

English School Swimming Association

Summer Open Championships

THIS MEET IS OPEN TO ALL SWIMMERS

Under ASA Laws and Technical Rules of Swimming.
Licensed by the ASA at Level 3 under number 3SE190451

Saturday 22nd & Sunday 23rd June 2019

K2 Leisure Centre, Crawley, RH11 9BQ

Saturday 22 nd June		Sunday 23 rd June	
Session 1 Warm up 8:00am Start 9:15am		Session 3 Warm up & Start TBC	
101	Boys 400m Freestyle	301	Girls 400m Freestyle
102	Girls 200m Individual Medley	302	Boys 200m Individual Medley
103	Boys 50m Butterfly	303	Girls 50m Butterfly
104	Girls 50m Breaststroke	304	Boys 50m Breaststroke
105	Boys 100m Freestyle	305	Girls 100m Freestyle
106	Girls 200m Backstroke	306	Boys 200m Backstroke
107	Boys 200m Breaststroke	307	Girls 200m Breaststroke
108	Girls 200m Freestyle	308	Boys 200m Freestyle
Session 2 Warm up & Start TBC		Session 4 Warm up & Start TBC	
201	Girls 400m IM	401	Boys 400m IM
202	Boys 100m Backstroke	402	Girls 100m Backstroke
203	Girls 100m Butterfly	403	Boys 100m Butterfly
204	Boys 200m Butterfly	404	Girls 200m Butterfly
205	Girls 50m Backstroke	405	Boys 100m Breaststroke
206	Boys 50m Freestyle	406	Girls 50m Freestyle
207	Girls 100m Breaststroke	407	Boys 50m Backstroke
208	Boys 100m Individual Medley	408	Girls 100m Individual Medley

* Please note times are tentative and will be confirmed once all of the entries for the Meet have been processed.
 Full details will be sent with confirmation of entries.

- Venue: K2 Leisure Centre,
 25m Pool, 8 Lanes, full electronic timing with anti-turbulence lane ropes
- Age Groups: 9/10, 11/12, 13/14, 15 and over Ages at 23rd June 2019 **(Last day of competition)**
- Events: 50m, 100m and 200m all strokes
 plus 100m IM, 200m IM, 400m Freestyle & IM
 All events will be heat declared winners.
(Para swimmers may enter the events shown in their respective classification that have qualifying times)
- Fees: £6.00 per event (cheques payable to ESSA)
- Awards: Awards to 1st, 2nd and 3rd in all age groups. (HDW)
- Entries: Electronic entries to be sent to Stewart Nicklin s.nicklin@essa-schoolswimming.com

Check www.essa-schoolswimming.com (Events | Summer Open) for updates, entry files, editable forms and details of session times

