

# ESSA DIVISION 8



## PRIMARY SCHOOLS RELAY CHAMPIONSHIPS

SUNDAY MAY 9<sup>th</sup> 2010

Loughton Leisure Centre, Essex IG 9 1SZ

**WARM-UP 5.15pm – FIRST EVENT 5.45pm**

SCHOOL NAME.....

ADDRESS.....

..... TEL.....

CONTACT TEACHER.....

e-mail address.....

EVENT	BOYS	GIRLS
LARGE SCHOOLS FREESTYLE RELAY 4X 25M		
LARGE SCHOOLS MIXED STROKE RELAY SEE DETAILS BELOW		
SMALL SCHOOLS FREESTYLE RELAY 4X 25M		
SMALL SCHOOLS MIXED STROKE RELAY SEE DETAILS BELOW		

**PLEASE INDICATE THE TEAMS YOU WISH TO ENTER BY TICKING THE APPROPRIATE BOXES. AN ENTRY FEE OF £10 PER TEAM, PER EVENT WILL BE CHARGED.**

**PLEASE ENCLOSE A CHEQUE WITH THE ENTRY FORM PAYABLE TO:  
'ESSA DIVISION 8.'**

All entries to be returned to; SHERON SPIBEY at BEECH HOUSE, 38 ELWYN ROAD MARCH  
CAMBS. PE15 9DA by **FRIDAY 23rd APRIL** at the latest .

### **LARGE SCHOOLS MIXED STROKE RELAY**

This is a 4x 25m event to be swum in the following order; Backstroke/ Breaststroke/ Butterfly or Breaststroke/ Frontcrawl

### **SMALL SCHOOLS MIXED STROKE RELAY**

For this competition Small Schools are defined as “ those who have no more than a combined total of 50 in National Curriculum years 5 & 6 combined ”

The Small Schools events can be swum by any combination of boys and girls. The Mixed Stroke Relay will be swum in the following order; Backstroke, Breaststroke, Freestyle (any) and Frontcrawl

Signed..... Headteacher

Date...../...../.....