

EDINBURGH SCHOOLS SWIMMING ASSOCIATION

6 September 2010

Head Teacher
Primary and Secondary Schools
Edinburgh and Midlothian

Dear Head Teacher,

EDINBURGH AND MIDLOTHIAN SCHOOLS SWIMMING CHAMPIONSHIPS 2010

Following my letter in June, I am writing with **updated details and entry forms** for this event.

Attached is a list of events and entry times for the Edinburgh competition which your PE teacher or sports activities coordinator can use to help in selecting swimmers to represent your school. **Entries should be submitted by 1st October 2010. It will not be possible to process late entries – it is the schools' responsibility to ensure entries reach me by the closing date.** The qualifiers from the Edinburgh Schools Championships compete in the Scottish Schools Finals.

The competition is run in a number of age categories. The relevant age for most Primary School pupils is 11 years and under (pupils born in 1999 or later). For most Secondary School pupils, the age categories are 12/13 years (born in 1997/98); 14/15 years (born in 1995/96) and 16 years and over (born in 1992/93/94). **Please be aware however that if any pupil born in 1999 is attending a Secondary School, they must be entered using the Primary School Entry Form.**

This year the dates are as listed below and we trust that we shall receive your support in making the relevant entries. Due to the continued closure of the Royal Commonwealth Pool we will be running the events on **Sunday 31st October 2010 as timetrials** – there will no Finals night again this year. The meet will be accredited under Scottish Amateur Swimming Association rules. Please be aware that spectator facilities at Ainslie Park are very limited.

Sun 31 Oct 2010	10:00-12:30	Ainslie Park Leisure Centre	Primary School 50m & Relays
Sun 31 Oct 2010	13:00-15:30	Ainslie Park Leisure Centre	Secondary School Individual Events
Sun 31 Oct 2010	16:00-18:30	Ainslie Park Leisure Centre	Secondary School Individual Events & Relays
No Edinburgh Schools Finals this year due to the closure of the Royal Commonwealth Pool			
Sat 29 Jan 2011	TBC	Tollcross Pool, Glasgow	Scottish Schools Finals

Each pupil is permitted to compete in two individual events. (In addition they may compete in team relays.)

Primary pupils (11 years and under) can swim in two individual 50m events in the Edinburgh and Midlothian Schools Championships. However they are only permitted to swim in one event in the Scottish Schools Finals. Arrangements will be made for them to choose which event to take forward to the Scottish Finals if they qualify in both.

Secondary pupils (12/13 years, 14/15 years and 16 years and over) can compete in two individual events, but are restricted to entering at most one 100m event. (For example they may enter one 100m event and any one other 200m or 400m event OR they may enter any two 200m and 400m events.)

Schools can enter a maximum of 2 relay teams per gender/age category.

You will understand that in order to organise and run these competitions there are a number of unavoidable costs. These are met from the Affiliation fees paid by schools to this Association. This year the fee structure is the same as last year with per swimmer entry fees for schools with a larger number of entries as follows:

Primary School Affiliation fee (includes entry fees for 10 swimmers and 2 relay teams)	£12
Secondary School Affiliation fee (includes entry fees for 10 swimmers and 2 relay teams)	£17
Individual swimmer fee (for entries beyond 10 swimmers – each swimmer can swim 2 events)	£2
Relay team fee (for entries beyond 2 teams)	£3

Affiliation fees are payable with entries by 1st October 2010 (cheques made payable to Edinburgh Schools Swimming Association).

A competition of this type makes considerable demands on the entrants and they should be suitably qualified in order to benefit from the experience: i.e.

- They should have experience of starting a competitive swim from starting blocks using the standard procedures at swimming competitions. Before entering any swimmer please check with them that they have such experience.
- The competition also has qualifying times to ensure that entrants are of a suitable standard. Children find it very embarrassing to be much slower than all the other competitors in a race - requiring children to meet entry times avoids this problem.

To meet these requirements, most swimmers you choose will probably already be members of a swimming club.

Attached are Entry Forms which should be completed and returned either by email or in hard copy to the address listed below. We hope you will encourage and enable all appropriate level swimmers to represent your school at this event in time for the **closing date for entries on Friday 1st October 2010**. If you have any queries meantime please don't hesitate to get in touch by email.

