

HERTFORDSHIRE SCHOOLS' SWIMMING ASSOCIATION

Affiliated to ESSA & SE East Region



SECONDARY SCHOOLS' INTER-DISTRICT GALA

Under Swim England (SE) Laws & SE Technical Rules of Swimming

Friday 25th MARCH, 2022 at Watford Leisure Centre, Woodside

Horseshoe Lane, Watford, Herts WD25 7HH

7.00/7.30 pm. – 10.00 pm

A swimmer may NOT compete out of his/her age group.

The competition is in three age groups.

12 - 14 years: born between 1/9/08 and 31/8/10 (years 7 & 8)

14 - 16 years: born between 1/9/06 and 31/8/08 (years 9 & 10)

16 - 19 years: born between 1/9/03 and 31/8/06 (years 11, 12 & 13)

Juniors & Intermediate swimmers may take part in **one individual and one team event** OR **two team events**

Seniors may take part in **1 individual & 2 team events**.

All individual events are 50m except I.M. (4 x 25m)

In all age groups the Individual Medley is **not** included in the swimmers' limitations.