

WATFORD & DISTRICT SCHOOLS' SWIMMING ASSOCIATION

Affiliated to HSSA, ESSA & ASA East Region

YEARS 5 & 6 INDIVIDUAL CHAMPIONSHIPS 2015

Under ASA Laws & ASA Technical Rules of Swimming

at

**Watford Leisure Centre, Woodside
Horseshoe Lane, Watford WD25 7HH**

on

Friday 24th April 2015

Warm up 7pm. Start 7:30pm. Finish 9pm (approx).

There will be medals for first, second and third places.

These championships will be used as a basis for selecting the teams to represent Watford District Schools at the County Gala on Friday 8th May, 2015.

EVENTS

Backstroke, Breaststroke, Butterfly and Freestyle.

All the races are 50m (2 lengths) long



Entry forms should be sent to

Mrs Zoë McQuire, Watford and District Schools' Swimming Association
41 Harford Drive, Watford, WD17 3DQ.

by 11th April 2015

All communication, including confirmation of entry, will be by email.

If you want written confirmation, please enclose an SAE.

Tel: 07729 800923. Email: watford.hssaswimming@hotmail.co.uk

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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	Home 			
	Mobile 			
 Please write your email address clearly as all communications, including confirmation of entry, will be by email.				

Previous Best Times

PLEASE tick the events you wish to enter and if you have a time for a 50m race please enter it.

No time means a slower heat

Please note: This gala will be held Under ASA Laws & ASA Technical Rules of Swimming

50m Backstroke		50m Butterfly	
50m Breaststroke		50m Freestyle	

Signature of Head Teacher	Date
Signature of Parent	Date

Please return your entry form **by 11th April 2015**

to Mrs Zoë McQuire,

Watford and District Schools' Swimming Association

41 Harford Drive, Watford, WD17 3DQ

Tel: 07729 800923. Email: watford.hssaswimming@hotmail.co.uk

Aff: Y / N	Rem:	Rec:	Ent:
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