



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

County Association of East and London Regions

ESSEX AGE GROUP CHAMPIONSHIPS 2017

WARM UP SCHEDULES

FRIDAY 20TH JANUARY 2017 BASILDON SPORTING VILLAGE		
SESSION 1		
WITHDRAWALS FOR ALL SWIMMERS CLOSE AT 6PM		
Warm up for ALL swimmers 6pm		



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ESSEX AGE GROUP CHAMPIONSHIPS 2017

SESSION 2

SATURDAY 21 ST JANUARY 2017 BASILDON SPORTING VILLAGE		
SESSION 2		
WITHDRAWALS FOR ALL SWIMMERS CLOSE AT 1.00PM		
WARM UP 1	1PM-1.15PM	GIRLS 400M SWIMMERS ONLY
WARM UP 2	1.15PM-1.30PM	BOYS 400M SWIMMERS ONLY
START (400M EVENTS)	1.35PM	
WARM UP 3	3.45PM-3.55pm	ALL SWIMMERS EXCEPT 400M SWIMMERS
		BARKING & DAG
		BASILDON & PHOENIX
		BO NEWHAM
		BO SOUTHEND
		BO WALTHAM FOREST
		BO REDBRIDGE
		BRAINTREE
		BRENTWOOD
SPRINTS LANES 1-3 & 6-8	3.55PM-4.00pm	
WARM UP 4	4.00PM-4.10pm	ALL SWIMMERS EXCEPT 400M SWIMMERS
		CANVEY ISLAND
		CHELMSFORD
		COLCHESTER
		DUNMOW
		EPPING FOREST
		HALSTEAD
		HARLOW PENGUINS
		HARWICH DP
		HAVERING DOLPHINS
SPRINTS LANES 1-3 & 6-8	4.10pm-4.15pm	
WARM UP 5	4.15PM-4.25pm	ALL SWIMMERS EXCEPT 400M SWIMMERS
		KILLERWHALES
		CLACTON / COLCHESTER P
		LAC
		MALDON SHARKS
		ROCHFORD
		ROMFORD
		RUNNYMEDE
		SAFFRON WALDON
		SOUTHEND
		STANWAY
		THURROCK
		WITHAM DOLPHINS
SPRINTS LANES 1-3 & 6-8	4.25pm-4.30pm	
100'S START	4.35PM	



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ESSEX AGE GROUP CHAMPIONSHIPS 2017

SESSION 3

SUNDAY 22ND JANUARY 2017 BASILDON SPORTING VILLAGE SESSION 3		
WITHDRAWALS FOR ALL SWIMMERS CLOSSES AT 8AM		
WARM UP 1	8.00AM-8.15AM	
		KILLERWHALES
		CLACTON / COLCHESTER P
		LAC
		MALDON SHARKS
		ROCHFORD
		ROMFORD
		RUNNYMEDE
		SAFFRON WALDON
		SOUTHEND
		STANWAY
		THURROCK
		WITHAM DOLPHINS
SPRINTS LANES 1-3 & 6-8	8.15AM-8.20AM	
CONTINUOUS SWIMMING LANES 4&5	8.15AM-8.20AM	
WARM UP 2	8.20AM-8.35AM	
		CANVEY ISLAND
		CHELMSFORD
		COLCHESTER
		DUNMOW
		EPPING FOREST
		HALSTEAD
		HARLOW PENGUINS
		HARWICH DP
		HAVERING DOLPHINS
SPRINTS LANES 1-3 & 6-8	8.35AM-8.40AM	
CONTINUOUS SWIMMING LANES 4&5	8.35AM-8.40AM	
WARM UP 3	8.40AM-8.55AM	
		BARKING & DAG
		BASILDON & PHOENIX
		BO NEWHAM
		BO SOUTHEND
		BO WALTHAM FOREST
		BO REDBRIDGE
		BRAINTREE
		BRENTWOOD
SPRINTS LANES 1-3 & 6-8	8.55AM-9.00AM	
CONTINUOUS SWIMMING LANES 4&5	8.55AM-9.00AM	
START	9.05AM	
WARM UP 4	11.00AM APROX	RELAY SWIMMERS ONLY ONLY THOSE NOT SWUM ALREADY



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ESSEX AGE GROUP CHAMPIONSHIPS 2017

