

English Schools' Swimming Association East/South East Divisions

Affiliated to ESSA and ASA East Region

All 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 17th November 2017

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

Minimum entry times				
Event	Year 5 Girls	Year 6 Girls	Year 5 Boys	Year 6 Boys
50m Freestyle	42.00	38.00	45.00	40.00
100m Individual Medley	1.45.00	1.40.00	1.50.00	1.40.00
50m Breaststroke	56.00	52.00	56.00	55.00
50m Butterfly	50.00	49.00	58.00	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.
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 communication concerning acceptance or not will be via email.
6. Entries received after the cut-off date may not be accepted.
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 or the ASA Preliminary Start Award to dive from poolside.

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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 communication will be by email		Swimming club – if a member	

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

Please refer to mandatory minimum entry times.

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'
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Signature of Parent	Date
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Please return your entry form **NO LATER** than **3rd November 2017** to

Mrs Zoë McQuire,
ESSA Entries
41 Harford Drive, Watford, WD17 3DQ
Tel: 07729 800923. Email: primary.essa@gmail.com

Rec:	ACO Y / N	#	PR	Ent	Pgm
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