

ESSA DIVISION TEN

Affiliated to ESSA

INDIVIDUAL CHAMPIONSHIPS for PRIMARY SCHOOL CHILDREN

Under ASA Laws & ASA Technical Rules of Swimming

For School Years 5 and 6

(Suitable for school team swimmers and club swimmers only)

Friday 8th October 2010

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 Primary Schools in Division Ten
School **MUST** be affiliated to Division Ten 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 '10')

There is an entry fee of £1.00 per event.
Cheques made payable to 'ESSA Division Ten'

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 please read the information on the entry form carefully.

PRIMARY INDIVIDUAL CHAMPIONSHIPS 2010
ENTRY FORM

Under ASA Laws and ASA Technical Rules of Swimming

8th October 2010, Woodside Leisure Centre, Watford, Herts, WD25 7HH

Swimmer 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 2010

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

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, 1 The Chase, Chesham, Bucks. HP5 2DW by Friday, 24th September 2010 enclosing a cheque for the correct amount made payable to ‘ESSA Division 10’

I would prefer to contact you by email re receiving your entry and acceptance (or not) of entry. If you do not have an email address please enclose 2 stamped addressed envelopes re (i) receiving of entry form and (ii) acceptance (or not) of entry to the 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 **Date**

Signed Headteacher..... **Date**