English School Swimming Association

Summer Open Championships

RULES AND CONDITIONS

1. This gala will take place at K2, Crawley and is licensed by the ASA at Level 3 under Licence number 3SE190451. It will run short course (25m) in accordance with ASA Laws and Technical Rules of Swimming and the rules and conditions of this competition.
2. Over the top starts may be used at the promoter's discretion.
3. The pool is 25m long, 8 lanes, anti-wave lane ropes and electronic timing.
4. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool area.
5. Ages are as at 23rd June 2019. Age bands are 9/10 (Primary), 11/12 (Junior), 13/14 (Inter.), 15 and over (Senior).
6. Events: 50m 100m 200m all strokes, plus 100m IM, 200m IM, 400m Freestyle & IM. (Para Swimmers see separate conditions for events)
7. Entry fees are £6.00 per event
8. Time Trials will be offered where there would otherwise be empty lanes. Time trials will be initially offered to any rejected swimmers on a 'first come first served' basis, and competitors wishing to swim time trials should go to the Time Trial Helpdesk upon arrival at the start of each session prior to warm up. There will be a charge of £10.00 per time trial swim. There will be no awards for Time Trials but times achieved will go to Rankings.
9. A time standard table is attached. Swimmers entering this Meet are expected to enter their current best times and must **NOT** enter faster times than the upper limit.
10. All events are Heat Declared Winner. Awards will be given to the top three swimmers in each age group. Any medals not collected on the day will be forfeited. All awards must be picked up at the time of the competition.
11. The Pool will be available for warm-up before the start of each session; see the summary programme for warm up timings. A second pool is available, which will be available for continuous warm up and swim down during the meet.
12. Entries may need to be restricted and this will be done on a **FIRST COME FIRST SERVED BASIS - full reimbursement of fees shall be given to Clubs entering after the meet is declared 'full'** NO OTHER MONIES WILL BE REFUNDED.
13. The closing date is **MIDNIGHT Friday 24th May 2019** Entries with no time (NT) will **NOT** be accepted and times cannot be amended after the closing date.
14. If a club is entering fewer than 6 swimmers, entries may be made on the forms provided (photocopies will be accepted); all information must be legible (block caps please). Incomplete, ineligible entries or incorrect entry fees will not be accepted. Hard copies of entries along with the summary form, coach pass form and cheque to be sent to: Stewart Nicklin, 16 Ferrier Apartments, 336 Clapham Road, London, SW9 9AP. **Only one cheque per club will be accepted.** Alternatively, please pay by BACS (details available on request from treasurer@essa-schoolswimming.com).
Entry fees should reach the Promoter by **MIDNIGHT Friday 24th May 2019**
Clubs entering more than 6 swimmers **MUST** download the **SPORTSYSTEMS Entry Manager** from <https://www.sportsys.co.uk/> and return the entry file to Stewart using e-mail. (s.nicklin@essa-schoolswimming.com). Please note that if a Club enters more than 6 swimmers by means of entry forms rather than SPORTSYSTEMS Entry Manager File, these entries will incur an administration fee of £15.00.
SPORTSYSTEMS Entry Manager Instructions may be found on <https://www.sportsys.co.uk/>.
15. Information provided by clubs/entrants in their entry submission will be stored and processed in accordance with the General Data Protection Regulations. The ESSA privacy policy can be viewed at <https://www.essa-schoolswimming.com/index.php/about/privacy-policy>. Personal data will be available for inspection during the Meet on application to the Promoters.

English School Swimming Association

Summer Open Championships

16. All swimmers including those aged 9 must be registered as Category 2 with the ASA and have their cards available should they be required.
17. This meet will operate as a **CARDLESS** meet. Entries will be pre-seeded before the meet. Any withdrawals must be made no later than 45 minutes before the start of each session at the withdrawal desk.
18. The pool will be cleared 10 minutes before the start of the session.
19. This Meet has been licensed at Level 3 by the ASA. Times recorded at the meet will be accepted for entry into County and Regional Competitions and Championships, and will be sent to the ASA for inclusion in the National Rankings.
20. Coaches'/Team manager passes will be issued at the cost of £10 per day or £15 for a two-day pass. This will entitle the holder to admission to all sessions, a programme, session start lists. Entry to poolside will not be permitted without a pass. These may be paid for via BACS or cheque.
21. Chaperone passes are available for para swimmers. These passes are free of charge. To apply for a chaperone pass please complete the chaperone pass form and write the name of the swimmer and club that you will be supporting.
22. Any matters concerning the Meet not covered in these rules will be dealt with according to the laws of the Sport and at the discretion of the Meet Management or the Promoters.
23. All participants must observe the safety precautions in operation at K2 Leisure Centre. Neither the Meet Management, the Promoter nor ESSA will be responsible for any loss or damage occurring during this Meet.
24. The Meet Manager is Stewart Nicklin. The meet is promoted by ESSA. For any further information please email s.nicklin@essa-schoolswimming.com.
25. Spectators, swimmers and team staff must ensure they are responsible with taking images on cameras mobile phone and other devices and their responsibilities as laid out WavePower. This is an open public venue.
26. The minus 1 rule will be used to award medals where there are less than 4 swimmers in an event. If there is only one competitor in any event, the swimmer needs to improve on their entry time to medal.
27. Awards will be given to the 1st, 2nd and 3rd placed swimmer in each age group.
28. All clubs submitting entries are requested to assist in the running of the meet by supplying details of any Licensed officials who are willing to assist at this Gala
29. At K2, we do have access to a secondary strobe, however due to length of the cable it may not be able to stretch to all lanes or due to health and safety concerns of a trailing cable, we may ask the swimmer to move to a different lane to allow the strobe to be used.

