

Sussex Schools Swimming Association

Secondary Schools Relays - East Sussex

Wednesday 20th September 2023

Pavilions in the Park, Horsham @ 1200

Sussex Schools Swimming Association is affiliated to the South-East Schools Swimming Association.

The event will be swum under ESSA Technical Rules of Swimming

IMPORTANT information:

This gala is run without marshalling of swimmers for each heat.

It is ESSENTIAL that schools ensure that their swimmers are ready at the starting end BEFORE the end of the previous heat. If they are not in position we will not have time to wait for them and they will MISS their swim. [If time allows any missed swims may be added at the end of the gala but this is not guaranteed]

At the end of their swim the last swimmer should remain in their lane holding the lane rope until asked to clear by the referee. Other swimmers should leave the pool to the side

Event 1 Senior Boys 4x50m Freestyle Relay

Heat 1

3	_____
4 Bedes	_____
5 Seaford Head	_____
6 Ardingly College	_____

3	_____
4	_____
5	_____
6	_____

Event 2 Intermediate Boys 4x50m Freestyle Relay

Heat 1

3 Seaford Head	_____
4 Bedes	_____
5 Uckfield College	_____
6 Tanbridge House School	_____

Heat 2

3 Ardingly College	_____
4 St Oscar Romero Catholic School	_____
5 King's School, Hove	_____
6 St Richard's Catholic College	_____

Event 3 Junior Boys 4x50m Freestyle Relay

Heat 1

3 Ardingly College	_____
4 King's School, Hove	_____
5 St Oscar Romero Catholic School	_____
6 Tanbridge House School	_____

Heat 2

3 St Richard's Catholic College	_____
4 Uckfield College	_____
5 Seaford Head	_____
6 Bedes	_____

Event 4 Senior Boys 4x50m Medley Relay

Heat 1

3	_____
4 Bedes	_____
5 Ardingly College	_____
6 Seaford Head	_____

3	_____
4	_____
5	_____
6	_____

Event 5 Intermediate Boys 4x50m Medley Relay

Heat 1

3 St Richard's Catholic College	_____
4 St Oscar Romero Catholic School	_____
5 Seaford Head	_____
6 Tanbridge House School	_____

Heat 2

3 Ardingly College	_____
4 Uckfield College	_____
5 Bedes	_____
6 King's School, Hove	_____

Event 6 Junior Boys 4x50m Medley Relay

Heat 1

3 Ardingly College	_____
4 Bedes	_____
5 St Oscar Romero Catholic School	_____
6 Tanbridge House School	_____

Heat 2

3 King's School, Hove	_____
4 Uckfield College	_____
5 Seaford Head	_____
6 St Richard's Catholic College	_____

Event 7 Senior Girls 4x50m Freestyle Relay

Heat 1

2	
3 Bedes	
4 Roedean	
5 Ardingly College	
6 Seaford Head	
7	

Heat 2

2	
3	
4 Davison CE HSG	
5 Tanbridge House School	
6 Millais School	
7	

Event 8 Intermediate Girls 4x50m Freestyle Relay

Heat 1

2 Tanbridge House School	
3 King's School, Hove	
4 Millais School	
5 St Richard's Catholic College	
6 Uckfield College	
7 St Oscar Romero Catholic School	

Heat 2

2 Bedes	
3 Roedean	
4 Seaford Head	
5 St Catherine's	
6 Ardingly College	
7 Davison CE HSG	

Event 9 Junior Girls 4x50m Freestyle Relay

Heat 1

2 Millais School	
3 St Oscar Romero Catholic School	
4 Ardingly College	
5 Seaford Head	
6 Uckfield College	
7 Davison CE HSG	

Heat 2

2 Tanbridge House School	
3 St Richard's Catholic College	
4 Bedes	
5 Roedean	
6 Bohunt Horsham	
7 King's School, Hove	

Event 10 Senior Girls 4x50m Medley Relay

Heat 1

2	
3 Millais School	
4 Ardingly College	
5 Davison CE HSG	
6 Seaford Head	
7	

Heat 2

2	
3	
4 Bedes	
5 Tanbridge House School	
6 Roedean	
7	

Event 11 Intermediate Girls 4x50m Medley Relay

Heat 1

2 Ardingly College	
3 Bedes	
4 Uckfield College	
5 Seaford Head	
6 Roedean	
7 St Richard's Catholic College	

Heat 2

2 Davison CE HSG	
3 Millais School	
4 St Oscar Romero Catholic School	
5 St Catherine's	
6 King's School, Hove	
7 Tanbridge House School	

Event 12 Junior Girls 4x50m Medley Relay

Heat 1

2 Bohunt Horsham	
3 Davison CE HSG	
4 Uckfield College	
5 St Richard's Catholic College	
6 Roedean	
7 Millais School	

Heat 2

2 Tanbridge House School	
3 Ardingly College	
4 Seaford Head	
5 King's School, Hove	
6 Bedes	
7 St Oscar Romero Catholic School	