

ENGLISH SCHOOLS SWIMMING
ASSOCIATION
EASTERN COUNTIES
DIVISION EIGHT
CHAMPIONSHIP 2009



Sunday 20th September at Crown Pools, Crown Street, Ipswich, Suffolk
Session Time: Warm up 5.00p.m. Start 5.30p.m.

1. Entries should be submitted to the Division 8 Competition Secretary:
Mrs S. Spibey, Beech House, 38 Elwyn Rd., March, Cambs. PE15 9DA
2. All entries must be on the official form. £3.50 per event, cheques made payable to ESSA Div.8. Freestyle Time Trial, no charge. Closing date: 31st July.
3. Age Groups:
Junior - Aged 12 years and under 14 years
Intermediate - Aged 14 years and under 16 years
Senior - Aged 16 years and under 19 years
Age limits for these events shall be as at midnight 31st August/1st September immediately prior to the National Finals.
4. Each swimmer may be entered for any event in their age group, plus the Open 400 metres Freestyle. The 50 Freestyle Time Trial is compulsory for all swimmers. Providing they have achieved the divisional qualifying times. Times must have been achieved since 1.9.2008. All strokes - 100 metres, Individual Medley - 200 metres. **All entries will be accepted providing you have made the Q.T. or hear to the contrary from the organiser.**
5. Each County Area is entitled to one place in each event. Remaining lanes will be allocated to swimmers with the fastest submitted times.
6. Times submitted must be recent, authentic and achieved in bona fide competition to the satisfaction of the Competition Secretary.
7. Freestyle Time Trials over fifty metres will be swum at the start of the Divisional Championship.
8. The team for the National Championships will be selected after the Division 8 Championships. Swimmers who are selected for the individual events must have swum in that event at the Divisional Championships; with the exceptions allowed for in the Division 8 Rules. In these cases, submitted times must be declared before the championships. Winning an event does not guarantee selection.
9. National Finals: 23rd & 24th October 2009, at Crystal Palace, London

Divisional Qualifying Times

Boys				Girls			
100M	JUN	INTER	SEN		JUN	INTER	SEN
BACK	1.16	1.12	1.09		1.20	1.16	1.15
BREAST	1.27	1.21	1.18		1.30	1.27	1.26
FLY	1.15	1.10	1.08		1.19	1.16	1.15
FREE	1.05	1.02	1.00		1.10	1.08	1.05
I.M							
4X50	2.45	2.36	2.30		2.50	2.45	2.40
FREE							
50M	.31	.30	.29		.33	.32	.31
400M	4.25.00				4.43.00		

Age Groups:

Juniors (O12/U14)

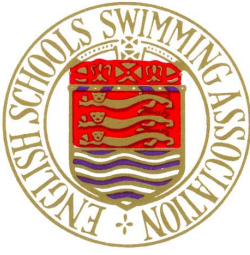
Years Seven/Eight

Intermediates (O14/U16)

Years Nine/Ten

Seniors (O16/U19)

Years Eleven/Twelve/Thirteen



**ENGLISH SCHOOLS SWIMMING ASSOCIATION
EASTERN COUNTIES
DIVISION EIGHT**

Cambridgeshire, Essex, Norfolk, Suffolk and the London Boroughs of
Barking & Dagenham, Havering, Redbridge and Waltham Forest

Divisional Representative & Championship Secretary:
Mrs S. Spibey, Beech House, 38 Elwyn Rd., March, Cambs. PE15
9DA



**Entry Form
Divisional Championship 2009**

Surname:

Christian Name:

Date of Birth: School Year (Present)

Home Address:

Post Code: Tel. No:
Email Address:
School:
Address:

Post Code: Tel. No:

Please Circle AREA where your school is located
**Cambridgeshire/Essex/L.B. Barking & Dagenham/L.B. Havering/L.B. Redbridge/L.B. Waltham
Forest/Norfolk/Suffolk**

Event	Sex M/F	Age Group	Time	Where Achieved	Dated
1.					
2.					
Time Trial	Yes				