PARA SWIMMERS ADDITIONAL RULES AND CONDITIONS:

1. Each competitor shall be a Swim England Category 2 member or an equivalent member of Swim Scotland or Swim Wales whose membership record shows S1-15, SB1–SB15 or SM1-SM15 World Para Swimming classification, which is held on the British Swimming or World Para Swimming Classification database at the time of entry.
2. Swimmers on the functional classification waiting list, or have an active application with UKSA or INAS, made within the last 12 months, are invited to compete. They must still meet the Swim England Category 2 membership requirement. They would achieve a time in a licensed event but will not be eligible to receive medals.
3. Competitors should indicate on their entry their relevant:
 - WPS classification or British Swimming classification
 - UKSA or INAS classification (accompanied by the relevant number)
 - British Blind Sport classification
 - UK Deaf Sport classification
 - Exception codes

English School Swimming Association

Summer Open Championships

4. Where swimmers are on the waiting list (S99), must indicate this on the entry form.
 5. Swimmers can compete in any event with a shown qualifying time but those with a classification S1 – S14 are advised to swim those events that are WPS recognised events for their classification, in order to gain qualifying times for future British Para-Swimming Programmes and Competitions.
 6. This event is subject to the upper time limits for each classification listed at the end of these conditions. Swimmers must not be faster than these times for entry to this competition. These times are shown in tables 1 and 2 (later in the entry pack)
 7. All events will be swum multi-class and seeded according to time, irrespective of age or disability. **This means you may not be in the 1st heat and will be seeded along with able bodied swimmers.**
 8. Personal care attendants will be permitted for competitors in the following classes: S1, S2, S3, S4 and S11. Such attendants will be excluded from any restrictions and will be given the same accreditation as the competitor for whom they have personal care responsibilities – their accreditation is free. Other personal care attendants will be allowed at the promotor's discretion.
 9. In each event, medals will be awarded to the 1st, 2nd and 3rd placed Male and Female swimmers in the classification classes S1 - S14 based on British Para-Swimming Points. British Para-Swimming Points are awarded for each competitor across classifications S1-S14 in relation to how close they are to their classification's world record in each event, respectively.
 10. S15 swimmers will compete in each event, within their own classification band, and medals will be awarded to 1st, 2nd and 3rd placed, Male and Female swimmers based on time, within one (open) age group.
 11. **Para Swimmers will swim in different age groups to allow for healthy competition and allow the minus one rule for presentations to be applied sensibly. These different age groups are 9-14 and 15 and over.**
 12. The minus 1 rule will be used to award medals where there are less than 4 swimmers in an event. If there is only one competitor in any event, the swimmer needs to improve on their entry time to medal.
- * **The 'minus 1' rule:** If there are only 3 entries for the event, 'minus 1 rule' applies; i.e. only 1st & 2nd positions will be awarded with medals but no prize money. The same 'minus 1' rule applies if there are only 2 entries for the event, i.e. only the 1st position will be awarded with medal and not prize money. If there is only one competitor in any event, the swimmer needs to improve on their entry time to medal.

Closing Date Midnight 24th May 2019

FINAL Payment of entries:

Once you have finalised your entries then you should send one club cheque or pay via BACS in one payment. Your entry forms should then be posted to:
ESSA Summer Open Meet, Stewart Nicklin, 16 Ferrier Apartments, 336
Clapham Road, London, SW9 9AP

English School Swimming Association

Summer Open Championships

ENTRY FORM

Please complete even if entering electronically. All hard copy entries must be sent in.

Name		Male / Female
Address		
Telephone No* (We require a contact No)*		E-mail
Date of Birth	Age as 23rd June 2019	
Club		
ASA Number		
BS/WPS/INAS /UKSA/UKDS CLASSIFICATION (S1-10, S11-13, S14,S15):		
S _____ SB _____ SM _____ OR on CLASSIFICATION Waiting List [WL] <input type="checkbox"/>		
S14 Registration Number: _____ S15 Registration Number: _____		
Exception Codes: _____		

ALL TIMES TO BE 25m POOL TIMES (Short Course)

PLEASE REFER TO UPER AND LOWER TIMES

EVENT	ENTRY TIME	Event no	EVENT	ENTRY TIME	Event no

Total No. of Entries		@ £6.00 per event = Total	£
----------------------	--	---------------------------	---

Cheques should be made payable to ESSA or payment made by BACS as shown in conditions.

