- I can... swim through a hoop
- I can... submerge from back to front
- I can... perform a push and glide on my front
- I can... perform a star float unaided
- I can... perform a star float unaided
- I can... perform a mushroom float
- I can... swim a length in the water to look for fish
- I can... swim a length on my front
- I can... tread on my back with no aid
- I can... tread on my back with no aid
- I can... tread on my front with no aid
- I can... tread on my front with no aid
- I can... tread on my front independently
- I can... tread on my back independently

Personality Traits:

- I am... a team player
- I can... persevere
- I like... a challenge
- I am... reflective
- I am... independent
- I am... creative
- I am... curious

St Hugh's School
Woodhall Spa









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