

# ESSA SUMMER OPEN CHAMPIONSHIPS

## ESSA SUMMER OPEN (INDIVIDUAL) CHAMPIONSHIPS 2020

ESSA are holding their 2<sup>nd</sup> Summer Open Championships.  
It is open to all swimmers from 9 years old, including para swimmers.

**- Entry deadline -** entries will be accepted up to 5<sup>th</sup> June where space permits  
(but don't leave it to the last minute – entries accepted as 'first-come-first-served')

Licensed by Swim England at Level 3 (3SE200876) – **Long Course**

**When:** Saturday 4<sup>th</sup> & Sunday 5<sup>th</sup> July 2020

**Where:** K2 Leisure Centre, Crawley, RH11 9BQ

**Age Groups:** 9/10, 11/12, 13/14, 15 and over.  
Ages are calculated as at 5<sup>th</sup> July 2020

**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

**Awards:** Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each age group (see image of our special medals for this event).

**Entries:** Accepted on 'first-come, first-served' basis



All details and entry files available from [www.essa-schoolswimming.com](http://www.essa-schoolswimming.com) (Events | Summer Open)

This is an individual event where swimmers represent themselves. Swimmers may enter directly, through their club or through their school. It is open to all secondary school aged swimmers, and primary school swimmers that have reached the age of 9 by the last day of the championships, including Para swimmers.

The Summer Open (Individual) Championships promoter is Stewart Nicklin - [s.nicklin@essa-mail.uk](mailto:s.nicklin@essa-mail.uk)