

# DIVISION 7 SWIMMING CHAMPIONSHIPS 2010

<b>Surname:</b>	<b>Date of Birth :</b>
<b>First Name(s):</b>	<b>e-mail address:</b>
<b>Address:</b>	<b>Home Telephone No:</b>
	<b>Postcode:</b>

<input checked="" type="checkbox"/> <b>AGE GROUP</b> on <b>31<sup>st</sup> August 2010</b> <i>NB new school year</i>	<b>JUNIOR</b>	11 & under 14 yrs (01:09:96 - 31:08:99) (Sch Yrs 7, 8, 9)	<input checked="" type="checkbox"/>
	<b>INTERMEDIATE</b>	14yrs & under 16yrs (01:09:94 - 31:08:96) (Sch Yrs 10, 11)	<b>BOY</b>
	<b>SENIOR</b>	16yrs & under 18yrs (01:09:92 - 31:08:94) (Sch Yrs 12, 13)	<b>GIRL</b>

<b>School/College – September 2010:</b>	
<b>Address:</b>	<b>Telephone No:</b>
	<b>Local Education Authority:</b>
<b>Name of Headteacher/Principal:</b>	

**DECLARATION.**

I wish to enter the following events at the Divisional Swimming Championships, provisionally to be held at **Grand Central 25m Pool, Stockport** on **SATURDAY 18<sup>th</sup> SEPTEMBER 2010 at 5.30 pm**

I have achieved the standard entry time in my events (*maximum of two allowed at these Championships, the 400m freestyle is an additional open event*) and those sprints for which I wish to be considered for the relays

<b>MY 1<sup>st</sup> age group choice (100m event or 200IM)</b>	
<b>is:</b>	
<b>Time:</b>	Pool length:
Competition:	Date:
<b>Open 400m Freestyle (note 2)</b>	
<b>Time:</b>	Pool length:
Competition:	Date:

<b>MY 2<sup>nd</sup> age group choice (100m event or 200IM)</b>			
<b>is:</b>			
<b>Time:</b>		Pool length:	
Competition:		Date:	
<b>50m times for SPRINTS (note 3)</b>			
<b>Back:</b>	<b>Breast:</b>	<b>Fly:</b>	<b>Free:</b>

Swimmer's signature.....

Date

I agree that, to the best of my knowledge, all this information is correct. I enclose £4 cheque (payable to ESSA Div 7)

Signature of Official/Teacher.....(See Note

4)

Signature of Headteacher/Principal.....(See Note

5)

<b>25m SHORT COURSE - DIVISIONAL STANDARD ENTRY TIMES</b>										
	<b>I.M.</b>	<b>BACK</b>		<b>BREAST</b>		<b>FLY</b>		<b>FREE</b>		<b>OPEN</b>
<b>BOYS</b>	<b>200m</b>	<b>100m</b>	50m	<b>100m</b>	50m	<b>100m</b>	50m	<b>100m</b>	50m	<b>400mFS</b>
<i>JUN</i>	<b>2-49.0</b>	<b>1-15.4</b>	35.9	<b>1-23.0</b>	39.5	<b>1-14.5</b>	35.2	<b>1-05.0</b>	32.0	<b>4-20.0</b>
<i>INT</i>	<b>2-30.0</b>	<b>1-09.4</b>	32.7	<b>1-18.2</b>	37.1	<b>1-07.5</b>	31.8	<b>1-00.3</b>	30.0	<b>4-20.0</b>
<i>SEN</i>	<b>2-29.0</b>	<b>1-07.4</b>	31.4	<b>1-16.2</b>	35.1	<b>1-05.0</b>	30.3	<b>58.3</b>	28.0	<b>4-20.0</b>
<b>GIRLS</b>	<b>200m</b>	<b>100m</b>	50m	<b>100m</b>	50m	<b>100m</b>	50m	<b>100m</b>	50m	<b>400mFS</b>
<i>JUN</i>	<b>2-54.0</b>	<b>1-18.5</b>	37.3	<b>1-26.8</b>	41.2	<b>1-16.5</b>	36.3	<b>1-07.4</b>	33.0	<b>4-40.0</b>
<i>INT</i>	<b>2-44.0</b>	<b>1-14.9</b>	35.5	<b>1-23.2</b>	39.7	<b>1-13.5</b>	36.3	<b>1-05.3</b>	32.0	<b>4-40.0</b>
<i>SEN</i>	<b>2-44.0</b>	<b>1-14.9</b>	35.5	<b>1-23.2</b>	39.7	<b>1-13.5</b>	36.3	<b>1-05.3</b>	32.0	<b>4-40.0</b>