Please return entries by Closing Date Midnight Friday 24th May 2019

Please accept my entries for the events indicated above. The time indicated against each event has been achieved. I declare that the details entered in this form are correct, that I am an eligible competitor in accordance with the ASA Laws and that I agree to abide by the meet conditions. I also agree to be photographed by the official photographer at the event.

Signature (swimmer) Signature (parent/carer)

English School Swimming Association

Summer Open Championships

Upper and Lower qualification times: MALE

EVENT		9/10	11	12	13	14	15 +
50m Freestyle	ULT	29.26	28.42	26.88	25.40	24.52	21.15
	LLT	48.93	44.96	41.93	38.73	35.67	32.00
100m Freestyle	ULT	1.05.48	1.01.71	58.76	55.29	53.50	50.76
	LLT	1.46.88	1.37.66	1.30.79	1.23.55	1.16.99	1.10.51
200m Freestyle	ULT	2.20.17	2.11.43	2.08.40	2.00.60	1.55.07	1.48.90
	LLT	3.52.36	3.32.70	3.17.95	3.02.39	2.47.87	2.34.89
400m Freestyle	ULT	4.57.17	4.37.89	4.35.23	4.15.12	4.01.46	3.56.31
	LLT	6.54.80	6.06.00	5.46.00	5.26.80	5.10.40	4.48.50
50m Breaststroke	ULT	38.79	36.90	33.54	32.46	31.62	27.11
	LLT	1.03.40	57.91	53.71	49.08	45.19	40.85
100m Breaststroke	ULT	1.26.45	1.21.09	1.13.66	1.08.62	1.06.89	1.00.00
	LLT	2.18.03	2.04.96	1.55.64	1.45.63	1.37.13	1.27.59
200m Breaststroke	ULT	3.08.41	2.56.30	2.42.03	2.31.59	2.26.55	2.08.59
	LLT	4.56.12	4.28.87	4.09.72	3.48.96	3.29.94	3.10.75
50m Butterfly	ULT	31.64	31.14	28.80	27.69	25.96	22.51
	LLT	54.17	49.40	46.19	42.46	39.02	32.55
100m Butterfly	ULT	1.11.71	1.08.54	1.04.49	1.00.09	58.85	50.31
	LLT	2.02.08	1.49.13	1.41.06	1.32.45	1.24.75	1.14.22
200m Butterfly	ULT	2.42.47	2.23.81	2.26.50	2.13.32	2.04.81	1.58.80
	LLT	4.28.31	3.59.33	3.42.76	3.24.45	3.07.80	2.35.66
50m Backstroke	ULT	33.15	32.57	29.46	28.58	27.73	24.35
	LLT	55.76	51.15	47.88	43.86	40.62	35.60
100m Backstroke	UTL	1.12.01	1.09.96	1.05.66	1.01.78	58.58	52.21
	LLT	2.01.02	1.49.07	1.41.61	1.33.25	1.25.53	1.15.25
200m Backstroke	ULT	2.37.44	2.30.57	2.17.77	2.15.59	2.04.10	1.53.95
	LLT	4.16.49	3.54.13	3.38.48	3.20.64	3.04.40	2.41.60
100m IM	ULT	1.14.33	1.10.79	1.06.97	1.03.24	1.01.65	55.37
	LLT	2.03.08	1.53.21	1.45.62	1.37.15	1.28.97	1.15.22
200m IM	ULT	2.38.74	2.28.11	2.25.61	2.16.65	2.07.92	1.57.32
	LLT	4.24.01	4.00.01	3.43.46	3.26.37	3.08.96	2.40.86

