

**St Albans District
Schools Swimming Association
(Primary Division)**

Affiliated to Hertfordshire Schools Swimming Association (HSSA)

**Years 5 & 6
Trials Gala for the Individual Championships 2010**
Under ASA Laws & ASA Technical Rules of Swimming

at

**The St Albans High School for Girls
School Pool**

Townsend Avenue, St Albans, Herts., AL1 3SJ

Saturday 6th February 2010

Doors open 4.15pm, Warm up 4.30pm, Start 5.00pm. Finish 6.30pm approx.

All events are Heat Declared Winner.

Medals for first place, certificates for first, second and third places.

This trials gala is used as the basis for selecting the team to represent St Albans District Primary Schools at the Hertfordshire Junior Schools Championships on 23rd April 2010.

EVENTS

Year 5: 50m Backstroke, Breaststroke, Butterfly and Freestyle.

Year 6: 50m Backstroke, Breaststroke, Butterfly and Freestyle.

Please send your entry to Andrew Ellis by **January 10th, 2010**

St Albans District Schools Swimming Association (Primary Division)
31 Kings Road, St Albans, Herts., AL3 4TQ

E-Mail: andrew_ellis@stassa.org.uk

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ENTRY FORM

(Please use Block Capitals)

Full name:		D.O.B. (D-M-Y):	
School:		Male/Female (M/F):	
Address:		School year (5/6):	
Phone:			
E-Mail:			

Entry Times you wish to be considered

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

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

Backstroke		Distance	
Breastroke		Distance	
Butterfly		Distance	
Freestyle		Distance	

All events will be swum over 50m

Signature of Head Teacher		Date	
Signature of Parent		Date	

Confirmation will be sent by e-mail. If you prefer written confirmation, please enclose a S.A.E.

Please return this form by **10th January, 2010** to:

Andrew Ellis, St Albans District Schools Swimming Association (Primary Division)
31 Kings Road, St Albans, Herts., AL3 4TQ

E-Mail: andrew_ellis@stassa.org.uk