Completed forms to be returned **NO LATER THAN MONDAY 16<sup>th</sup> AUGUST 2010**  
 with an **entry fee of £4.00** (see Note 7) **PLUS s.a.e. (min 220mmx110mm) for cards** to:

**Staffordshire:** Mavis Fox, Rylstone, Wolverhampton Rd, Middle Hill, Nr. Shareshill, Staffs WV10 7LT  
or **Greater Manchester:** Roger Boyer, 14 Elder Close, Offerton, Stockport SK2 5AW

## **Conditions of entry**

1. All dates of birth are as at **midnight 31 August/1 September 2010**. A swimmer must be in full time education at a secondary school or college within Division 7 on 18<sup>th</sup> September 2010.
2. Provided that the standard entry time has been achieved, a swimmer may enter a **maximum of two** events and additionally the open age 400m freestyle. At the ESSA National Finals, a swimmer may compete in only one event individually within an age group but may, if required, additionally swim in the open age 400m freestyle. **The two swimmers for the 400m freestyle will be selected on verifiable submitted times.**
3. ESSA rules limit numbers to 6 in each age group. In order to aid selection of the sixth team member, swimmers are requested to enter 50m times for freestyle and **only those relay strokes for which they wish to be considered**. This is particularly important for IM swimmers. You cannot enter the sprint trials without entering at least one championship event. There will be no pool side entries for 50m sprints.
4. A swimmer must have attained the stated **Divisional Standard Entry Time** at a recognised championship/meet. The entry must be signed by either (a) at teacher or (b) an official present at the championship or alternatively (c) supported by submitted evidence which substantiates the time eg. a result sheet.
5. In order to compete in the Divisional Swimming Championships, a swimmer must have the approval of his/her school/college. All entry forms must be countersigned by the Headteacher/Principal.
6. Swimmers must be affiliated through their local area schools' swimming association for insurance purposes. Staffordshire Schools' Association and Manchester Schools' Association have paid this fee to affiliate all swimmers and all types of schools in the Division.
7. There will be an **entry fee of £4.00 per swimmer** (regardless of the number of events entered) for this event. Cheques should be made payable to "**ESSA Division 7**".
8. All events will be seeded on swimmers' submitted times converted to 25m pools. The championships will be organised on HDW system with no finals. All entries will be acknowledged no later than 7 days before the championships with entry cards and map to locate the pool.
9. Submitted times for events other than the 400m freestyle will only be considered if a swimmer is on **National or International Duty** on the day of the Divisional Championships.
10. The selection of the team to represent the Division at the ESSA National Championships will be made by the divisional selection committee immediately after the Divisional Championships. The decision of this committee will be final and they will not enter into any correspondence regarding selection.
11. A swimmer winning two events in the trials will be invited to select the event in which he/she would **prefer** to compete for the Division at the ESSA Nationals. The selection committee will make every effort to comply with the swimmer's choice **but will give no guarantee**, as the interests of a balanced divisional team will be paramount.
12. Swimmers who have been nominated for the divisional team will be notified by post by the following Saturday. Acceptance must be returned within seven days. All members of the divisional team will be expected to participate in, and remain with, the Division 7 team throughout the ESSA National Championships and selection will be conditional on the acceptance of the ESSA Code of Conduct and any arrangements made by ESSA.

### **ESSA INTER-DIVISIONAL CHAMPIONSHIPS**

**Watford (NW London) 25m pool  
29<sup>th</sup> /30<sup>th</sup> October 2010**

### **Div 7 SECONDARY SCHOOL TEAMS TRIALS**

**5<sup>th</sup> Nov 2010**

**ESSA NATIONALS:**

### **W.I.S.E. HOME INTERNATIONAL Ireland 2011**

**Staffordshire:**

Mavis Fox  
416959

e-mail: [m.fox@essa-schoolswimming.com](mailto:m.fox@essa-schoolswimming.com)

**Greater Manchester:**

Tel: 01922

**5<sup>th</sup> February 2011 – Div 7**

Roger Boyer  
9144

Tel: 0161 456

e-mail: [roger.boyer@ntlworld.com](mailto:roger.boyer@ntlworld.com)

Check out **Division 7** notice board on the ESSA website – [www.essa-schoolswimming.com](http://www.essa-schoolswimming.com)