English School Swimming Association

Summer Open Championships

Upper and Lower qualification times: FEMALE

EVENT		9/10	11	12	13	14	15 +
50m Freestyle	ULT	30.25	28.29	27.80	27.20	26.19	24.67
	LLT	48.37	44.75	41.66	39.14	37.43	36.26
100m Freestyle	ULT	1.10.16	1.05.20	1.00.07	58.35	57.41	54.18
	LLT	1.46.25	1.36.70	1.29.64	1.24.25	1.20.44	1.18.22
200m Freestyle	ULT	2.28.44	2.14.97	2.09.98	2.03.02	2.02.58	1.56.09
	LLT	3.47.61	3.28.68	3.13.27	3.01.35	2.53.36	2.48.22
400m Freestyle	ULT	5.14.57	4.43.90	4.33.36	4.19.47	4.13.70	4.04.40
	LLT	6.59.01	6.20.30	6.01.01	5.48.40	5.35.50	5.30.00
50m Breaststroke	ULT	39.13	35.09	34.79	33.33	33.06	30.03
	LLT	1.02.42	57.12	52.83	49.43	47.02	45.53
100m Breaststroke	ULT	1.26.35	1.20.41	1.17.96	1.12.48	1.10.56	1.07.40
	LLT	2.15.80	2.02.68	1.53.44	1.45.65	1.40.03	1.37.42
200m Breaststroke	ULT	3.04.96	2.48.13	2.42.78	2.38.66	2.34.07	2.23.69
	LLT	4.49.60	4.23.14	4.03.42	3.46.76	3.35.79	3.29.90
50m Butterfly	ULT	33.67	32.13	30.70	28.92	27.95	26.82
	LLT	53.03	48.89	45.41	42.55	40.54	39.21
100m Butterfly	ULT	1.17.21	1.12.13	1.06.39	1.03.86	1.02.41	58.69
	LLT	1.59.22	1.47.55	1.38.97	1.32.84	1.28.04	1.25.74
200m Butterfly	ULT	2.52.55	2.41.79	2.32.71	2.18.54	2.16.88	2.10.46
	LLT	4.24.49	3.56.66	3.37.18	3.22.89	3.12.56	3.06.58
50m Backstroke	ULT	35.09	31.44	30.39	29.68	29.56	27.44
	LLT	55.00	50.58	47.12	44.19	42.11	41.00
100m Backstroke	UTL	1.16.83	1.10.98	1.06.41	1.03.00	1.02.27	58.83
	LLT	1.59.06	1.47.88	1.39.64	1.33.24	1.29.02	1.26.19
200m Backstroke	ULT	2.39.95	2.25.21	2.22.25	2.16.76	2.13.37	2.07.15
	LLT	4.12.90	3.48.79	3.32.50	3.19.79	3.10.64	3.04.46
100m IM	ULT	1.20.21	1.12.30	1.09.20	1.06.12	1.05.94	1.02.18
	LLT	1.59.76	1.51.71	1.43.96	1.37.11	1.33.06	1.30.39
200m IM	ULT	2.48.26	2.30.35	2.25.58	2.20.26	2.19.40	2.09.51
	LLT	4.18.65	3.55.69	3.38.35	3.25.15	3.15.40	3.09.74

English School Swimming Association

Summer Open Championships

Para Swimmers Upper times: MALE

50m FREESTYLE		100m FREESTYLE		200m FREESTYLE		400m FREESTYLE	
S1	01:27.20	S1	03:19.89	S1	05:07.90	S6	05:28.28
S2	01:05.03	S2	02:36.89	S2	05:11.21	S7	04:53.50
S3	00:49.34	S3	01:59.67	S3	03:40.05	S8	04:39.74
S4	00:41.57	S4	01:29.90	S4	03:13.72	S9	04:22.78
S5	00:35.21	S5	01:19.65	S5	02:53.04	S10	04:12.80
S6	00:31.87	S6	01:09.54	S14	01:59.25	S11	05:00.17
S7	00:29.05	S7	01:05.08	S15	01:59.25	S12	04:48.86
S8	00:27.96	S8	01:01.19			S13	04:17.24
S9	00:26.01	S9	00:57.25			S14	04:16.44
S10	00:24.23	S10	00:52.59			S15	04:16.44
S11	00:27.28	S11	01:01.37				
S12	00:24.95	S12	00:55.58				
S13	00:24.74	S13	00:53.72				
S14	00:25.40	S14	00:54.31				
S15	00:25.40	S15	00:54.31				

