

English Schools' Swimming Association East/South East Divisions

Affiliated to ESSA and ASA East Region
Schools are automatically affiliated to ESSA.

Individual Championships for children in school years 5 and 6

Held under ASA Laws & ASA Technical Rules of Swimming

Suitable for school team swimmers and club swimmers

Friday 23rd November 2018

Warm up 7pm – start 7:30pm

**Woodside Leisure Centre, Horseshoe Lane, Watford,
Herts WD28 7HH**

Medals will be presented for 1st, 2nd & 3rd places in each age group event

Entry forms are also available at www.essa-schoolswimming.com
(Click on 'ESSA Divisions' then either 'East' or 'South East')

Entry fee £5.00 per race

Please note - Minimum entry times				
<u>Event</u>	<u>Year 5 Girls</u>	<u>Year 6 Girls</u>	<u>Year 5 Boys</u>	<u>Year 6 Boys</u>
50m Freestyle	42.00	38.00	45.00	40.00
100m Individual Medley	1.45.00	1.40.00	1.55.00	1.40.00
50m Breaststroke	56.00	52.00	59.00	55.00
50m Butterfly	50.00	49.00	59.00	50.00
50m Backstroke	54.00	47.00	54.00	50.00

Parents/Guardians please read all the information on the entry form carefully.

1. Entries will **not** be accepted for an event if an entry time is not submitted for that event.
2. Submitted times on entry forms are subject to random verification through all available sources.
3. There will be a pre-determined number of heats for each event due to gala run-time constraints.
4. The promoter exercises the right to reject entries in the event the competition is oversubscribed so achieving an entry time for an event does not necessarily guarantee acceptance to this competition.
5. All correspondence, whether acceptance or not, will be via email.
6. Acceptance emails will not be sent until after entries have closed
7. All events will be Heat Declared Winner.
8. Competitors must have reached the standard of the ASA competitive Start Award to dive from the blocks.

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ENTRY FORM

Please use Block Capitals and complete all the fields

Full Name		D.O.B	
		Male	Female
School		School Year	
		Five	Six
Home address		Phone(s)	
 Please write email address clearly as all communication will be by email		Swimming club	

Please refer to mandatory minimum entry times and indicate the events you wish to enter in the table below by writing entry times CLEARLY.
Please note: Failure to enter an entry time will result in that entry being rejected.

50m Backstroke		50m Butterfly	
50m Breaststroke		50m Freestyle	
100m Individual Medley (4 x 25m)			

Total number of races @ £5 each =	Please make cheques payable to: 'Herts Schools' Swimming Association'
Signature of Parent	Date

Please return your entry form **by 9th November 2018**

to Mrs Zoë McQuire,
ESSA Entries

41 Harford Drive, Watford, WD17 3DQ

Or by Email to: primary.essa@gmail.com

Tel: 07729 800923.

Rec		PR		# events		#	
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