

# **NATIONAL SWIMMING CHAMPIONSHIPS** **FOR PRIMARY SCHOOLS – RELAYS** **EAST MIDLANDS – 2023 DETAILS**

Ian Pollock from Repton School, Derby, DE65 6FH has offered to run this competition for East Midlands Primary Schools. Please find details below. Please find the Entry Form & Team Sheets on the East Midlands webpage ([www.essa-schoolswimming.com](http://www.essa-schoolswimming.com))

1. **GALA DATE / TIME:** Friday 21<sup>st</sup> April 2023. Warm-up 2.00pm
2. **VENUE:** Repton School, Willington Road, Repton, Derby. DE65 6FH
3. **ENTRIES: PLEASE READ THE RULES & REGULATIONS on the ESSA website as above**

**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 31<sup>st</sup> / September 1<sup>st</sup> at the **commencement** of the academic year of the Championships (Sept 2022, normally years 5 & 6, note, NOT year 4)
5. **POOL DETAILS:** 25 metre 6 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 six 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
9. **ENTRY FEE:** £5 per race entered.  
Cheques must be sent to Chris Young, 5 Eskdale Close, Oadby, Leicester LE2 4TJ payable to 'EM S.S.A.'

**OR**

**BAC'S payment: NatWest Acc. No: 30278163 sort code 54:21:50 Ref:P 23 with name of School by FRIDAY 31<sup>st</sup> MARCH 2023. IF NOT PAID 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).

**11. 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

**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 17<sup>th</sup> June 2023 at Ponds Forge International Sports Centre, Sheffield.

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

**15. THE PRESIDENTS' AWARD** will be given to the highest placed state-funded school in each event at the finals in Sheffield.

**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 in the first place:

Home - 0116 271 6166

Mobile - 07761 813335

Or

**Ian Pollock - 01283 559237**

**ENTRY FORMS MUST BE RETURNED TO IAN POLLOCK**

**AT**

**REPTON SCHOOL, REPTON, DERBY, DE65 6FH**

**OR**

**ipollock@repton.org.uk**

**BY**

**FRIDAY 31<sup>st</sup> MARCH 2023 OR BEFORE IF YOU WISH TO PARTICIPATE.**

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