50m BACKSTROKE		100m BACKSTROKE		50m BREASTSTROKE		100m BREASTSTROKE	
S1	01:28.79	S1	03:06.31	SB1	01:47.43	SB4	01:50.01
S2	01:02.15	S2	02:15.06	SB2	01:01.78	SB5	01:37.36
S3	00:50.76	S6	01:21.32	SB3	00:48.42	SB6	01:26.62
S4	00:47.64	S7	01:14.45	S15	31	SB7	01:22.70
S5	00:40.74	S8	01:08.88			SB8	01:14.09
S15	27	S9	01:06.20			SB9	01:11.00
		S10	01:02.04			SB11	01:25.01
		S11	01:18.44			SB12	01:12.96
		S12	01:02.85			SB13	01:09.73
		S13	01:03.14			SB14	01:08.30
		S14	01:03.76			S15	01:08.30
		S15	01:03.76				

50m BUTTERFLY		100m BUTTERFLY		150m IM		200m IM	
S1	00:00.00	S8	01:05.34	SM1	00:00.00	SM5	04:07.22
S2	02:24.18	S9	01:02.30	SM2	05:02.42	SM6	03:00.21
S3	01:24.18	S10	00:58.91	SM3	03:26.77	SM7	02:45.59
S4	00:54.15	S11	01:08.59	SM4	02:43.42	SM8	02:32.68
S5	00:39.20	S12	00:59.21			SM9	02:21.00
S6	00:33.83	S13	00:58.68			SM10	02:14.59
S7	00:31.65	S14	00:58.98			SM11	02:36.73
S15	25	S15	00:58.98			SM12	02:25.15
						SM13	02:19.80
						SM14	02:15.43
						S15	02:15.43

English School Swimming Association

Summer Open Championships

Para Swimmers Lower times: MALE

50m FREESTYLE		100m FREESTYLE		200m FREESTYLE		400m FREESTYLE	
S1	03:59.80	S1	9.09.70	S1	14:16.73	S6	15:02.8
S2	02:58.83	S2	7.11.45	S2	14:15.8	S7	13:27.1
S3	02:15.68	S3	5.29.09	S3	10:05.1	S8	12:49.3
S4	01:54.32	S4	4.07.22	S4	08:52.7	S9	12:02.6
S5	01:36.82	S5	3.39.04	S5	07:55.9	S10	11:35.2
S6	01:27.64	S6	3.11.24	S14	05:27.9	S11	13:45.5
S7	01:19.89	S7	2.58.97	S15	05:27.9	S12	13:14.4
S8	01:16.89	S8	2.48.27			S13	11:47.4
S9	01:11.53	S9	2.37.44			S14	11:45.2
S10	01:06.63	S10	2.24.62			S15	11:45.2
S11	01:15.02	S11	2.48.77				
S12	01:08.61	S12	2.32.84				
S13	01:08.01	S13	2.27.73				
S14	01:09.85	S14	2.29.35				
S15	01:09.85	S15	2.29.35				

50m BACKSTROKE		100m BACKSTROKE		50m BREASTSTROKE		100m BREASTSTROKE	
S1	04:04.2	S1	08:32.4	SB1	04:55.4	SB4	05:02.5
S2	02:50.9	S2	06:11.4	SB2	02:49.9	SB5	04:27.7
S3	02:19.6	S6	03:43.6	SB3	02:13	SB6	03:58.2
S4	02:11.0	S7	03:24.7	S15	1.30.00	SB7	03:47.4
S5	01:52.0	S8	03:09.4			SB8	03:23.7
S15	1.20.00	S9	03:02.1			SB9	03:15.2
		S10	02:50.6			SB11	03:53.8
		S11	03:35.7			SB12	03:20.6
		S12	02:52.8			SB13	03:11.8
		S13	02:53.6			SB14	03:07.8
		S14	02:55.3			S15	03:07.8
		S15	02:55.3				

