

ESSA EAST/SOUTH EAST DIVISION

Affiliated to ESSA

INDIVIDUAL CHAMPIONSHIPS for PRIMARY SCHOOL CHILDREN

Held under ASA Laws & ASA Technical Rules of Swimming

For School Years 5 and 6

(Suitable for school team swimmers and club swimmers only)

Friday 28th November 2014

Warm Up 6.30pm – Start 7.00pm

Venue: Woodside Leisure Centre, Horseshoe Lane,
Watford, Herts. WD25 7HH

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

Open to pupils at ESSA affiliated Primary Schools

School **MUST** be affiliated to ESSA through their County
Swimming Association or directly.

Entry forms available at your school or from the ESSA website:
www.essa-schoolswimming.com (Click on 'ESSA Divisions' then either 'East'
or 'South East')

There is an entry fee of £5.00 per race

*Cheques **MUST** be made payable to:*

'The East ESSA' ONLY

Competitors, you must have reached the standard of the ASA Competitive Start Award before using the blocks or the ASA Preliminary Start Award before diving off the poolside. If you have not achieved either of these then you must start in the water.

Parents/Guardians please read all the information on the entry form carefully.

PRIMARY INDIVIDUAL CHAMPIONSHIPS 2014

ENTRY FORM

Under ASA Laws and ASA Technical Rules of Swimming

28th November 2014 Woodside Leisure Centre, Watford, Herts, WD25 7HH

Swimmer's name:..... **Sex:** Male/Female **DoB:**.....
Please complete all aspects of this form clearly in black ink **NOTE: Incomplete entry forms may be rejected in full**

Home address:.....

..... **Tel. No.:**.....

Parental email address:

Please ensure email address is written legibly

School name and address:.....

.....

Name of Swimming Club (if attended)

Year 5 / Year 6 – circle correct School Year

School Year as of 1st September 2014

50m entry times you wish to be considered (all 4 strokes are raced over 50m)

Entries will not be accepted without submitted times Please refer to minimum entry times which are mandatory and shown on a separate sheet

Backstroke.....**Breaststroke**.....

Butterfly.....**Freestyle**.....

Ind. Med: 4 x 25m.....

Enter 50m swim times only

All aspects of entry submission are solely the responsibility of a competitor's parent or guardian. There will be a pre-determined number of heats for each event due to gala run-time constraints. All events will be Heat Declared Winner.

Please return form to: Nigel Brand – Secretary, Bucks Schools Swimming Association, 1 The Chase, Chesham, Bucks. HP5 2DW by Thursday 23rd October 2014 enclosing a cheque for the correct amount made payable to: 'The East ESSA' ONLY

All contact will be by email regards acceptance, or not, of your entry to these championships. Please ensure your email address is legible.

- ☐ My son/daughter has reached the standard of the competitive start award and will dive off blocks.
☐ My son/daughter has reached the standard of the preliminary award and will dive from the poolside.
☐ My son/daughter will start in the water.

Parents please tick the relevant box above

Signed Parent (mandatory)

Date

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MINIMUM ENTRY TIMES

(minutes and/or seconds as detailed below)

<u>Event</u>	<u>Girls Year 5</u>	<u>Girls Year 6</u>	<u>Boys Year 5</u>	<u>Boys Year 6</u>
50m Freestyle	42.00	36.50	45.00	40.00
100m Individual Medley	1.45.00	1.40.00	1.50.00	1.40.00
50m Breaststroke	56.00	52.00	56.00	55.00
50m Butterfly	50.00	49.00	58.00	50.00
50m Backstroke	54.00	47.00	54.00	50.00

Submitted times on entry forms may be subject to random verification through all available sources

Entries will not be accepted where times are not submitted

There will be a pre-determined number of heats for each event due to gala run-time constraints.
All events will be Heat Declared Winner