

# ESSA

English Schools' Swimming Association

Division 2 Divisional Rep:

Mrs Alison Crawford

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## DIVISION 2 CHAMPIONSHIPS 2010

### Cheshire, Lancashire, Merseyside and the Isle of Man

**SATURDAY 18th SEPTEMBER 2010**

**\*\*\*EVERTON PARK SPORTS CENTRE, L5\*\*\***

**SESSION 1: Warm-up 1.30pm: Start 2.15pm**

**SESSION 2: Warm-up to be confirmed**

### INFORMATION

This Gala is to introduce swimmers to ESSA swimming and to choose a team to represent Division 2 for the National Championships to be held at **Watford** on **29th/30<sup>th</sup> October 2010**

AGE GROUPS are on 31<sup>st</sup> August 2010

JUNIOR	Age 11 and under 14	School years 7,8 and 9
INTERMEDIATE	Age 14 and under 16	School years 10 and 11
SENIOR	Age 16 and under 18	Sixth Form/College

### CONDITIONS OF ENTRY

1. All ages are as at **midnight on 31<sup>st</sup> August/1st September 2010**. A swimmer must be in fulltime education at school or college (16 or more hours of tuition per week) on 18<sup>th</sup> September 2010.
2. A swimmer may enter any events in his/her age group and the Open 400m freestyle but **only the 12 fastest submitted times will be accepted in the Open 400m freestyle**. There will be a fee of £3.50 per event entered.
3. In order to compete in the Divisional Championships, a swimmer must have the approval of his/her school/college. All entry forms must be countersigned by the Headteacher /Principal.
4. All schools must be affiliated to Division 2 for insurance purposes.
5. Submitted times will only be considered if a swimmer has entered but is on **National or International duty** on the day of the Championships.
6. Entries will be acknowledged at the beginning of September together with instructions for procedure.
7. A swimmer winning two events will be invited to select their preference. The selection committee will make every effort to comply with the swimmers choice but will give no guarantee as the interests of the Divisional team will be paramount.

**N.B. National winners may be selected to represent England at the 4 Nations Championships.**

8. The **CLOSING DATE** will be Friday 23rd July 2010.

# PROGRAMME OF EVENTS

## Session 1

**Warm-up 1.30pm Start 2.15pm**

1. Girls Open 400 m Freestyle HDW
2. Boys 200m I.M. HDW
3. Girls 100m Butterfly
4. Boys 100m Breaststroke
5. Girls 100m Backstroke
6. Boys 100m Freestyle
7. Final of Event 3 Junior Girls 100m Butterfly
8. Final of Event 3 Inter Girls 100m Butterfly
9. Final of Event 3 Senior Girls 100m Butterfly
10. Final of Event 4 Junior Boys 100m Breaststroke
11. Final of Event 4 Inter Boys 100m Breaststroke
12. Final of Event 4 Senior Boys 100m Breaststroke
13. Final of Event 5 Junior Girls 100m Backstroke
14. Final of Event 5 Inter Girls 100m Backstroke
15. Final of Event 5 Senior Girls 100m Backstroke
16. Final of Event 6 Junior Boys 100m Freestyle
17. Final of Event 6 Inter Boys 100m Freestyle
18. Final of Event 6 Senior Boys 100m Freestyle

## Session 2

**Warm-up to be confirmed**

19. Boys Open 400 m Freestyle HDW
20. Girls 200m I.M. HDW
21. Boys 100m Butterfly
22. Girls 100m Breaststroke
23. Boys 100m Backstroke
24. Girls 100m Freestyle
25. Final of Event 21 Junior Boys 100m Butterfly
26. Final of Event 21 Inter Boys 100m Butterfly
27. Final of Event 21 Senior Boys 100m Butterfly
28. Final of Event 22 Junior Girls 100m Breaststroke
29. Final of Event 22 Inter Girls 100m Breaststroke
30. Final of Event 22 Senior Girls 100m Breaststroke
31. Final of Event 23 Junior Boys 100m Backstroke
32. Final of Event 23 Inter Boys 100m Backstroke
33. Final of Event 23 Senior Boys 100m Backstroke
34. Final of Event 24 Junior Girls 100m Freestyle
35. Final of Event 24 Inter Girls 100m Freestyle
36. Final of Event 24 Senior Girls 100m Freestyle

# ENGLISH SCHOOLS' SWIMMING ASSOCIATION

## DIVISION 2

Cheshire, Lancashire, Merseyside and the Isle of Man

Please reply to: Mrs Alison Crawford  
132 Buckingham Road  
Maghull  
Liverpool L31 7DR

Tel: 0151 526 7395

## ENTRY FORM

Please complete in **BLOCK CAPITALS**

Surname : ..... Forename: .....

Home Address: .....

Post Code: ..... Tel..... Email:.....

Date of Birth: ..... Age (on 31/08/10): ..... Junior/Inter/Senior Male/ Female

School: ..... Town: .....

Is your school affiliated to ESSA? YES/ NO Signature of Headteacher .....

EVENT	Time (Short Course)	Date, Venue (where time was achieved)
200m Individual Medley HDW		
100m Backstroke		
100m Breaststroke		
100m Butterfly		
100m Freestyle		
Open 400m Freestyle HDW		

Session 1 1.30 warm-up 2.15 start  
Session 2 to be confirmed

Cost per event £3.50  
Cheques to ESSA Division 2

If I am selected to swim for Division 2, I confirm that I will agree to compete in the ESSA National Championships at Watford on 29th/30th October 2010.

If selected I would prefer to swim in .....event but I understand that the final decision will be made by the selectors.

Signature of Swimmer.....

Please enclose a stamped addressed envelope for confirmation of entry and Gala instructions. Closing date Friday 23<sup>rd</sup> July 2010.



# ENGLISH SCHOOLS' SWIMMING ASSOCIATION

[www.essa-schoolswimming.com](http://www.essa-schoolswimming.com)

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Mrs Alison Crawford  
132 Buckingham Road  
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Tel: 0151 526 7395

Division 2 Cheshire. Lancashire. Merseyside and the Isle of Man

Dear Colleague,

In order for any of your pupils to participate in E.S.S.A. Swimming Championships, Diving and Water Polo competitions, your school must be affiliated to E.S.S.A. Division 2 .

Affiliation costs £5.00 per year and it provides insurance for your pupils while they are participating in these competitions. Please complete and return the form below. The cheque is payable to E.S.S.A. Division 2.

Yours faithfully

*Alison Crawford*

## E.S.S.A. DIVISION 2

### AFFILIATION FORM for the academic year 2010/2011

**NAME OF SCHOOL**.....

**ADDRESS**.....

.....

.....

**TEL. NO.**.....

**EMAIL**.....

**CONTACT NAME**.....