



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
County Association of East and London Regions

Essex Winter SC Championships 2016

WARM UP TIMES

SESSION 1

Signing In Closes	5.30PM		Foyer
Girls/Boys Warm Up	5.30PM	ALL CLUBS	Competition Pool
Sprints	5.50PM	ALL CLUBS	Competition Pool
Boys Continuous Warm Up	6.00PM	ALL CLUBS	Lanes 1&2 Swimdown Pool
Start	6.00PM		Competition Pool

SESSION 2

Signing In Closes	1.00PM		Foyer
Boys Warm Up	1.00PM	BARKING & DAG, BO NEWHAM, BO REDRIDGE, BRENTWOOD, COLCHESTER, DUNMOW, HALSTEAD, HAVERING DOL, MALDON SHARKS, ROMFORD, SAFFRON WALDON, STANWAY, WITHAM DOLPHINS	Competition Pool
Boys Warm Up	1.00PM	BASILDON & PHOENIX, BO SOUTHEND, BRAINTREE, CHELMSFORD, EPPING FOREST, HARLOW PENGUINS, KILLERWHALES, ROCHFORD, RUNNYMEDE, SOUTHEND, THURROCK	Swim Down Pool
Boys Sprints	1.20PM	ALL SWIMMERS	Competition Pool
Boys Continuous Swimming	1.20PM		Swimdown Pool
Girls Warm Up	1.25PM	BARKING & DAG, BO NEWHAM, BO REDRIDGE, BRENTWOOD, COLCHESTER, DUNMOW, HALSTEAD, HAVERING DOL, MALDON SHARKS, ROMFORD, SAFFRON WALDON, STANWAY, WITHAM DOLPHINS	Competition Pool
Girls Warm Up	1.25PM	BASILDON & PHOENIX, BO SOUTHEND, BRAINTREE, CHELMSFORD, EPPING FOREST, HARLOW PENGUINS, KILLERWHALES, ROCHFORD, RUNNYMEDE, SOUTHEND, THURROCK	Swimdown Pool
Girls Sprints	1.45PM	ALL SWIMMERS	Competition Pool
Continuous Swimming	1.45PM	ALL SWIMMERS	Swimdown Pool
Start	1.50PM		Competition Pool

SESSION 3

Signing In Closes	5.15PM		Foyer
Boys Warm Up	5.15PM	BARKING & DAG, BO NEWHAM, BO REDRIDGE, BRENTWOOD, COLCHESTER, DUNMOW, HALSTEAD, HAVERING DOL, MALDON SHARKS, ROMFORD, SAFFRON WALDON, STANWAY, WITHAM DOLPHINS	Competition Pool
Boys Warm Up	5.15PM	BASILDON & PHOENIX, BO SOUTHEND, BRAINTREE, CHELMSFORD, EPPING FOREST, HARLOW PENGUINS, KILLERWHALES, ROCHFORD, RUNNYMEDE, SOUTHEND, THURROCK	Swim Down Pool
Boys Sprints	5.35PM	ALL SWIMMERS	Competition Pool
Boys Continuous Swimming	5.35PM		Swimdown Pool
Girls Warm Up	5.40PM	BARKING & DAG, BO NEWHAM, BO REDRIDGE, BRENTWOOD, COLCHESTER, DUNMOW, HALSTEAD, HAVERING DOL, MALDON SHARKS, ROMFORD, SAFFRON WALDON, STANWAY, WITHAM DOLPHINS	Competition Pool
Girls Warm Up	5.40PM	BASILDON & PHOENIX, BO SOUTHEND, BRAINTREE, CHELMSFORD, EPPING FOREST, HARLOW PENGUINS, KILLERWHALES, ROCHFORD, RUNNYMEDE, SOUTHEND, THURROCK	Swimdown Pool
Girls Sprints	6.00PM	ALL SWIMMERS	Competition Pool
Continuous Swimming For All	6.05PM	ALL SWIMMERS	Swimdown Pool
Start	6.05PM		Competition Pool



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SESSION 4			
Signing In Closes	1.00PM		Foyer
Girls Warm Up	1.00PM	BASILDON & PHOENIX, BO SOUTHEND, BRAINTREE, CHELMSFORD, EPPING FOREST, HARLOW PENGUINS, KILLERWHALES, ROCHFORD, RUNNYMEDE, SOUTHEND, THURROCK	Competition Pool
Girls Warm Up	1.00PM	BARKING & DAG, BO NEWHAM, BO REDRIDGE, BRENTWOOD, COLCHESTER, DUNMOW, HALSTEAD, HAVERING DOL, MALDON SHARKS, ROMFORD, SAFFRON WALDON, STANWAY, WITHAM DOLPHINS	Swim Down Pool
Girls Sprints	1.20PM	ALL SWIMMERS	Competition Pool
Girls Continuous Swimming	1.20PM		Swimdown Pool
Boys Warm Up	1.25PM	BASILDON & PHOENIX, BO SOUTHEND, BRAINTREE, CHELMSFORD, EPPING FOREST, HARLOW PENGUINS, KILLERWHALES, ROCHFORD, RUNNYMEDE, SOUTHEND, THURROCK	Competition Pool
Boys Warm Up	1.25PM	BARKING & DAG, BO NEWHAM, BO REDRIDGE, BRENTWOOD, COLCHESTER, DUNMOW, HALSTEAD, HAVERING DOL, MALDON SHARKS, ROMFORD, SAFFRON WALDON, STANWAY, WITHAM DOLPHINS	Swimdown Pool
Boys Sprints	1.45PM	ALL SWIMMERS	Competition Pool
Continuous Swimming For All	1.45PM	ALL SWIMMERS	Swimdown Pool
Start	1.50PM		Competition Pool
SESSION 5			
Signing In Closes	5.00PM		Foyer
Girls Warm Up	5.00PM	BASILDON & PHOENIX, BO SOUTHEND, BRAINTREE, CHELMSFORD, EPPING FOREST, HARLOW PENGUINS, KILLERWHALES, ROCHFORD, RUNNYMEDE, SOUTHEND, THURROCK	Competition Pool
Girls Warm Up	5.00PM	BARKING & DAG, BO NEWHAM, BO REDRIDGE, BRENTWOOD, COLCHESTER, DUNMOW, HALSTEAD, HAVERING DOL, MALDON SHARKS, ROMFORD, SAFFRON WALDON, STANWAY, WITHAM DOLPHINS	Swim Down Pool
Girls Sprints	5.20PM	ALL SWIMMERS	Competition Pool
Girls Continuous Swimming	5.20PM		Swimdown Pool
Boys Warm Up	5.25PM	BASILDON & PHOENIX, BO SOUTHEND, BRAINTREE, CHELMSFORD, EPPING FOREST, HARLOW PENGUINS, KILLERWHALES, ROCHFORD, RUNNYMEDE, SOUTHEND, THURROCK	Competition Pool
Boys Warm Up	5.25PM	BARKING & DAG, BO NEWHAM, BO REDRIDGE, BRENTWOOD, COLCHESTER, DUNMOW, HALSTEAD, HAVERING DOL, MALDON SHARKS, ROMFORD, SAFFRON WALDON, STANWAY, WITHAM DOLPHINS	Swimdown Pool
Boys Sprints	5.45PM	ALL SWIMMERS	Competition Pool
Continuous Swimming For All	5.45PM	ALL SWIMMERS	Swimdown Pool
Start	5.50PM		Competition Pool