SESSION 4

SUNDAY 22 ND JANUARY 2017		
BASILDON SPORTING VILLAGE		
SESSION 3		
WITHDRAWALS CLOSE FOR ALL SWIMMERS AT 2PM		
WARM UP 1	2.00PM-2.15pm	
		BARKING & DAG
		BASILDON & PHOENIX
		BO NEWHAM
		BO SOUTHEND
		BO WALTHAM FOREST
		BO REDBRIDGE
		BRAINTREE
		BRENTWOOD
SPRINTS LANES 1-3 & 6-8	2.15PM-2.20pm	
CONTINUOUS SWIMMING LANES 4&5	2.15pm-2.20pm	
WARM UP 2	2.20PM-2.35pm	
		CANVEY ISLAND
		CHELMSFORD
		COLCHESTER
		DUNMOW
		EPPING FOREST
		HALSTEAD
		HARLOW PENGUINS
		HARWICH DP
		HAVERING DOLPHINS
SPRINTS LANES 1-3 & 6-8	2.35pm-2.40pm	
CONTINUOUS SWIMMING LANES 4&5	2.35pm-2.40pm	
WARM UP 3	2.40PM-2.55pm	
		KILLERWHALES
		CLACTON / COLCHESTER P
		LAC
		MALDON SHARKS
		ROCHFORD
		ROMFORD
		RUNNYMEDE
		SAFFRON WALDON
		SOUTHEND
		STANWAY
		THURROCK
		WITHAM DOLPHINS
SPRINTS LANES 1-3 & 6-8	2.55pm-3.00pm	
CONTINUOUS SWIMMING LANES 4&5	2.55pm-3.00pm	
START	3.05PM	
WARM UP 4	5.30PM APROX	RELAY SWIMMERS ONLY ONLY THOSE NOT SWUM ALREADY



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SESSION 5

SATURDAY 4 TH FEBRUARY 2017		
LONDON AQUATIC CENTRE		
SESSION 5		
WITHDRAWALS FOR ALL SWIMMERS CLOSE AT 8.30AM		
WARM UP 1	8.30AM-8.40AM	ALL SWIMMERS AGE 12 & UNDER
SPRINTS	8.40AM-8.45AM	
WARM UP 2	8.45AM-8.55AM	ALL SWIMMERS AGED 13+ from
		KILLERWHALES
		CLACTON / COLCHESTER P
		LAC
		MALDON SHARKS
		ROCHFORD
		ROMFORD
		RUNNYMEDE
		SAFFRON WALDON
		SOUTHEND
		STANWAY
		THURROCK
		WITHAM DOLPHINS
SPRINTS	8.55AM-9.00AM	
WARM UP 3	9.00AM-9.10AM	ALL SWIMMERS AGED 13+ from
		CANVEY ISLAND
		CHELMSFORD
		COLCHESTER
		DUNMOW
		EPPING FOREST
		HALSTEAD
		HARLOW PENGUINS
		HARWICH DP
		HAVERING DOLPHINS
SPRINTS	9.10AM-9.15AM	
WARM UP 4	9.15AM-9.25AM	ALL SWIMMERS AGED 13+ from
		BARKING & DAG
		BASILDON & PHOENIX
		BO NEWHAM
		BO SOUTHEND
		BO WALTHAM FOREST
		BO REDBRIDGE
		BRAINTREE
		BRENTWOOD
SPRINTS	9.25AM-9.30AM	
CONTINUOUS SWIMMING LANES 4&5	9.25AM-9.30AM	
START	9.35AM	



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SESSION 6

SATURDAY 4 TH FEBRUARY 2017		
LONDON AQUATIC CENTRE		
SESSION 6		
WITHDRAWALS FOR ALL SWIMMERS CLOSE AT 2.30PM		
WARM UP 1	2.30PM-2.40PM	ALL SWIMMERS AGE 12 & UNDER
SPRINTS	2.40PM-2.45PM	
WARM UP 2	2.45PM-2.55PM	ALL SWIMMERS AGED 13+ FROM
		BARKING & DAG
		BASILDON & PHOENIX
		BO NEWHAM
		BO SOUTHEND
		BO WALTHAM FOREST
		BO REDBRIDGE
		BRAINTREE
		BRENTWOOD
SPRINTS	2.55PM-3.00PM	
WARM UP 3	3.00PM-3.10PM	ALL SWIMMERS AGED 13+ FROM
		CANVEY ISLAND
		CHELMSFORD
		COLCHESTER
		DUNMOW
		EPPING FOREST
		HALSTEAD
		HARLOW PENGUINS
		HARWICH DP
		HAVERING DOLPHINS
SPRINTS	3.10PM-3.15PM	
WARM UP 4	3.15PM-3.25PM	ALL SWIMMERS AGED 13+ FROM
		KILLERWHALES
		CLACTON / COLCHESTER P
		LAC
		MALDON SHARKS
		ROCHFORD
		ROMFORD
		RUNNYMEDE
		SAFFRON WALDON
		SOUTHEND
		STANWAY
		THURROCK
		WITHAM DOLPHINS
SPRINTS	3.25PM-3.30PM	
START	3.35PM	



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SESSION 7

SUNDAY 5TH FEBRUARY 2017		
BASILDON SPORTING VILLAGE		
SESSION 7		
WITHDRAWALS FOR ALL SWIMMERS CLOSE AT 5PM		
WARM UP	5.00PM-5.20PM	ALL SWIMMERS
SPRINTS LANES 1-3 & 6-8	5.20-5.25PM	ALL SWIMMERS
CONTINUOUS SWIMMING LANES 4&5	5.20-5.25PM	ALL SWIMMERS
START	5.30PM	



