



**ESSA Hampshire Schools: Mrs Gill Cooper**  
**email: [gillcooper99@yahoo.com](mailto:gillcooper99@yahoo.com)**

6<sup>th</sup> January 2026

Dear teacher in charge of swimming

Hampshire Schools Swimming is now accepting entries for the ESSA National Primary School Relay competition for 2025/26

This is a competition for a combined team from Year 5 and Year 6 pupils. I would like to offer your school the opportunity to compete in this year's competition for your school / club swimmers in your school. All events are

4 x 25m Freestyle and Mixed Stroke Relays. There are four sections depending on your year group size.

- If you have combined total of less than 66 pupils in Yr 5 and Yr 6 then you can enter the small schools section, or the OPEN category (see below).
- If you have a combined total of more than 65 in Yr 5 and Yr 6 then you can enter the large schools section, or the OPEN category (see below).
- Small school teams can be any combination of boys and girls (4 girls, 4 boys or any mix of 4).
- Large school teams can be (2 girls+2 boys, or 3 girls+1 boy, or 3 boys+1 girl).
- Alternatively, any school may choose to enter in the OPEN category and swim the girls and boys separately.
- All sections have a 4 x 25m Freestyle Relay and a 4 x 25m Mixed Stroke Relay. The competition regulations are available on the ESSA website ([www.southeastsschoolswimming.org.uk](http://www.southeastsschoolswimming.org.uk)).
- All swimmers must be totally confident in deep water.

**The Hampshire County Round is taking place on Wednesday 18<sup>th</sup> March 2026 at Horizon Waterlooville Leisure Centre, Waterberry Drive, PO7 7UW. Entry will be from 12noon with a 12.30pm warm up and 1.00pm start. The event should be over by 3.00pm.**

If you wish to enter your school into this year's competition, please fill out and submit the on-line entry form available at (<https://forms.cloud.microsoft/e/bgMb918mXe>) by Saturday 7<sup>th</sup> March. There is a £15.00 Entry Fee per relay team (which includes both Freestyle and Medley) which covers affiliation and administrative costs for the event. Payment details are explained on the entry form.

**All correspondence once entries are complete will be via the website and by email**

The top two schools from the County round will qualify for the SE Regional Final (Saturday 25<sup>th</sup> April at Spectrum Pool, Guildford) plus some fastest runners-up spots as well on time rankings from the SE galas. The top three schools in the SE Division will qualify for the National Finals being held in Sheffield in June.

Schools that are selected for the final will be notified as soon as possible after the qualifying round and will be posted on the South East Schools web site, <http://www.southeastsschoolswimming.org.uk>.

I look forward to receiving your entry form and if you have any further queries, please do email me.

Yours sincerely

Gill Cooper