

# ESSEX SWIMMING LEAGUE PROGRAMME

This event is held Under Swim England Regulations and Technical Rules. The host club is the promoter of the gala.

**Admission: Adults: £4.00 Children (Under 16) and Senior Citizens: £2.00**

The Essex Swimming League is affiliated to Swim England London Region.

Age groups will be 11 & under, 13 & under, 15 & under and Open. All ages are as at midnight on the day of the gala.

All swimmers must be 9 years old by midnight on the day of the last league gala in accordance with the relevant Swim England Law on minimum ages. Lanes will be drawn at the start of the gala except for the final round when clubs will be seeded to a lane dependant on their position in their division. Visiting clubs must provide two licensed officials.

A copy of the Leagues rules is available at the recording table. Swim points are awarded for each race based on the number of teams in the division. League points are awarded at the end of each round based on final position within each division.

Position	1	2	3	4	5	6	7	8	or	1	2	3	4	5	6	or	1	2	3	4	5
Swim Points	8	7	6	5	4	3	2	1		6	5	4	3	2	1		5	4	3	2	1

Lanes		Lane 1		Lane 2		Lane 3		Lane 4		Lane 5		Lane 6		Lane 7		Lane 8	
Names of Competing Club																	
Event		Plc	Time	Plc	Time	Plc	Time	Plc	Time	Plc	Time	Plc	Time	Plc	Time	Plc	Time
1	Girls 11 & Under 4x50m Freestyle Relay																
2	Boys 11 & Under 4x50m Freestyle Relay																
3	Girls Open 50m Butterfly																
4	Boys Open 50m Butterfly																
5	Girls 13 & Under 100m Backstroke																
6	Boys 13 & Under 100m Backstroke																
7	Girls 15 & Under 100m Breaststroke																
8	Boys 15 & Under 100m Breaststroke																
9	Girls 11 & Under 50m Freestyle																
10	Boys 11 & Under 50m Freestyle																
11	Girls Open 4x50m Medley Relay																
12	Boys Open 4x50m Medley Relay																
<b>POINTS SCORE</b>																	
13	Girls 13 & Under 4x50m Freestyle Relay																
14	Boys 13 & Under 4x50m Freestyle Relay																
15	Girls 15 & Under 100m Freestyle																
16	Boys 15 & Under 100m Freestyle																
17	Girls 11 & Under 50m Butterfly																
18	Boys 11 & Under 50m Butterfly																
19	Girls Open 100m Backstroke																
20	Boys Open 100m Backstroke																
21	Girls 13 & Under 100m Breaststroke																
22	Boys 13 & Under 100m Breaststroke																
23	Girls 15 & Under 4x50m Medley Relay																
24	Boys 15 & Under 4x50m Medley Relay																
<b>POINTS SCORE</b>																	

Lanes		Lane 1		Lane 2		Lane 3		Lane 4		Lane 5		Lane 6		Lane 7		Lane 8	
Names of Competing Club																	
Point Carried Forward																	
Event		Plc	Time	Plc	Time	Plc	Time	Plc	Time	Plc	Time	Plc	Time	Plc	Time	Plc	Time
25	Girls 11 & Under 4x50m Medley Relay																
26	Boys 11 & Under 4x50m Medley Relay																
27	Girls Open 100m Breaststroke																
28	Boys Open 100m Breaststroke																
29	Girls 13 & Under 100m Freestyle																
30	Boys 13 & Under 100m Freestyle																
31	Girls 15 & Under 50m Butterfly																
32	Boys 15 & Under 50m Butterfly																
33	Girls 11 & Under 50m Backstroke																
34	Boys 11 & Under 50m Backstroke																
35	Girls 13 & Under 4x50m Medley Relay																
36	Boys 13 & Under 4x50m Medley Relay																
<b>POINTS SCORE</b>																	
37	Girls 15 & Under 4x50m Freestyle Relay																
38	Boys 15 & Under 4x50m Freestyle Relay																
39	Girls Open 100m Freestyle																
40	Boys Open 100m Freestyle																
41	Girls 11 & Under 50m Breaststroke																
42	Boys 11 & Under 50m Breaststroke																
43	Girls 13 & Under 50m Butterfly																
44	Boys 13 & Under 50m Butterfly																
45	Girls 15 & Under 100m Backstroke																
46	Boys 15 & Under 100m Backstroke																
47	Girls Open 4x50m Freestyle Relay																
48	Boys Open 4x50m Freestyle Relay																
49	Mixed 8x50m Freestyle Squadron Team Relay (One swimmer from each age group swum alternating girl then boy in ascending age group order)																
<b>POINTS SCORE</b>																	

**Essex Swimming League thanks you for coming tonight and hopes that you enjoyed the gala.**

**For results and league tables please go to [www.essexswimleague.org.uk](http://www.essexswimleague.org.uk).**

**See you at the next round and have a safe journey home!**