

NATIONAL SWIMMING CHAMPIONSHIPS **FOR PRIMARY SCHOOLS – RELAYS**

EAST MIDLANDS – 2019 DETAILS

John Marritt from St Michael's Primary School, Louth, Lincolnshire has offered to run this competition again in 2019. Please find details below and an Entry Form.

Details will also be found on the East Midlands webpage (www.essa-schoolswimming.com)

1. **GALA DATE / TIME:** Friday 29th March 2019. Warm-up 6.00pm
2. **VENUE:** Meridian Leisure Centre, Wood Lane, LOUTH, Lincolnshire. LN11 8SA
3. **ENTRIES: PLEASE READ THE RULES & REGULATIONS**

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 2018, 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 A.S.A. 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 A.S.A. 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. **WINNERS MEDALS:** Winning team will receive a medal.
9. **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 will be sent to schools who enter the competition.
10. **ENTRY FEE:** £7.50 per race entered.

This must be sent with your entry form payable to 'EM S.S.A.'

OR

BAC'S payment: Natwest 54:21:50 Account number 30278163 ref: Primary Swim by
FRIDAY 8th MARCH 2019

11. **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.

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

13. **TIMES:** These times are for guidance only:-

Small Schools Freestyle	1.09.55	to	1.26.65
Small Schools Mixed Stroke	1.19.59	to	1.35.13
Medium Schools Freestyle	1.02.51	to	1.26.16
Medium Schools Mixed Stroke	1.12.28	to	1.44.92
Open Girls Freestyle	1.04.07	to	1.31.14
Open Girls Mixed Stroke	1.12.12	to	1.26.23
Open Boys Freestyle	1.02.57	to	1.37.28
Open Boys Mixed Stroke	1.25.08	to	1.50.81

14. **GALA FINISH TIME:** Until I 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.

15. **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 15th June 2019 at Ponds Forge International Sports Centre, Sheffield.

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

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

If you have any queries please give me a ring in the first place:

Home - 0116 271 6166

Mobile - 07761 813335

ENTRY FORMS MUST BE RETURNED TO JOHN MARRITT

AT

ST. MICHAEL'S PRIMARY SCHOOL, MONKS' DYKE ROAD,

LOUTH, LINCS. LN11 9AR

BY

FRIDAY 8th MARCH 2019 OR BEFORE IF YOU WISH TO PARTICIPATE.

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