

# English Schools' Swimming Association East/South East Divisions

Affiliated to ESSA and Swim England East and South East Regions  
Schools are automatically affiliated to ESSA.

## Individual Championships for children in school years 5 and 6

Held under Swim England Laws and Technical Rules of Swimming

**Friday 11<sup>th</sup> November 2022**

Warm up 7pm – start 7:30pm

**Woodside Leisure Centre, Horseshoe Lane,  
Watford, Herts WD28 7HH**

Events: 50m Backstroke, Breaststroke, Butterfly, Freestyle and 4x25m IM.

Suitable for club swimmers and school team swimmers

For online entry form please click [here](#)

Medals will be presented for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> places in each age group event

Entries will close on 28th October 2022.

**Entry fee £5.00 per event**

Swimmers must have achieved or be close to achieving the following entry times				
<u>Event</u>	<u>Year 5 Girls</u>	<u>Year 6 Girls</u>	<u>Year 5 Boys</u>	<u>Year 6 Boys</u>
50m Backstroke	54.00	47.00	54.00	50.00
50m Breaststroke	56.00	52.00	59.00	55.00
50m Butterfly	50.00	49.00	59.00	50.00
50m Freestyle	42.00	38.00	45.00	40.00
100m Individual Medley	1.45.00	1.40.00	1.55.00	1.40.00

### Important information for Parents / Guardians

1. Entry will not be accepted for an event if an entry time is not submitted for that event.
2. Submitted times on entry forms are subject to verification.
3. There will be a pre-determined number of heats for each event due to gala run-time constraints.
4. The promoter exercises the right to reject entries in the event the competition is oversubscribed so achieving an entry time for an event does not necessarily guarantee acceptance to this competition.
5. All correspondence about the gala will be via email from: [primary.essa@gmail.com](mailto:primary.essa@gmail.com)
6. Acceptance emails will not be sent until after entries have closed on 28th October.
7. All events will be Heat Declared Winner.
8. Competitors must have reached the standard of the ASA competitive Start Award to dive from the blocks.

Any questions please contact Zoë McQuire: 07729800923 / [primary.essa@gmail.com](mailto:primary.essa@gmail.com)

**Entries must be received by Friday 28th October 2022**