

NATIONAL SWIMMING CHAMPIONSHIPS

FOR PRIMARY SCHOOLS – RELAYS

EAST MIDLANDS – 2026 DETAILS

Craig Prime from Repton School, Derby, DE65 6FH has offered to run this competition for East Midlands Primary Schools-thank you. Please find details below. Please find the Entry Form & Team Sheets on the East Midlands webpage (www.essa-schoolswimming.com)

1. **GALA DATE / TIME:** Friday 24th April 2026 Warm-up 1.00pm
2. **VENUE:** Repton School, Willington Road, Repton, Derby. DE65 6FH
3. **ENTRIES: NOTE, CHANGED THIS YEAR. PLEASE READ THE RULES & REGULATIONS on the ESSA website as above and check my paperwork.**

NOTE: Swimmers may enter two events, Freestyle & Mixed Stroke.

4. **AGES:** Competitors must be 9 years old and under 11 years old as of midnight August 31st / September 1st at the **commencement** of the academic year of the Championships (Sept 2025, normally years 5 & 6, note, NOT year 4)
5. **POOL DETAILS:** 25 metre 8 lane pool.

Swimmers may start in the water or dive in. If diving in, swimmers must have reached the standard of the Swim England Preliminary Competitive Start Award and start with a shallow racing dive.

It is the responsibility of the team manager to know the standard of their swimmers and to give firm instructions to their swimmers regarding starts.

The Swim England one start rule will apply to this gala – no second chance, so be steady at the start.

6. **SWIMMING DISTANCE:** Each member of the team will swim one length (25m) in each event.
7. **FINALS:** The fastest eight teams in the heats will swim in the final.
8. **TEAM LISTS:** A Team list with certified dates of birth must be handed in at the Schools Reception Table before the start of the Competition. Team sheets are available on the website – see above.
9. **ENTRY FEE:** £10 per race entered.

BAC'S payment: NatWest Acc. No: 30278163 sort code 54:21:50 Ref : P26 with name of School by FRIDAY 20th MARCH 2026

IF YOU DO NOT PAY BY 20th MARCH YOU WILL NOT SWIM.

10. **STEWARDS:** Additional help may be required in staging this event. Each school must nominate on the entry form one person to help on the poolside (not the team manager on poolside). If your helper is required to work, details will be sent with your final paperwork.

11. **ASA OFFICIALS:** A Gala cannot function without ASA Officials. If you know of anyone who is qualified and willing to help on the DAY please enter their name on the entry form. You will be notified if the person will be required. Thank you.

12. **GALA FINISH TIME:** Until we know how many schools enter the competition it is difficult to give a time, but I would suggest the programme will be about 2 hours in length.

13. **NATIONAL CHAMPIONSHIPS:** The top **THREE** teams from each final will be invited to represent East Midlands Schools at the National Primary Relay Championships on Saturday 20th June 2026 at Ponds Forge International Sports Centre, Sheffield.

AGAIN THIS YEAR 'THE PRESIDENTS' AWARD' WILL BE GIVEN TO THE HIGHEST PLACED STATE-FUNDED SCHOOL IN EACH EVENT AS WELL AS THE NORMAL MEDALS & PLAQUES.

14. **EXPENSES:** Each school will be responsible for its own expenses.

FURTHER DETAILS: Schools who enter the EM Championships will be sent final details nearer the time.

If you have any queries please give me a ring:

Home - 0116 271 6166

Mobile - 07761 813335

young37@talktalk.net

Or

Craig Prime : cprime@repton.org.uk

ENTRY FORMS MUST BE RETURNED TO CRAIG PRIME AS ABOVE

AT

REPTON SCHOOL, REPTON, DERBY, DE65 6FH OR EMAIL

BY

FRIDAY 20th MARCH 2026 OR BEFORE IF YOU WISH TO PARTICIPATE.

DO COME AND HAVE A GO, IT IS AN ENJOYABLE EVENT

Details of Events

FINAL to be held Ponds Forge Pool, Sheffield on Saturday 20th June 2026

For full competition rules & regulations please see the ESSA website
www.essa-schoolswimming.com

The **SMALL SCHOOLS** section applies to a combined total of up to 65 pupils in curriculum year 5 & 6: a freestyle team and a mixed stroke team.

Small school teams comprise 4 swimmers in any combination of boys/girls including 4 boys or 4 girls.

The **LARGE SCHOOLS** section is for schools of 66 or more pupils wishing to enter a mixed gender team comprising any combination of boys/girls (3 + 1 or 2 + 2).

The **OPEN SCHOOLS** section applies to any size school, a boys' freestyle team, a girls' freestyle team, a boys' mixed stroke team of 4 boys; (stroke order: Backstroke, Breaststroke, Butterfly or Breaststroke and Freestyle* and a girls mixed stroke team of 4 girls; (stroke order: Backstroke, Breaststroke, Butterfly or Breaststroke and Freestyle*

*Freestyle in Mixed Stroke events is defined as any stroke other than Backstroke Breaststroke or Butterfly.

N.B. Schools may only enter one category