



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

County Association of East and London Regions

Age Group Championships 2015

	Block A Basildon Saturday 17th Jan 2015	Block A Basildon Sunday 18th Jan 2015	Block B Southend Saturday 31st Jan 2015	Block B Southend Sunday 1st Feb 2015	Block C Basildon Saturday 14th Feb 2015	Block C Basildon Sunday 15th Feb 2015
AM		Session 2 Warm Up 8am	Session 4 Warm Up 8am	Session 6 Warm Up 8am		Session 9 Warm Up 8am
KEY		Girls 9/10 Yrs 200m F/S relay Boys 11/12 200m F/S relay Girls 15/17 100m Backstroke Girls 11/14 200m Butterfly Boys 15/17 50m Backstroke Boys 10/14 100m I/M Girls 10/14 50m Breaststroke Girls 15/17 200m Breaststroke Boys 15/17 200m I/M	Girls 12/14 400m I/M Boys 10/14 400m Freestyle Boys 15/17 100m Butterfly Girls 15/17 100m Breaststroke Girls 10/14 100m Freestyle Boys 10/14 100m Breaststroke Boys 15/17 400m I/M Girls 15/17 400m Freestyle	Girls 12/17+ 800m F/S Boys 12/17+ 1500m F/S		Boys 9/10 yrs 200m F/S Relay Girls 11/12 200 F/S Relay Boys 15/17 100m Backstroke Boys 10/14 200m Butterfly Girls 15/17 50m Backstroke Girls 10/14 100m I/M Boys 10/14 50m Breaststroke Boys 15/17 200m Breaststroke Girls 15/17 200m I/M
	RELAYS BOYS 11/14 GIRLS 11/14 BOYS 15/17+ Girls 15/17+	finals Girls 9/10 yrs 200 F/S Relay finals Boys 10/14 100m I/M finals Girls 10/14 50m Breaststroke finals Girls 15/17 100m Backstroke finals Boys 15/17 50m Backstroke finals Boys 11/12 200 F/S Relay	finals Girls 10/14 100m Freestyle finals Boys 10/14 100m Breaststroke finals Boys 15/17 100m Butterfly finals Girls 15/17 100m Breaststroke			finals Boys 9/10 yrs 200 F/S Relay finals Girls 11/14 100m I/M finals Boys 11/14 50m Breaststroke finals Boys 15/17 100m Backstroke finals Girls 15/17 50m Backstroke finals Girls 11/12 200 F/S relay
PM	Session 1 Warm Up 1pm	Session 3 Warm Up TBC	Session 5 Warm Up TBC	Session 7 Warm Up TBC	Session 8 warm Up 1pm	Session 10 Warm Up TBC
	Girls Bagcat 200m F/S Relay Boys Bagcat 200m F/S Relay Boys 15/17 50m Freestyle Boys 10/14 50m Backstroke Boys 10/14 100m Butterfly Girls 15/17 200m Freestyle Boys 15/17 200m Butterfly Girls 10/14 200m Backstroke Girls 15/17 50m Butterfly Boys 10/14 200m Breaststroke	Boys 9/10 yrs 200 IM Relay Girls 10/14 50m Freestyle Girls 15/17 50m Breaststroke Boys 10/14 50m Butterfly Girls 10/14 200m I/M Boys 15/17 100m I/M Girls 15/17 200m Backstroke Boys 10/14 200m Freestyle Boys Youth 200m IM Relay	Boys 12/14 400m I/M Girls 10/14 400m Freestyle Girls 15/17 100m Butterfly Boys 15/17 100m Breaststroke Boys 10/14 100m Freestyle Girls 10/14 100m Breaststroke Girls 15/17 400m I/M Boys 15/17 400m Freestyle	Girls 11/12 200m IM Relay Boys 11/12 200m IM Relay Boys 15/17 100m Freestyle Girls 15/17 100m Freestyle Girls 10/14 100m Backstroke Boys 10/14 100m Backstroke Girls Youth 200m F/S Relay Boys Youth 200m F/S Relay	Girls Bagcat 200m IM Relay Boys Bagcat 200m IM Relay Girls 15/17 50m Freestyle Girls 10/14 50m Backstroke Boys 10/14 100m Butterfly Boys 15/17 200m Freestyle Girls 15/17 200m Butterfly Boys 10/14 200m Backstroke Boys 15/17 50m Fly Girls 10/14 200m Breaststroke	Girls 9/10 yrs 200 IM relay Boys 10/14 50m Freestyle Boys 15/17 50m Breaststroke Girls 10/14 50m Butterfly Boys 10/14 200m I/M Girls 15/17 100m I/M Boys 15/17 200m Backstroke Girls 10/14 200m Freestyle Girls Youth 200 IM relay
	finals Girls 10/14 100m Butterfly finals Boys 15/17 50m Freestyle finals Boys 10/14 50m Backstroke finals Girls 15/17 50m Butterfly finals Girls Bagcat 200m F/S Relay finals Boys Bagcat 200m F/S Relay	finals Boys 9/10 yrs 200 IM relay finals Girls 10/14 50m Freestyle finals Boys 15/17 100m I/M finals Girls 15/17 50m Breaststroke finals Boys 10/14 50m Butterfly finals Boys Youth 200 IM Relay	finals Boys 10/14 100m Freestyle finals Girls 10/14 100m Breaststroke finals Girls 15/17 100m Butterfly finals Boys 15/17 100m Breaststroke	finals Girls 10/14 100m Backstroke finals Boys 10/14 100m Backstroke finals Boys 15/17 100m Freestyle finals Girls 15/17 100m Freestyle finals Girls 11/12 200m IM Relay finals Boys 11/12 200m IM Relay finals Boys Youth 200m F/S Relay finals Girls Youth 200m F/S Relay	finals Boys 10/14 100m Butterfly finals Girls 15/17 50m Freestyle finals Girls 10/14 50m Backstroke finals Boys 15/17 50m Fly finals Boys Bagcat 200m IM Relay finala Girls Bagcat 200m IM Relay	finals Girls 9/10 yrs 200 IM relay finals Boys 10/14 50m Freestyle finals Girls 15/17 100m I/M finals Boys 15/17 50m Breaststroke finals Girls 10/14 50m Butterfly finals Girls Youth 200 IM Relay