50m BUTTERFLY		100m BUTTERFLY		150m IM		200m IM	
S1	0.00.00	S8	02:59.7	SM1	0.00.00	SM5	11:19.9
S2	06:36.50	S9	02:51.3	SM2	13:51.65	SM6	08:15.6
S3	03:51.50	S10	02:42.0	SM3	09:28.6	SM7	07:35.4
S4	02:28.9	S11	03:08.6	SM4	07:29.4	SM8	06:59.9
S5	01:47.8	S12	02:42.8			SM9	06:27.7
S6	01:33.0	S13	02:41.4			SM10	06:10.1
S7	01:27.0	S14	02:42.2			SM11	07:11.0
S15	1.20.00	S15	02:42.2			SM12	06:39.2
						SM13	06:24.4
						SM14	06:12.4
						S15	06:12.4

English School Swimming Association

Summer Open Championships

Para Swimmers Upper times: FEMALE

50m FREESTYLE		100m FREESTYLE		200m FREESTYLE		400m FREESTYLE	
S1	01:24.11	S1	04:09.63	S1	06:37.43	S6	05:45.04
S2	01:11.42	S2	03:25.11	S2	06:57.34	S7	05:39.93
S3	00:47.65	S3	01:57.53	S3	03:34.44	S8	04:58.27
S4	00:41.23	S4	01:28.50	S4	03:26.51	S9	04:51.06
S5	00:38.99	S5	01:41.26	S5	03:37.10	S10	04:42.58
S6	00:36.18	S6	01:17.11	S14	02:12.28	S11	05:42.65
S7	00:33.94	S7	01:15.20	S15	02:12.3	S12	05:19.82
S8	00:31.23	S8	01:07.19			S13	04:45.32
S9	00:29.48	S9	01:03.72			S14	04:50.72
S10	00:28.52	S10	01:01.75			S15	04:50.7
S11	00:31.27	S11	01:11.32				
S12	00:29.08	S12	01:03.08				
S13	00:28.24	S13	01:01.78				
S14	00:28.54	S14	01:02.21				
S15	28.54	S15	01:02.2				

50m BACKSTROKE		100m BACKSTROKE		50m BREASTSTROKE		100m BREASTSTROKE	
S1	02:15.91	S1	04:29.31	SB1	02:15.82	SB4	02:04.09
S2	01:30.20	S2	03:34.59	SB2	02:47.43	SB5	01:53.82
S3	00:57.18	S6	01:35.25	SB3	01:02.70	SB6	01:46.09
S4	01:01.14	S7	01:29.32	S15	32	SB7	01:36.23
S5	00:47.81	S8	01:19.25			SB8	01:24.27
S15	27	S9	01:10.96			SB9	01:18.60
		S10	01:11.29			SB11	01:36.34
		S11	01:24.56			SB12	01:21.95
		S12	01:14.90			SB13	01:19.07
		S13	01:08.98			SB14	01:17.70
		S14	01:09.05			S15	01:17.0
		S15	01:09.05				

50m BUTTERFLY		100m BUTTERFLY		150m IM		200m IM	
S1	0.00.00	S8	01:19.85	SM1	00:00.00	SM5	03:54.83
S2	02:19.79	S9	01:09.60	SM2	05:15.81	SM6	03:13.07
S3	01:31.69	S10	01:09.86	SM3	03:27.82	SM7	03:06.96
S4	00:52.74	S11	01:38.58	SM4	03:26.74	SM8	02:44.13
S5	00:49.63	S12	01:24.03			SM9	02:40.27
S6	00:41.32	S13	01:05.51			SM10	02:35.40
S7	00:37.11	S14	01:08.06			SM11	03:07.67
S15	27	S15	01:08.0			SM12	02:56.26
						SM13	02:26.62
						SM14	02:28.57
						S15	02:28.0

English School Swimming Association

Summer Open Championships

Para Swimmers Lower times: FEMALE

50m FREESTYLE		100m FREESTYLE		200m FREESTYLE		400m FREESTYLE	
S1	03:51.30	S1	11.26.48	S1	18.12.93	S6	15.48.86
S2	03:16.40	S2	9.24.05	S2	19.07.69	S7	15.34.81
S3	02:11.04	S3	5.23.21	S3	9.49.71	S8	13.40.24
S4	01:53.38	S4	4.03.38	S4	9.27.90	S9	13.20.42
S5	01:47.22	S5	4.38.46	S5	9.57.90	S10	12.57.10
S6	01:39.49	S6	3.32.05	S14	6.03.77	S11	15.42.29
S7	01:33.34	S7	3.26.80	S15	6.03.77	S12	14.39.51
S8	01:25.88	S8	3.04.77			S13	13.04.63
S9	01:21.07	S9	2.55.23			S14	13.19.48
S10	01:18.43	S10	2.49.81			S15	13.19.48
S11	01:25.99	S11	3.16.13				
S12	01:19.97	S12	2.53.47				
S13	01:17.66	S13	2.49.90				
S14	01:18.48	S14	2.51.08				
S15	01:18.48	S15	2.51.08				

