

NATIONAL SWIMMING CHAMPIONSHIPS FOR PRIMARY SCHOOLS – RELAYS

DIVISION 10 – 2010 DIVISIONAL ENTRY

Championship date: Friday 7th May 2010

Venue: Barnet Copthall Swimming Pools.

6.30pm for 7.00pm

School:

School Address:

.....
.....
.....
Post Code:

Teacher I/C
on Poolside:

Sch. Tel. No.: ()
code

Sch. Fax. No.: ()
code

E-mail:

The above School wishes to compete in the DIVISION 10 ROUND of the
16th NATIONAL SWIMMING CHAMPIONSHIPS FOR PRIMARY SCHOOLS 2010
and agrees to abide by the regulations controlling this event.

ALL swimmers must be born between 1/9/98 and 31/8/00, inclusive.

Events entered:

(Please tick relevant box)

| | 4 x 25m Freestyle Relay | 4 x 25m Mixed Stroke Relay |
|--------------------|-------------------------|----------------------------|
| Boys Team | | |
| Girls Team | | |
| Small Schools Team | | |

Signature of Headteacher:

(Please note that this entry is not valid
without the signature of the Headteacher)

This section to be completed by ALL schools:

Number of pupils on roll year 5

Number of pupils on roll year 6

THERE IS A £5.00 ENTRY FEE TO TAKE PART IN THIS CHAMPIONSHIP
(£5.00 per school team. Mixed schools entering both boys and girls teams £10)
Cheque payable to ESSA Division 10 must be sent with this entry form.

PLEASE RETURN THIS FORM TO: DIANE OWEN,
BY POST TO: 170.MALVERN AVENUE, HARROW, MIDDLESEX. HA2 9HD.
OR BY E-MAIL: d.owen@essa-schoolswimming.com
BEFORE THE END OF THE SPRING TERM
TEAM SHEETS MUST BE SENT A WEEK BEFORE THE CHAMPIONSHIPS

PRIMARY SCHOOL TEAM CHAMPIONSHIPS

BARNET COPTHALL SWIMMING POOLS, NW4 1PS

Please read the following notes carefully. They should explain everything that you need to know including some rules for disqualification that you may not realise will be enforced.

These championships are for children born between 1st September 1998 and 31st August 2000, they are usually in years 5 & 6. They **must** be on the school roll.

There is a separate section for small schools. See the 'Rules' for information – Section 5 (b) vi. Also please note that you do not have to have a fly swimmer in the 'mixed stroke relays', see rules, section 5 (b) iii, iv and vi. The relays are 4 x 25m (1 length) and will be swum under ASA rules. Remind your swimmers that if they enter the water/or move before the starting signal, the team will be **disqualified**.

If you think that your team has a good chance of winning then please make enquiries at school as to whether your team will be able to take part in the English Schools National finals at Sheffield on 19th June 2010. I will need to know the answer by Monday 10th May at the latest.

Please note that the Division Ten Executive Committee have decided that because of 'Health and Safety' regulations there will be NO WARM-UP swim on the evening of Friday 7th May, before the Primary Team Championships. This is because there will be too many children in too small an area. A well organised warm-up will take too long, causing the gala to finish later. Warm-up and stretching exercises will be the order of the day, but not on the poolside please. ***This will affect every team the same.***

Also, on 'Health and Safety' **starting blocks will not be used** during the gala. The pool is shallow at one end (1 metre) and 1.8 metre at the deep end. Swimmers may dive off the side **only** if they have reached the level of the 'competitive start' award. **Teachers please ensure that the swimmers follow your instructions as to whether they start in the water or dive from the poolside, it is your responsibility. Also please ensure that your swimmers are capable of swimming 25m under duress i.e. racing.**

Your school must be affiliated to Division Ten, probably through your local schools' swimming association. Any problems and concerns do not hesitate to contact me. If phoning, please leave an evening contact number. We look forward to seeing you at Barnet.

If you require verification that I have received your entry by post then please enclose a 'stamped addressed' postcard. ***If you email your entry, I will reply by email. I will not be corresponding again, I look forward to receiving your entry form and team sheets at the appropriate times. If, then, you find that you are unable to compete will you please let me know asap.***

Also, remember you entry fee: £5 per team, 2 teams £10 (eg for a mixed school.)

Thank you.

YOU CAN CONTACT ME BY LEAVING A MESSAGE ON MY ANSWER PHONE (020 3092 8274), or by e-mail: d.owen@essa-schoolswimming.com In emergency, on the day of the competition ONLY, by mobile 07792 310999. Please use the ESSA website (www.essa-schoolswimming.com) for all information relating to Division Ten (click on '10'). Results will be put on 'Div. 10's website' asap after the championships.

Travelling to Barnet Cophall Sports Centre

There are two easy ways for swimmers to get to Barnet (when/if you know the area then you may find other ways).

You need to find your way to the M1.

Go south on the M1 to Junction 2, leaving the motorway on the slip road. At the end of the slip road where it meets the A1 there is a footbridge over the road and on the left-hand side of the road is a business called Northway Tyres. The entrance to the Barnet Cophall Sports Centre is immediately alongside the far end of Northway Tyres. The swimming pool is at the end of the road past the Athletics Stadium but there is NOW a height restriction on this road, so be warned!!

Alternatively, you can come off the M1 at Junction 4 and follow the A41 towards London. Just before the A41 splits into the A1 and A41, turn left into Page Street, entrance to the sports Centre is before the school on the right. If you miss this turning just carry on down the A1 and turn left after Northway Tyres as described above but remember the height restriction.

