

English Schools' Swimming Association East/South East Divisions

Affiliated to ESSA and Swim England East and South East Regions
Schools are automatically affiliated to ESSA.

Individual Championships for children in school years 5 and 6

Held under Swim England Laws and Technical Rules of Swimming

Friday 10th November 2023

Warm up 7pm – start 7:30pm

**Woodside Leisure Centre, Horseshoe Lane,
Watford, Herts WD28 7HH**

Events: 50m Backstroke, Breaststroke, Butterfly, Freestyle and 4x25m IM.

Suitable for club swimmers and school team swimmers

Medals will be presented for 1st, 2nd & 3rd places in each age group event

Entries will close on 23rd October 2023.

For online entry form please click [here](#)

This information will be available on

www.hertsssa.org.uk

Entry fee £5.00 per event

Swimmers must have achieved, or be close to achieving, the following entry times				
Event	Year 5 Girls	Year 6 Girls	Year 5 Boys	Year 6 Boys
50m Backstroke	54.00	47.00	54.00	50.00
50m Breaststroke	56.00	52.00	59.00	55.00
50m Butterfly	50.00	49.00	59.00	50.00
50m Freestyle	42.00	38.00	45.00	40.00
4x25m Individual Medley	1.45.00	1.40.00	1.55.00	1.40.00

Important information for Parents / Guardians

1. Entry 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 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 correspondence about the gala will be via email from: primary.essa@gmail.com
6. Acceptance emails will not be sent until after entries have closed on 23rd October.
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.

Any questions please contact Zoë McQuire: 07729800923 / primary.essa@gmail.com

Entries must be received by October 2023