

# WATFORD & DISTRICT SCHOOLS' SWIMMING ASSOCIATION

Affiliated to HSSA

The Hertfordshire Inter-District gala for years 5 & 6 will be held at

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

on

**Friday 21st June 2024**

Warm up 7pm. Start 7.30pm. Finish 9pm approx.

Medals will be awarded for 1st, 2<sup>nd</sup> and 3<sup>rd</sup> places.

## Years 5 & 6 team selection

Each year a team of swimmers from years 5 & 6 from Watford and District's primary schools compete against teams from the other 5 districts of Hertfordshire for the prestigious Rosebowl trophy at the Hertfordshire Inter-District Gala.

The team is composed of 8 girls and 8 boys from year 5 and 8 girls and 8 boys from year 6.

There will be races in backstroke, breaststroke, butterfly and freestyle for both age groups; races will all be 50m (2 lengths) long so will all include a turn. Selected swimmers will swim one individual race and one relay.

The gala will be held under Swim England technical rules of swimming.

If you would like your child to be considered for selection, please complete the online form by clicking [here](#). Please indicate the event(s) you would like for your child to be considered with their best achieved time for each event. Please indicate their preferred stroke.

**Submissions should be received by 10th June 2024**

The link to the online form can also be found on the Herts Schools Swimming Association website under primary events:

[www.hertsssa.org.uk](http://www.hertsssa.org.uk)

Zoë McQuire  
07729800923