



HERTFORDSHIRE SCHOOLS' SWIMMING ASSOCIATION

Affiliated to ASA East Region

JUNIOR SCHOOLS' RELAY CHAMPIONSHIPS - 2010

Under ASA Laws & ASA Technical Rules of Swimming

The twenty first Junior Schools' Relay championship is open to all Junior schools in Hertfordshire who are affiliated to their local schools' sports/swimming association.

***Each school is limited to one team in each event.
Teams will be limited to 5 swimmers.***

*All swimmers must be **UNDER 11 on 1st SEPTEMBER 2010**
(From Years 5 & 6 only)*

7.00pm start – 9.00pm.

Swimmers may compete in both mixed stroke & freestyle events.

<i>DATE</i>	<i>FRIDAY 12th NOVEMBER</i>
<i>VENUE</i>	<i>Haberdashers' Aske's Girls' School Pool.</i>
<i>EVENTS</i>	<i>4 x 25 Metres Mixed Stroke Relay and 4 x 25 Metres Freestyle Relay</i>

*Mixed stroke relay comprises 1 length each;
Backstroke, Breaststroke, **Fly or Breaststroke** and Freestyle.*

*There will be heats and finals in each of the four events.
If time permits and there are sufficient entries, consolation finals will be swum for the seventh to twelfth placed schools after the heats.
There are trophies for the winners of the finals to be held for one year.*

*To enter please complete the form provided and return to me by
Friday 22nd October, with your entry fee, or sooner if possible.*



Hon Secretary:

*Mrs B Prescott MBE
The Grey House
32 Stubbs Wood
Chesham Bois
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Friday 12th November 2010 7.00p.m.
(Doors Open 6.30 p.m.)

*I wish to enter the following teams in the Junior Schools' Relay Championships.
Please tick ✓ events you wish to enter.*

1. Boys 4 x 25 metres Mixed Stroke Relay.....
2. Girls 4 x 25 metres Mixed Stroke Relay.....
3. Boys 4 x 25 metres Freestyle Relay
4. Girls 4 x 25 metres Freestyle Relay

Name of School:

Address:
.....

Tel no: *Fax:*.....

Email address:.....

Signature of Headteacher:.....

No entry can be accepted without the Headteacher's signature.

(This is a requirement of the English Schools' Swimming Association.)

Please indicate District Association Affiliated to: North, Dac, Wat, East, Mid, StA.

Please return this entry asap or by 22nd October.

Entries will be accepted by email but hard copy with Head's signature should follow.

There is an entry fee of £5/school (see note below). Please make cheques payable to, "Herts Schools' Swimming Association"



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This event has got very popular in recent years so it is necessary to limit the numbers of teams who can enter.

This is to control the numbers of swimmers on poolside and to this effect there will be a limit of 5 swimmers / school team. (A team is defined as the combined total of swimmers in Freestyle and Mixed Stroke events.)

Only 1 team manager will be permitted on poolside / school.

Entries will be accepted on a "first come first served basis" so get your entry in quickly. There is no need to send names, just tick the events you wish your school to enter.

There is an entry fee this year of £5 / single sex school or £10 / mixed school if entering both boys' and girls' teams.

All schools entering **MUST** be affiliated to their local District Schools' Swimming Association.

Spectators are welcome but will be charged for entry.

ALL CHILDREN must be supervised in the spectator gallery. (This is because children have, in past galas, been allowed to run around the sports centre and outside on the grass unsupervised and the association is not able to monitor this behaviour.)

ALL cars must be left in the main car park and swimmers and spectators must walk to the pool on the designated paths.