

WATFORD & DISTRICT SCHOOLS' SWIMMING ASSOCIATION

Affiliated to HSSA, ESSA & ASA East Region

YEARS 5 & 6 INDIVIDUAL CHAMPIONSHIPS 2010

Under ASA Laws & ASA Technical Rules of Swimming

at
HABERDASHERS' ASKE'S GIRLS' SCHOOL POOL

Friday 5th February 2010

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

All events are Heat Declared Winner.

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

This gala will be used as a basis for selecting the team to represent Watford & District Schools at the Hertfordshire Schools County gala on 23rd April 2010

EVENTS

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

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



Please send your entry to Mrs Zoë McQuire, by December 11th 2009,

41 Harford Drive, Watford, WD17 3DQ.

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

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ENTRY FORM

Please use Block Capitals

Full Name				D.O.B.		Male / Female	
School				School Year		(5 or 6)	
Address							
Phone				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 know your time, please tick the events you wish to enter. No time means a slower heat.							
Backstroke		Distance					
Breaststroke		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 email. If you prefer written confirmation, please enclose an SAE.							
Please return this form by <u>11th December 2009</u> to							
Mrs Zoë McQuire, Watford and District Schools' Swimming Association 41 Harford Drive, Watford, WD17 3DQ							
Tel: 07729 800923. Email: watford.hssaswimming@hotmail.co.uk							