Yours faithfully,

Nicki McGregor

Convenor, Edinburgh Schools Swimming Association

Email: contact@edinschswimming.org.uk

Address for posted mail:

Nicki McGregor
Edinburgh Schools Swimming Association
43 Grange Road
Edinburgh EH9 1UG
0131 662 0602

Events and Qualifying Times

Primary Events

11 & under (born 1999 or later)		Times
50m	Backstroke	49 secs
50m	Breaststroke	54 secs
50m	Butterfly	53 secs
50m	Freestyle	44 secs
4x50m	Freestyle Relay	n/a

Secondary Events

Events	12/13 yrs	14/15 and 16 & over
100m	Backstroke	1 min 40 secs
100m	Breaststroke	1 min 45 secs
100m	Butterfly	1 min 42 secs
100m	Freestyle	1 min 28 secs
200m	Backstroke	3 min 20 secs
200m	Breaststroke	3 min 25 secs
200m	Butterfly	3 min 20 secs
200m	Freestyle	2 min 50 secs
200m	Individual Medley	3 min 15 secs
4x50m	Freestyle Relay	n/a
Open		Times
400m	Freestyle	5 min 20 secs
400m	Individual Medley	5 min 55 secs

Programme of Events**Sunday 31st October ~ Ainslie Park Leisure Centre****Session 1: Primary Schools 50m & Relay Events**

Warm-up: 10:00 Start: 10:30 Finish: 12:30

#	G/B	Age Groups	Event	Consideration Time
1	Girls	11/under50m	Freestyle	0:44.00
2	Boys	11/under50m	Freestyle	0:44.00
3	Girls	11/under50m	Breaststroke	0:54.00
4	Boys	11/under50m	Breaststroke	0:54.00
5	Girls	11/under50m	Butterfly	0:53.00
6	Boys	11/under50m	Butterfly	0:53.00
7	Girls	11/under50m	Backstroke	0:49.00
8	Boys	11/under50m	Backstroke	0:49.00
9	Girls	11/under4x50m	Freestyle Relay	No time required
10	Boys	11/under4x50m	Freestyle Relay	No time required

Session 2: Secondary Schools Individual Events

Warm-up: 13:00 Start: 13:30 Finish: 15:30

#	G/B	Event	Age(s)/Consideration Time	Age(s)	Consideration Time
1abc	Girls	100m Freestyle		12/13 14/15 16/18	1:28.00
2abc	Boys	100m Freestyle		12/13 14/15 16/18	1:28.00
3abc	Girls	200m Breaststroke	12/13	14/15 16/18	3:12.00
4abc	Boys	200m Breaststroke	12/13	14/15 16/18	3:12.00
5abc	Girls	200m Butterfly	12/13	14/15 16/18	3:00.00
6abc	Boys	200m Butterfly	12/13	14/15 16/18	3:00.00
7abc	Girls	100m Backstroke		12/13 14/15 16/18	1:40.00
8abc	Boys	100m Backstroke		12/13 14/15 16/18	1:40.00
9	Girls	400m Freestyle		12-18	5:20.00
10	Boys	400m Freestyle		12-18	5:20.00
11abc	Girls	200m Individual Medley	12/13	14/15 16/18	3:00.00
12abc	Boys	200m Individual Medley	12/13	14/15 16/18	3:00.00

Session 3: Secondary Schools Individual & Relay Events

Warm-up: 16:00 Start: 16:30 Finish: 18:30

#	G/B	Event	Age(s)/Consideration Time	Age(s)	Consideration Time
1abc	Girls	200m Freestyle	12/13	14/15 16/18	2:45.00
2abc	Boys	200m Freestyle	12/13	14/15 16/18	2:45.00
3abc	Girls	100m Breaststroke		12/13 14/15 16/18	1:45.00
4abc	Boys	100m Breaststroke		12/13 14/15 16/18	1:45.00
5abc	Girls	200m Backstroke	12/13	14/15 16/18	3:00.00
6abc	Boys	200m Backstroke	12/13	14/15 16/18	3:00.00
7abc	Girls	100m Butterfly	12/13	14/15 16/18	1:42.00
8abc	Boys	100m Butterfly	12/13	14/15 16/18	1:42.00
9	Girls	400m Individual Medley		12-18	5:55.00
10	Boys	400m Individual Medley		12-18	5:55.00
11	Girls	4x50m Freestyle Relay	No time required		
12	Boys	4x50m Freestyle Relay	No time required		

Edinburgh & Midlothian Schools Swimming Championships 2010 ~ Secondary Schools Entry Form ~ GIRLS