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SESSION 8

SATURDAY 18 TH FEBRUARY 2017		
BASILDON SPORTING VILLAGE		
SESSION 8		
WITHDRAWALS FOR ALL SWIMMERS CLOSE AT 1PM		
WARM UP 1	1PM-1.15PM	GIRLS 400M SWIMMERS ONLY
WARM UP 2	1.15PM-1.30PM	BOYS 400M SWIMMERS ONLY
START (400M EVENTS)	1.35PM	
WARM UP 3	3.30PM-3.40pm	ALL SWIMMERS EXCEPT 400M SWIMMERS
		BARKING & DAG
		BASILDON & PHOENIX
		BO NEWHAM
		BO SOUTHEND
		BO WALTHAM FOREST
		BO REDBRIDGE
		BRAINTREE
		BRENTWOOD
SPRINTS LANES 1-3 & 6-8	3.40PM-3.45pm	
WARM UP 4	3.45PM-3.50pm	
		CANVEY ISLAND
		CHELMSFORD
		COLCHESTER
		DUNMOW
		EPPING FOREST
		HALSTEAD
		HARLOW PENGUINS
		HARWICH DP
		HAVERING DOLPHINS
SPRINTS LANES 1-3 & 6-8	3.50pm-3.55pm	
WARM UP 5	3.55PM-4.05pm	
		KILLERWHALES
		CLACTON / COLCHESTER P
		LAC
		MALDON SHARKS
		ROCHFORD
		ROMFORD
		RUNNYMEDE
		SAFFRON WALDON
		SOUTHEND
		STANWAY
		THURROCK
		WITHAM DOLPHINS
SPRINTS LANES 1-3 & 6-8	4.05pm-4.10pm	
100'S START	4.15PM	



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ESSEX AGE GROUP CHAMPIONSHIPS 2017

SESSION 9

SUNDAY 19 TH FEBRUARY 2017		
BASILDON SPORTING VILLAGE		
SESSION 9		
WITHDRAWALS FOR ALL SWIMMERS CLOSE AT 8AM		
WARM UP 1	8.00AM-8.15AM	
		KILLERWHALES
		CLACTON / COLCHESTER P
		LAC
		MALDON SHARKS
		ROCHFORD
		ROMFORD
		RUNNYMEDE
		SAFFRON WALDON
		SOUTHEND
		STANWAY
		THURROCK
		WITHAM DOLPHINS
SPRINTS LANES 1-3 & 6-8	8.15AM-8.20AM	
CONTINUOUS SWIMMING LANES 4&5	8.15AM-8.20AM	
WARM UP 2	8.20AM-8.35AM	
		CANVEY ISLAND
		CHELMSFORD
		COLCHESTER
		DUNMOW
		EPPING FOREST
		HALSTEAD
		HARLOW PENGUINS
		HARWICH DP
		HAVERING DOLPHINS
SPRINTS LANES 1-3 & 6-8	8.35AM-8.40AM	
CONTINUOUS SWIMMING LANES 4&5	8.35AM-8.40AM	
WARM UP 3	8.40AM-8.55AM	
		BARKING & DAG
		BASILDON & PHOENIX
		BO NEWHAM
		BO SOUTHEND
		BO WALTHAM FOREST
		BO REDBRIDGE
		BRAINTREE
		BRENTWOOD
SPRINTS LANES 1-3 & 6-8	8.55AM-9.00AM	
CONTINUOUS SWIMMING LANES 4&5	8.55AM-9.00AM	
START	9.05AM	
WARM UP 4	11.00AM APROX	RELAY SWIMMERS ONLY ONLY THOSE NOT SWUM ALREADY



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SESSION 10

SUNDAY 19 TH FEBRUARY 2017		
BASILDON SPORTING VILLAGE		
SESSION 10		
WITHDRAWALS FOR ALL SWIMMERS CLOSE AT 2PM		
WARM UP 1	2.00PM-2.15pm	
		BARKING & DAG
		BASILDON & PHOENIX
		BO NEWHAM
		BO SOUTHEND
		BO WALTHAM FOREST
		BO REDBRIDGE
		BRAINTREE
		BRENTWOOD
SPRINTS LANES 1-3 & 6-8	2.15PM-2.20pm	
CONTINUOUS SWIMMING LANES 4&5	2.15pm-2.20pm	
WARM UP 2	2.20PM-2.35pm	
		CANVEY ISLAND
		CHELMSFORD
		COLCHESTER
		DUNMOW
		EPPING FOREST
		HALSTEAD
		HARLOW PENGUINS
		HARWICH DP
		HAVERING DOLPHINS
SPRINTS LANES 1-3 & 6-8	2.35pm-2.40pm	
CONTINUOUS SWIMMING LANES 4&5	2.35pm-2.40pm	
WARM UP 3	2.40PM-2.55pm	
		KILLERWHALES
		CLACTON / COLCHESTER P
		LAC
		MALDON SHARKS
		ROCHFORD
		ROMFORD
		RUNNYMEDE
		SAFFRON WALDON
		SOUTHEND
		STANWAY
		THURROCK
		WITHAM DOLPHINS
SPRINTS LANES 1-3 & 6-8	2.55pm-3.00pm	
CONTINUOUS SWIMMING LANES 4&5	2.55pm-3.00pm	
START	3.05PM	
WARM UP 4	5.30PM APROX	RELAY SWIMMERS ONLY ONLY THOSE NOT SWUM ALREADY