



## Swim England Essex Age Group Championships 2024

**13-15/01 – 1ER240054**

**24-26/02 – 1ER240055**

### **1. Relay information**

- 1.1. Age is on 31<sup>st</sup> December 2024.
- 1.2. Age Groups for relay teams are 9-10yrs, 11-12yrs, 13-14yrs, 15yrs & over, for both the freestyle relays and the medley relays. Entries are made via [www.swimmingresults.org](http://www.swimmingresults.org)
- 1.3. A master list of relay swimmers must be submitted to the Event Manager Lyndsay Motin [essexswimming@btopenworld.com](mailto:essexswimming@btopenworld.com) before the closing date for the meet, 19<sup>th</sup> December 2023
- 1.4. All relays are HDW.
- 1.5. Teams that are disqualified will not be eligible for an award.
- 1.6. Entry fee per relay team is £20.00.
- 1.7. There are no QTs for these events although teams must be entered with a time and names of the swimmers to the Event Manager, Lyndsey Motin at: [essexswimming@btopenworld.com](mailto:essexswimming@btopenworld.com) by the beginning of the warm-up for the session.
- 1.8. If a team is not going to swim in a heat that it has previously entered, a club coach or club official must submit a withdrawal form, <https://forms.gle/CtjYeASh6mN6uNtbA>, to the Event Manager no later than the start of warm-up.
- 1.9. Clubs may enter 1 girls' team and 1 boys' team per age group per relay event.
- 1.10. The relays are unlicensed but the General Conditions for the meet apply to these events so all relay members must be Swim England category 2 swimmers.
- 1.11. There will be a ten-minute warmup for those relay swimmers who have not competed in other events at that same session only. This will happen after the event heats and before the finals.
- 1.12. Any queries please contact the Promoter, Helen Stephens at: [swimmingmanager@essexswimming.org](mailto:swimmingmanager@essexswimming.org)