School Name: _____

Contact Name: _____

Contact Telephone No.: _____

Email: _____

GIRLS ENTRIES

Write the swimmer's entry times in the relevant boxes below:

Swimmer Name	D.o.B.	100 Free 1:28.00	100 Back 1:40.00	100 Breast 1:45.00	100 Fly 1:42.00	200 Free	200 Back	200 Breast	200 Fly	200 I.M.	400 Free 5:20.00	400 I.M. 5:55.00
Example 1: Marian Moss	06/07/97	1:06.00				02:20.00						
Example 2: Charlotte Lucas	07/08/95								02:40.00			05:15.00
RELAY ENTRIES (insert number of teams)	12/13 yrs			14/15 yrs			16/18 yrs					

Checklist for Entries

1. Have you included your Affiliation fees? Cheques should be made payable to **Edinburgh Schools Swimming Association**.

Secondary School Affiliation fee (covers entry fees for 10 swimmers, girls or boys, and 2 relay teams in total)	£17
Individual swimmer fee (a per swimmer fee for additional entries beyond 10 swimmers – each swimmer can swim 2 events)	£2
Relay team fee (for entries beyond 2 teams)	£3

2. Have you incorrectly entered any swimmer for 2 individual 100m events? Pupils can compete in **two individual events**, but are restricted to entering **at most one 100m event**. (See examples above.)

Deadline for Entries: Friday 1st October 2010 Address for posted mail: Nicki McGregor, Edinburgh Schools Swimming Association, 43 Grange Road, Edinburgh EH9 1UG

Edinburgh & Midlothian Schools Swimming Championships 2010 ~ Secondary Schools Entry Form ~ BOYS

School Name: _____

Contact Name: _____

Contact Telephone No.: _____

Email: _____

BOYS ENTRIES

Write the swimmer's entry times in the relevant boxes below:

Swimmer Name	D.o.B.	100 Free 1:28.00	100 Back 1:40.00	100 Breast 1:45.00	100 Fly 1:42.00	200 Free	200 Back	200 Breast	200 Fly	200 I.M.	400 Free 5:20.00	400 I.M. 5:55.00
Example 1: Winston Smith	06/07/97	1:02.00				02:15.00						
Example 2: Martin Collins	07/08/95								02:35.00			05:10.00
RELAY ENTRIES (insert no. of teams)	12/13 yrs			14/15 yrs			16/18 yrs					

Checklist for Entries

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Deadline for Entries: Friday 1st October 2010 Address for posted mail: Nicki McGregor, Edinburgh Schools Swimming Association, 43 Grange Road, Edinburgh EH9 1UG

Edinburgh & Midlothian Schools Swimming Championships 2010 ~ Primary Schools Entry Form ~ GIRLS

School Name: _____

Contact Name: _____

Contact Telephone No.: _____

Email: _____

GIRLS ENTRIES

Write the swimmer's entry times in the relevant boxes below:

Swimmer Name	D.o.B.	50 Free 0:44.00	50 Back 0:49.00	50 Breast 0:54.00	50 Fly 0:53.00
Example: Marian Moss	02/03/99	0:38.00	0:42.00		
RELAY ENTRIES (insert number of teams)					

Checklist for Entries

1. Have you included your Affiliation fees? Cheques should be made payable to **Edinburgh Schools Swimming Association**.

Primary School Affiliation fee (covers entry fees for 10 swimmers, girls or boys, and 2 relay teams in total)	£12
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2. Pupils can compete in **two individual events**. (See example above.)

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Edinburgh & Midlothian Schools Swimming Championships 2010 ~ Primary Schools Entry Form ~ BOYS

School Name: _____

Contact Name: _____

Contact Telephone No.: _____

Email: _____

BOYS ENTRIES

Write the swimmer's entry times in the relevant boxes below:

Swimmer Name	D.o.B.	50 Free 0:44.00	50 Back 0:49.00	50 Breast 0:54.00	50 Fly 0:53.00
Example: Martin Collins	02/03/99		0:41.00	0:46.00	
RELAY ENTRIES (insert number of teams)					

Checklist for Entries

1. Have you included your Affiliation fees? Cheques should be made payable to **Edinburgh Schools Swimming Association**.

Primary School Affiliation fee (covers entry fees for 10 swimmers, girls or boys, and 2 relay teams in total)	£12
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