



## SURREY SCHOOLS' SWIMMING ASSOCIATION

12th January 2023

Dear Colleague

### **ESSA National Team Championships for Primary Schools Surrey round**

Attached is an entry form for the Surrey Schools Swimming Association Primary Team Championships to be held on:

**Saturday 18th March 2023 at The Spectrum, Guildford.**

Doors open at 6pm. Warm up is at 6.30pm for a 7.00pm start.

The closing date for entries is Friday 10th March 2023 and a cheque made payable to **SSSA** must accompany each entry at **£12** per team. If you wish to pay by BACS, here are the following details:

Bank:HSBC

Name of Account:  
SSSA

Bank Account No:  
11563645

Bank Sort Code: 40-19-22

Please note if you are bringing a boys team and a girls team from the OPEN SCHOOL Category that is **2 teams** and therefore **£24!!** All payment including BACs payments must be to me/SSSA Bank Account by the CLOSING DATE 10/03/23.

Please read the ESSA regulations which accompany this letter, which defines the categories of Small Schools, Medium Schools and Large Schools.

Ages will be calculated as 31<sup>st</sup> August / 1<sup>st</sup> September 2023 i.e. **Year 5 and 6 ONLY** (They must still be under 12 by August 31<sup>st</sup> 2023). Any school that does **NOT** abide by the rules will be disqualified from the **WHOLE** competition.

Please note that the South East Regional Gala will be held on Saturday 13<sup>th</sup> May at the Guildford Spectrum (5pm – 9pm) and the top **TWO** Surrey schools from the county round will qualify for this gala. (**All counties will do IN water take overs at the shallow end**) The top **THREE** schools from the South East Division will then qualify for the ESSA National Championships in Sheffield on 17<sup>th</sup> June 2023. Successful schools will be notified directly by ESSA.

This competition is always very well supported so we welcome you if you are entering for the first time. We hope it is a very exciting experience for you and your school! If you have any queries regarding these championships please email me on [holdiyh@aol.com](mailto:holdiyh@aol.com) or 01483 723993.

**No** finals will take place at this gala either, however there will be Finals at Regional level in May.

Yours sincerely,

Irene Holden  
SSSA

## **Clarification of Take-over rules**

Please ensure that all swimmers are familiar with the particular conditions for takeovers at this event (see below).

**No diving is allowed at any time at the shallow end of the pool. All takeovers at that end will be in the water.**

The rule and guidance used by SE Division for in the water takeovers is based on guidance from British Swimming:

**RULE:** "For relay races for swimmers starting their leg (other than 1st leg) in the water, at least one hand of the swimmer starting in the water must remain in contact with the starting platform until the incoming swimmer has completed their length and touched the end of the lane. For swimmers starting the race in the water (i.e. 1st leg) at least one hand of the swimmer starting in the water must remain in contact with the starting platform until the start signal is issued."

**GUIDANCE:** "The starting platform is any of the starting block, the pool wall at the end of the lane, or a pad attached to the pool wall at the end of the lane; Where two hands are in contact they can be with any combination of the block, wall or pad"

**GUIDANCE:** "The team of the swimmer who has neither hand in contact with the starting platform before the preceding swimmer touches the end of the lane should be disqualified."

**Examples:**

When the incoming swimmer touches, if the outgoing swimmer is:

- Holding with one hand = good takeover – No DQ
- Holding with two hands = good takeover – No DQ
- Not holding with either hand = illegal takeover – DQ

**Note:** The position of the feet is immaterial to the decision