

# 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 8<sup>th</sup> November 2024**

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 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> places in each age group event

Entries will close on 22nd October 2024.

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

**Entry fee £5.00 per event**

Swimmers must have achieved, or be close to achieving, the following entry times				
Event	<u>Year 5 Girls</u>	<u>Year 6 Girls</u>	<u>Year 5 Boys</u>	<u>Year 6 Boys</u>
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**

- An entry will not be accepted for an event if an entry time is not submitted for that event.
- There will be a pre-determined number of heats for each event due to gala run-time constraints.
- 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.
- Acceptance emails will be sent after entries have closed.
- 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](mailto:primary.essa@gmail.com)

**Entries must be received by 22<sup>nd</sup> October 2024**