



Ross High School, Well Wynd, Tranent, East Lothian EH33 2EQ



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Mrs Margaret Cleat
Business Manager

Mrs Ann Archer
Depute Head

Mr Chris Laud
Act Depute Head

Ms Katrina Donaldson
Depute Head

Mrs Jillian Binnie
Depute Head

Mr Paul Reynolds
Headteacher

23rd October 2018

East Lothian School Swimming Competition
Mercat Gait Sports Centre, Prestonpans
Thursday 15th November 2018 - Event: 9.30am to 2.30pm

Dear **Pupil**

Mr Ward has identified yourself as someone who may be interested in putting yourself forward for selection in this year's Ross HS Swim Team.

We would like you to provide us with a note of your Personal Bests for the attached swimming events.

If you are interested, and keen to put yourself forward for selection, please complete the form on the reverse of this letter and return to myself no later than 1.30pm on Monday 29th October.

You should return the form to the Post Box situated outside my office door.

If you do not return the form, you may not be considered for selection.

We have a rich history of swimming at Ross HS, and we hope you will consider putting your name forward for selection.

Mr Ward and I will select a team to represent Ross HS at the event, sadly it won't include everyone who is interested, but we will keep all the returns for consideration for future events.

Thank you for your time, and I look forward to receiving your completed form.

Yours in Sport

Mark Urwin | East Lothian Senior Active Schools Co-ordinator
& Sport & Physical Activity Co-ordinator For Ross HS

Ross High School

Swimming Personal Bests

Pupil Name: _____ Pupil Register Class: _____

Event

Pupil Personal Best & Year Achieved

50m Butterfly:

50m Backstroke:

50m Breaststroke:

50m Freestyle:

100m Individual Medley:

East Lothian Secondary School Competition Rules as set out by the organiser.

- Swimmers can only swim in their own age group
- A swimmer is restricted to swimming in 2 individual events. This does not include relays.
- Schools are allowed one swimmer per event
- Breaststroke competitors must make a two handed touch at the completion of each length or risk being disqualified
- Frontcrawl competitors must touch the wall at the completion of each length
- Backstroke swimmers must finish on their back
- Commands at the start of a race will be "Take your marks" followed by a blow of the whistle or the electronic start signal
- Officials – this event is supported by qualified technical officials and the referee's decision is final
- Competitors are advised to wear warm clothing on poolside and suitable indoor footwear
- No food on poolside
- No mobile phones on poolside