English Schools’ Swimming Association

East/South East Divisions

Affiliated to ESSA and Swim England East Region

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

Suitable for school team swimmers and club swimmers

**Friday 8th November 2019**

Warm up 7pm – start 7:30pm

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

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

Entry form is also available at [www.hertsssa.org.uk](http://www.hertsssa.org.uk)

(Follow events to Primary Events)

**Entry fee £5.00 per event**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Please note - Minimum entry times | | | | |
| Event | Year 5 Girls | Year 6 Girls | Year 5 Boys | Year 6 Boys |
|  |  |  |  |  |
| 50m Freestyle | 42.00 | 38.00 | 45.00 | 40.00 |
| 100m Individual Medley | 1.45.00 | 1.40.00 | 1.55.00 | 1.40.00 |
| 50m Breaststroke | 56.00 | 52.00 | 59.00 | 55.00 |
| 50m Butterfly | 50.00 | 49.00 | 59.00 | 50.00 |
| 50m Backstroke | 54.00 | 47.00 | 54.00 | 50.00 |

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| **Parents/Guardians please read all the information on the entry form carefully.** |
| 1. Entries 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 random verification through all available sources. 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, whether acceptance or not, will be via email. 6. Acceptance emails will not be sent until after entries have closed 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. |

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**ENTRY FORM**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Full Name** | Click or tap here to enter text. | | | | | | | **D.O.B** | | | | Click or tap here to enter text. | | | | | | | |
| **Please check as appropriate** | | | | | | | | | | | |
| **School** | Click or tap here to enter text. | | | | | | | **Girl** | | |  | | | **Boy** | | | |  | |
| **Year 5** | | |  | | | **Year 6** | | | |  | |
| **Please enter valid email address(s).**  **Communication will be by email from**  **essa.primary@gmail.com** | | | | | | | | **Phone number(s)**  Click or tap here to enter text. | | | | | | | | | | | |
| **Description: http://www.csuchico.edu/chico302/Chico%20302/Icons/EmailIcon03.gif**  Click or tap here to enter text. | | | | | | | | **Swimming club (if applicable)**  Click or tap here to enter text. | | | | | | | | | | | |
| Please refer to minimum entry times and indicate the events you wish to enter by writing your child’s entry time for those events.  Please note: Failure to enter an entry time means no entry for that event. | | | | | | | | | | | | | | | | | | | |
| 50m Backstroke | | | Click or tap here to enter text. | | 50m Butterfly | | | | | | Click or tap here to enter text. | | | | | | | | |
| 50m Breaststroke | | | Click or tap here to enter text. | | 50m Freestyle | | | | | | Click or tap here to enter text. | | | | | | | | |
| 100m Individual Medley (4 x 25m) | | | | | Click or tap here to enter text. | | | | | | | | | | | | | | |
| Number of events entered @ £5 per event Click or tap here to enter text. | | | | | | | | | | | | | | | | | | | |
| Ways to pay – PayPal, BACS transfer, Cheque. Please check your chosen method. | | | | | | | | | | | | | | | | | | | |
| PayPal | | primary.essa@gmail.com. Please use "Sending to a friend or family" option | | | | | | | | | | | | | |  | | | |
| BACS | | Sort code: 09-01-26. A/C 35593394 | | | | | | | | | | | | | |  | | | |
| Cheque | | Herts Schools’ Swimming Association (write reference on reverse) | | | | | | | | | | | | | |  | | | |
| Reference: for all payment methods, please use your child’s school year, sex, family name and first initial as reference. ie Year 6 girl Hannah Smith use: **Y6G Smith H** | | | | | | | | | | | | | | | | | | | |
| **Signature / Electronic signature of Parent:**  Click or tap here to enter text. | | | | | | | | | | | **Date**  Click or tap here to enter text. | | | | | | | | |
| Please return your entry form by email as a .**docx (or .doc)** file to: primary.essa@gmail.com **Please** do not send as a scanned image Entry forms may also be mailed to: Mrs Zoë McQuire. 41 Harford Drive, Watford, WD17 3DQ  Entries should be received by **25th October 2019** | | | | | | | | | | | | | | | | | | | |
| PIC 2019 w | | Rec |  | | PR |  | | | # events | |  | | # | |  |