Otherwise you can use your computer to get a map of the area – post code for Barnet is NW4 1PS

Look forward to meeting with you in May

**Diane Owen
Tel: 020 3092 8274 (new number)
Fax 020 8248 6684**

National Championships for Primary Schools

Regulations (effective from October 2006). Under ASA law and technical rules.

The Primary School Team Relay Championships of England shall take place annually under the ASA Laws and the following conditions:

1 Eligibility

- (a) Only schools which are in affiliation with the English Schools' Swimming Association are eligible to compete.
- (b) Competitors must be on the roll of the School entering the Championship and in full-time attendance there on the closing date for Divisional entries.

2 Transfers

Pupils transferred from one school to another, will only be eligible to swim for the school for which they were first entered.

3 Age

Competitors must be aged 9 years and under 11 years as at midnight August 31st/September 1st, at the commencement of the academic year of the Championships.

4 Control

- (a) The sole control and management of the Championships will be in the hands of the Council.
- (b) Arrangements for all stages of the Championships up to, and including Divisional Rounds will be in the hands of the Divisions. They will fix the closing dates and approve the officials.
- (c) In the Divisional Rounds and the Divisional Finals, schools will have at least two weeks notice of the date, time and venue.

5 Entries

(a) Entries are made through Divisions. Divisions may select up to two teams, from their Division, to compete in each of the freestyle, mixed stroke and the small schools relay events.

(b) Schools may enter:

- (i) one freestyle team of four boys;
 - (ii) one freestyle team of four girls;
 - (iii) one mixed stroke team of four boys (stroke order: Backstroke, Breaststroke, Butterfly or Breaststroke and Freestyle); with Freestyle being defined as any stroke other than Backstroke, Breaststroke or Butterfly;
 - (iv) one mixed stroke team of four girls (stroke order: Backstroke, Breaststroke, Butterfly or Breaststroke and Freestyle); with Freestyle being defined as any stroke other than Backstroke, Breaststroke or Butterfly).
- OR
- (v) small schools freestyle team of 4 boys, or girls, or any combination of both; none of whom are competing in (i),(ii), (iii) or (iv) above;
 - (vi) small schools mixed stroke team of 4 boys, or girls, or any combination of both; none of whom are competing in (i), (ii), (iii) or (iv) above;
- The mixed stroke relay will be swum as Backstroke, Breaststroke, Freestyle (any stroke), and Frontcrawl.
- (vii) Competitors may swim in both freestyle and mixed stroke relays.
- For the purpose of these Championships small schools are defined as being those which have no more than a combined total of 50 in curriculum years 5 and 6.

(c) Entries shall close on a date set by the Division and shall be made on the official entry form, which will be obtained from and returned to the representative of the Division in which the School is situated. All entry forms must be countersigned by the Headteacher.

6 Team Lists

- (a) Before the commencement of each round a signed statement, showing the names with dates of birth of swimmers, and certifying conformity with the conditions, will be handed to the Organizer by a representative of the School.
- (b) Substitution of reserves is permitted between each round of the Championships but the names and dates of birth must be included in the signed statement in 6(a) above.

7 Pool Length

25m pools will be used at all stages of the Championship. Each member of the team will swim one length.

8 Awards

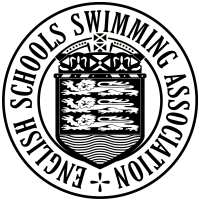
- (a) The Schools attended by the teams placed 1st, 2nd and 3rd in the Championship will be awarded a commemorative plaque to be held permanently, and each member of these teams will be awarded a Championship medal.
- (b) Challenge trophies will be awarded to the winning schools in each event.
- (c) All schools participating in 'A' final, or winning the 'B' final will receive a National Finalist Certificate.
- (d) All schools represented in the National Finals will receive commemorative certificates.
- (e) The members of all teams competing in the National Finals will receive a certificate of participation.
- (f) Council may issue awards at other levels of the Championships, at its discretion.

9 Expenses

Each team shall be responsible for its own expenses.

10 Responsibility

A qualified school teacher, or suitable adult as approved by the Head of the School, must accompany each team at all stages of the competition.



16th NATIONAL SWIMMING CHAMPIONSHIPS FOR PRIMARY SCHOOLS 2010

7th May 2010, Barnet Copthall Swimming Pools, NW4 1PS

Have you sent your entry fee? If not, do so NOW!

NAMES OF SWIMMERS IN SQUAD for DIVISIONAL ROUND

| | |
|----------------|--------------------|
| School: | Division 10 |
|----------------|--------------------|

| | | |
|---|--------------------------------|-----------------------------|
| Event: <i>(please tick relevant boxes)</i> | 4 x 25m Freestyle Relav | 4 x 25m Mixed Stroke |
| Boys Team | | |
| Girls Team | | |
| Small Schools Team | | |

SQUAD LIST (Swimmers names for both relays – freestyle and mixed stroke)

| | FULL NAME <i>(PLEASE USE BLOCK CAPITALS)</i> | DATE OF BIRTH <i>(from 1/9/98 to 31/8/00)</i> | SCHOOL YEAR |
|---|---|--|----------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |

| |
|---|
| Adult in charge on poolside: (Please print) |
|---|

| | |
|---|--|
| <u>I confirm that the above pupils are on the full time roll of the above School</u> <u>and that their date of births are correct.</u> | |
| Signature <i>(Teacher in charge)</i> | Date |
| <input style="width: 90%; height: 30px;" type="text"/> | <input style="width: 80%; height: 30px;" type="text"/> |

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|---|
| <p>PLEASE RETURN THIS FORM ONE WEEK BEFORE THE CHAMPIONSHIPS to Mrs Diane Owen, 170 Malvern Avenue, Harrow, Middlesex, HA2 9HD</p> |
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