50m BACKSTROKE		100m BACKSTROKE		50m BREASTSTROKE		100m BREASTSTROKE	
S1	6.13.75	S1	12.20.60	SB1	6.13.51	SB4	5.41.25
S2	4.08.05	S2	9.50.12	SB2	7.40.43	SB5	5.13.01
S3	2.37.25	S6	4.21.94	SB3	2.52.43	SB6	4.51.75
S4	2.48.13	S7	4.05.63	S15	01:45.0	SB7	4.24.63
S5	2.11.48	S8	3.37.94			SB8	3.51.74
S15	01:15.0	S9	3.15.14			SB9	3.36.15
		S10	3.16.05			SB11	4.24.93
		S11	3.52.54			SB12	3.45.36
		S12	3.25.97			SB13	3.37.44
		S13	3.09.69			SB14	3.33.67
		S14	3.09.89			S15	3.33.67
		S15	3.09.89				

50m BUTTERFLY		100m BUTTERFLY		150m IM		200m IM	
S1	0.00.00	S8	3.39.59	SM1	0.00.00	SM5	10.45.78
S2	6.24.42	S9	3.11.40	SM2	14.28.48	SM6	8.50.94
S3	4.12.15	S10	3.12.12	SM3	9.31.51	SM7	8.34.14
S4	2.25.03	S11	4.31.10	SM4	9.28.54	SM8	7.31.36
S5	2.16.48	S12	3.51.08			SM9	7.20.74
S6	1.53.63	S13	3.00.15			SM10	7.07.35
S7	1.42.05	S14	3.07.17			SM11	8.36.09
S15	01:30.0	S15	3.07.17			SM12	8.04.72
						SM13	6.43.21
						SM14	6.48.57
						S15	6.48.57

English School Swimming Association

Summer Open Championships

COACHES'/TEAM MANAGER POOL DECK PASS APPLICATION FORM

Name of Club: _____

Contact e-mail address: _____

Coach Pass	Number	Payment Total
Number of 1-day passes		
Number of 2-day coaches passes		

Please print in the spaces below the full names of ALL the coaches and helpers who are likely to use your club's pool deck pass(es). All those you name MUST be current Swim England members and DBS checked.

First Name	Surname	Swim England Membership Number	DBS Number

Please note:

- The closing date for applications for coach passes is Friday 24th May 2019
- Applications can be made electronically by e-mailing this form to s.nicklin@essa-schoolswimming.com and paying by BACS (details available on request from treasurer@essa-schoolswimming.com)
- **Or** by sending the form and a cheque made payable to 'ESSA' to:
Stewart Nicklin, 16 Ferrier Apartments, 336 Clapham Road, London, SW9 9AP

English School Swimming Association Summer Open Championships

CHAPERONE POOL DECK PASS APPLICATION FORM

Name of Club _____

Name of chaperone _____

Name of swimmer _____

Contact e-mail address _____

Length of Pass	Please tick as required (If one day please indicate day)
1 Day Pass	
2 Day Pass	

Please note:

- The closing date for applications for chaperone passes is Friday 24th May 2019
- Applications can be made electronically by e-mailing this form to s.nicklin@essa-schoolswimming.com

English School Swimming Association

Summer Open Championships

Sessions lengths:

Saturday:

Warm up 8am

Start 9am Length – 3.5hrs duration (Finish 12:30)

Warm up 13:00

Start 2pm Length – 3.5 hrs duration (Finish 17:30)

Sunday:

Warm up 8am

Start 9am Length – 3.5hrs duration (Finish 12:30)

Warm up 13:00

Start 2pm Length – 3.5 hrs duration (Finish 17:30)

Officials will be given a 10 minutes break during each session.

Officials will be offered expenses for attending the meet.