

ESSA
DIVISION 10
PATRON: Prince William

**WATFORD LEISURE CENTRE WOODSIDE
HORSESHOE LANE
WATFORD, WD25 7HH
SAT. 18th SEPTEMBER 2010
6.00pm for 6.30pm.**

Dear Swimmer,

Please read the 'Conditions of Entry' **VERY CAREFULLY**:-

- 1) Competitors must be on the register of a school affiliated to Division Ten of the E.S.S.A. on **Friday 17th September 2010; age is relevant to school year 2010/11.**
- 2) Schools **must** be within the area covered by Division Ten i.e. Bedfordshire, Berkshire, Buckinghamshire, Hertfordshire, Oxfordshire and the London Boroughs of Barnet, Enfield, Harrow, Hillingdon and Hounslow.
- 3) **THERE IS AN ENTRY FEE OF £1.00 PER EVENT.**
- 4) Any swimmer who has achieved a 'Division 10' guide time in 2010 is invited to send in an entry form. The fastest swimmers will be selected. If more than 8 swimmers are accepted for an event, heats will be held and the fastest swimmer will be declared the winner.
- 5) The completed entry form and cheque must be sent to Diane Owen by the end of the summer term, enclosing a **SELF SEAL, STAMPED, SELF-ADDRESSED ENVELOPE** (22cm X 11cm) with your entry form. Swimmers will be notified by post before the end of August whether or not they have been selected.
- 6) The results of the Championships will be used to **assist** with the selection of a team to represent Division Ten at the E.S.S.A. Championships in Watford on Friday 29th and Saturday 30th October 2010.
- 7) **Winning an event does not guarantee selection for the Div. Ten team.** Any suitable swimmer who wishes to be considered for these Championships **MUST** enter the Division Ten Championships. Only in special circumstances (e.g. illness carrying a doctor's certificate) will a swimmer's times be taken into consideration by the selection committee.
- 8) List your events, on the entry form, **in order of priority**, (i.e. your best events first). Div 10 will need an 'open' 400m swimmer. If you are interested in being considered for this event please let me have a current time from a recognised meet e.g. County Championships. We will **NOT** be swimming a 400m race in the Div. Ten Championships.

Yours sincerely,

Diane Owen Tel: 020 3092 8274; fax 020 8248 6684; email: d.owen@essa-schoolswimming.com

Entry forms are on the website: www.essa-schoolswimming.com enter site, then click on 'Div 10'.

Age-groups for the 2010 championships are the **age you attain during the school year 1/9/2010 - 31/8/2011:-**

Juniors	12,13,14 yrs.	(i.e. born between 1/9/96 and 31/8/99 (Years 7,8 & 9)
Intermediates	15 & 16 yrs.	(i.e. born between 1/9/94 and 31/8/96) (Years 10 & 11)
Seniors	17 & 18 yrs.	(i.e. born between 1/9/92 and 31/8/94) (Years 12,&13)

DIV. TEN CHAMPIONSHIP GUIDE TIMES 2010

Event	J.Boys	I.Boys	S.Boys	J.Girls	I.Girls	S.Girls
100m Backstroke						
Guide Time	1.15.00	1.09.00	1.08.00	1.16.00	1.14.00	1.16.00
100m Breaststroke						
Guide Time	1.24.00	1.16.00	1.14.00	1.24.00	1.23.00	1.27.00
100m Butterfly						
Guide Time	1.13.00	1.04.00	1.03.00	1.15.00	1.13.00	1.14.00
100m Freestyle						
Guide Time	1.05.00	1.01.00	1.00.00	1.08.00	1.05.00	1.06.00
200m IM						
Guide Time	2.39.00	2.32.00	2.26.00	2.47.00	2.42.00	2.36.00
400m Freestyle - Guide Time						
Open Age Group		4.20.00			4.35.00	

FOR YOUR INFORMATION THE FOLLOWING WERE the 8th PLACE TIMES in 2008 (25m pool) and are a **guide** to making the final, or not.

Event	J.Boys	I. Boys	S.Boys	J.Girls	I.Girls	S.Girls
100m Backstroke	1.09.84	1.04.21	1.04.99	1.11.51	1.08.07	1.11.97
100m Breast	1.20.33	1.13.91	1.13.54	1.21.18	1.18.30	1.18.71
100m Butterfly	1.08.95	1.02.14	1.04.28	1.10.73	1.08.99	1.09.20
100m Freestyle	1.00.87	58.41	55.70	1.03.60	1.02.02	1.02.86
200m IM	2.30.65	2.22.02	2.19.25	2.32.76	2.29.47	2.39.13
400m Freestyle (open event) - heat declared winner						

ENGLISH SCHOOLS SWIMMING ASSOCIATION DIVISION TEN CHAMPIONSHIPS 2010

ENTRY FORM

Under ASA Laws & ASA Technical Rules of Swimming

Name _____ D. of B. _____

Address _____ Sex: Male/Female*

_____ Age group: Senior/Inter/Junior*

Postcode _____ Tel: _____ Email: _____

School (attending Sept 2010) _____

School Address _____

_____ Postcode _____

Swimming Club _____ ASA number _____

Events you wish to be considered for **(three events only) - in order of preference:**

Stroke	PB 2010	Date	Venue/Competition	Pool length
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

OPEN 400m Freestyle _____
(for info only)

Do you wish to be considered for the 'Div Ten' team for the E.S.S.A. Championships on the 29th and 30th October 2010 at Watford (**CHECK YOUR AGE GROUP CAREFULLY**) Yes/No *

*delete where applicable

Signature of Swimmer: _____

Signature of Parent/Guardian: _____

Signature of Headteacher: _____

This form, with cheque, must be returned to Diane Owen, 170 Malvern Ave, Harrow, Middx, HA2 9HD (tel:020 3092 8274, fax:020 8248 6684, email: d.owen@essa-schoolswimming.com) before the end of the summer term.

REMEMBER TO ENCLOSE A CHEQUE, £1.00 per event, made payable to 'ESSA Division Ten', A STAMPED, self-adhesive, SELF-ADDRESSED ENVELOPE (22cm x 11cm / 8" x 4") WITH YOUR ENTRY FORM. YOUR SCHOOL MUST BE AFFILIATED TO DIVISION TEN