

SUSSEX SCHOOLS SWIMMING ASSOCIATION
CHAMPIONSHIPS 2012 at K2 Crawley
SATURDAY 4th February at 6.00pm

This year's Championships will be held as shown above.

All swimmers must be in attendance at a school in Sussex and their entry form must be signed by a member of the school staff to certify the pupil's name being on the school roll, and that the school is willing for the pupil to take part in this initial round of the National School Championships and, if qualifying, in further rounds of the competition.

The Sussex round is both a Championship in its own right and the results are used to help select the Sussex team for the area round on March 24th at Guildford and the National Inter Divisional Championships will be held in Liverpool on 30th June and 1st July. This new set of dates brings the whole competition into the same school year. There will be additional events in Liverpool and the relays this year will be 4x100m instead of 4x50m

There are three age groups. The qualifying date for these is 31st August 2011

Junior- years 7,8 & 9 aged 11 & under 14 {born between 1st September 1997 and 31st August 2000}

Intermediate-years 10 & 11, aged 14 & under 16 {born between 1st Sept. 1995 and 31st August 1997}

Seniors – years 12,&13, aged 16 & under 18 {born between 1st Sept 1993 and 31st August 1995}

Swimmers may enter two events out of 100m Back, Breast, Fly & Freestyle & 200m I.M.

They may also enter the 200m Freestyle, in age groups, and/ or the 400m Freestyle which is an open event and only one heat each of boys and girls separately will be swum.

This year's event has once again been licensed for the times achieved to be used as qualifying times for regional & National ASA Championships.

All entrants must have achieved or bettered the consideration times shown below. We will accept as many entries as we can fit into the time allowed. generally this allows up to 12 in each age group on the 100m events and 6 in each age group on 200free and IM.

Consideration times	GIRLS			BOYS		
	Junior	Inter	Senior	Junior	Inter	Senior
Back	1.23.00	1.18.00	1.15.00	1.23.00	1.15.00	1.10.00
Breast	1.33.00	1.27.00	1.25.00	1.28.00	1.22.00	1.17.00
Butterfly	1.25.00	1.20.00	1.15.00	1.23.00	1.15.00	1.09.00
Freestyle	1.13.00	1.08.00	1.05.00	1.12.00	1.05.00	1.01.00
200 IM	3.00.00	2.48.00	2.45.00	2.45.00	2.37.00	2.28.00
200 F/s	2.35.00	2.28.00	2.25.00	2.35.00	2.15.00	2.10.00
400 F/s open		4.50.00 all age groups			4.40.00 all age groups	

There is an entry fee of £3.00 per event which is used to help pay for pool hire, insurance, awards and the licence fee.

Closing date is SUNDAY 29th January 2012 All entries should be sent to Mrs E.A.Hartley

29, Lyndhurst Close, Crawley, RH11 8AP together with a cheque[made payable to Sussex Schools Swimming Association] Please make sure I have an email address to acknowledge acceptance.

Please do not send cash unless entries are being delivered by hand

Any queries to Lis Hartley 01293 515519 lishartley@talktalk.net

These details and the entry form are available from www.southeastsschoolswimming.org.uk