

HERTFORDSHIRE SCHOOLS' SWIMMING ASSOCIATION

Affiliated to ESSA & ASA East Region



Dear Swimmer,

North Herts District Secondary Schools Swimming Team 2025

The Herts Schools' Secondary Inter District Gala will take place at **Watford Leisure Centre, Woodside, Horseshoe Lane, Watford, Herts WD25 7HH on Friday 7 March 2025, warm-up at 1900hrs** (Gala start 1930hrs; Gala end approx. 2200hrs). **In order to select a team to represent North Hertfordshire in this Gala, we are asking interested swimmers/parents to complete and return this MS Form: <https://forms.office.com/e/RR9xgxbkiw>**

Age Groups

The competition is in four age groups. **A swimmer may NOT compete out of his/her age group:**

11 - 13 years:	born between 1/9/11 and 31/8/13	(years 7 & 8) Juniors
13 - 15 years:	born between 1/9/09 and 31/8/11	(years 9 & 10) Intermediates
15 - 18 years:	born between 1/9/06 and 31/8/09	(years 11, 12 & 13) Seniors

- Juniors & Intermediate swimmers may take part in **one individual and one team event** OR **two team events**.
- **1 swimmer in each team may swim 1 individual + 2 team events.** The IM is classed as an individual event.
- Seniors may take part in **1 individual & 2 team events**. The IM is not included in the individual event limitations for Seniors
- **All individual events are 50m except I.M. (4 x 25m)**

Personal Best Times

Please ensure that you provide accurate details of your personal best times, to allow the strongest team to be selected. **Please only include times for strokes for which you'd like to be considered.**

Additional Information

- Swimmers will need to make their own travel arrangements and to have a named adult responsible for their welfare while at the Gala.
- The team managers on the night are confirmed as Jenny White (Boys teams) and Sophie Froud (Girls teams).
- Please check that the attached form has been signed by a parent/guardian and by your school's Head teacher...though see not below to know this is initially flexible.

Closing Date for Entries

The digital MS Form should be completed by **10am on Wednesday, 12 February 2025**; you can get your Headteacher's permission if/when selected if that helps. All entries will be acknowledged by return email within 2 working days of receipt. Those selected will be emailed again with the team information.

Confirmation of Teams

The teams will be finalised and emails sent out, with more specific logistics, to those swimmers who have been selected on/by Friday, 14 February.

Kind regards,

Jenny and Sophie

Jenny White ('North' Boys Team Manager); Sophie Froud ('North' Girls Team Manager)

Please email queries to the relevant Manager: jenny.white@stchris/.co.uk or to sophie.froud@hgs.herts.sch.org