

ESSA EAST/SOUTH EAST DIVISION

Affiliated to ESSA

INDIVIDUAL CHAMPIONSHIPS for PRIMARY SCHOOL CHILDREN

Held under ASA Laws & ASA Technical Rules of Swimming

For School Years 5 and 6

*(Suitable for school team swimmers and club swimmers **only**)*

Friday 23rd November 2012

Warm Up 6.30pm – Start 7.00pm

Venue: Woodside Leisure Centre, Horseshoe Lane,
Watford, Herts. WD25 7HH

Medals for all event winners. Certificates for 1st, 2nd & 3rd places

Open to all pupils at ESSA affiliated Primary Schools

School **MUST** be affiliated to ESSA through their County
Swimming Association or directly.

Entry forms available at your school or from the ESSA website:
www.essa-schoolswimming.com (Enter site, then Click on either 'East' or
'South East' Division)

There is an entry fee of £3.00 per event

*Cheques **MUST** be made payable to:
Herts Schools Swimming Association*

Competitors, you must have reached the standard of the ASA Competitive Start Award before using the blocks or the ASA Preliminary Start Award before diving off the poolside. If you have not achieved either of these then you must start in the water.

Parents and Teachers please read the information on the entry form carefully.

PRIMARY INDIVIDUAL CHAMPIONSHIPS 2012

ENTRY FORM

Under ASA Laws and ASA Technical Rules of Swimming

23rd November 2012 Woodside Leisure Centre, Watford, Herts, WD25 7HH

Swimmer's name:..... **Sex:** Male/Female **DoB:**.....

Please complete all aspects of this form clearly in black ink

Home address:.....

..... **Tel. No.:**.....

Parental email address:

Please ensure email address is written legibly

School name and address:.....

.....

Name of Swimming Club (if attended)

Year 5 / Year 6 – *Circle correct School Year*

School Year as of 1st September 2012

Entry times you wish to be considered (*all 4 strokes are raced over 50m*)

Entries cannot be accepted without submitted times.

Backstroke.....**Breaststroke**.....

Butterfly.....**Freestyle**.....

Ind. Med: 4 x 25m.....

State length of swim when providing times above - eg 50m or 100m

If you are entering more than one event indicate order of preference. If more than 8 swimmers are accepted for an event, 2 or more heats will be swum. Events will be Heat Declared Winner.

Please return form to: Nigel Brand – Secretary, Bucks Schools Swimming Association, 1 The Chase, Chesham, Bucks. HP5 2DW by Monday, 12th November 2012 enclosing a cheque for the correct amount made payable to: 'Herts Schools Swimming Association'

I would prefer to contact you by email re acceptance (or not) of your entry. If you do not have an email address please enclose a stamped addressed envelope re acceptance (or not) of your entry to these championships.

- My son/daughter has reached the standard of the competitive start award and will dive off blocks.
- My son/daughter has reached the standard of the preliminary award and will dive from the poolside.
- My son/daughter will start in the water.

Parents please tick the relevant box

Signed Parent (mandatory) **Date**

Signed Headteacher (mandatory) **Date**