

**SURREY SCHOOLS’ SWIMMING ASSOCIATION**

 8th January 2024

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 16th March 2024 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 8th March 2024 and a cheque made payable to **SSSA** must accompany each entry at **£14** per team. If you wish to pay by BACS, please reference your transfer with the name of your school AND the code PT 24. Details are below:

Bank: HSBC

Name of Account: Surrey Schools’ Swimming Association

Sort Code: 40-19-22

Account Number: 11563645

Ref: PT 24

Please note if you are bringing a boys team and a girls team from the OPEN SCHOOL Category that is 2 teams and therefore £28!! Any problems in regards to sending a cheque then please contact myself directly. 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 31st August / 1st September 2024 i.e. **Year 5 and 6 ONLY** (They must still be under 12 by August 31st 2024). 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 11th 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 a 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 Saturday 15th June 2024. 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 or 01483 723993.

Please note we are accepting B Teams this year as long as there is space to accommodate them, they will be able to win medals at the county level competition but will not be able to progress through to Regionals. **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