

WATFORD & DISTRICT SCHOOLS' SWIMMING ASSOCIATION

Affiliated to HSSA, ESSA & ASA East Region

YEARS 5 & 6 INDIVIDUAL CHAMPIONSHIPS 2012

Under ASA Laws & ASA Technical Rules of Swimming

at

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

on

Friday 9th March 2012

Warm up 6.30pm. Start 7.00pm. Finish 8.30pm approx.

There will be medals for first, second and third places.

These championships will be used as a basis for selecting the teams to represent the Watford District Schools at the Hertfordshire County Gala on 11th May 2012.

EVENTS

**Backstroke, Breaststroke, Butterfly and Freestyle.
All races are swum over 50m for both year groups**

All events are Heat Declared Winner.



Please send your entry to

Mrs Zoë McQuire, Watford and District Schools' Swimming Association
41 Harford Drive, Watford, WD17 3DQ.

by 24th February 2012

Tel: 07729 800923. Email: watford.hssaswimming@hotmail.co.uk

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ENTRY FORM

Please use Block Capitals and complete all the fields

Full Name	D.O.B		
	Male		Female
School	School Year		
	Five		Six
Home address	Home		
			
	Mobile		
	Please write your email address clearly as confirmation of entry will be sent by email.		

Entry Times you wish to be considered

Please state the distance your entry time applies to e.g. 25m or 50m

If you do not have a time, please tick the events you wish to enter. No time means a slower heat.

Backstroke		Distance	
Breaststroke		Distance	
Butterfly		Distance	
Freestyle		Distance	

All races will be swum over 50m

Signature of Head Teacher	Date
Signature of Parent	Date

Confirmation will be sent by email. **If you prefer written confirmation, please enclose an SAE.**

Please return your entry form by **24th February 2012** to

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