



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

ESSEX AGE GROUP CHAMPIONSHIPS 2018

WARM UP SCHEDULES

SESSION 1

SATURDAY 20 TH JANUARY 2018 BASILDON SPORTING VILLAGE		
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	3.30PM-3.45pm	ALL SWIMMERS EXCEPT 400M SWIMMERS
INCLUDES RELAY SWIMMERS	LANE NO	1 Epping Forest Dist SC
		2,3 Chelmsford City SC
		6 Maldon Sharks Swimming Club
		4,5 Barking & Dagenham Aquatics Club
		6,7 Thurrock Swimming Club
		7,8 Romford Town SC
SPRINTS LANES 1-3 & 6-8	3.45PM-3.50pm	
WARM UP 4	3.50PM-4.05pm	ALL SWIMMERS EXCEPT 400M SWIMMERS
INCLUDES RELAY SWIMMERS	LANE NO	1 Braintree & Bocking SC
		2,3 Colchester SC
		4 Bor of Waltham Forest (Gators)
		5,6,7 Basildon and Phoenix SC
		8 Killerwhales SC (Havering)
		1 Havering Dolphins
SPRINTS LANES 1-3 & 6-8	4.05pm-4.10pm	
WARM UP 5	4.10PM-4.25pm	ALL SWIMMERS EXCEPT 400M SWIMMERS
INCLUDES RELAY SWIMMERS	LANE NO	1 Southend on Sea SC
		2 Dunmow Atlantis SC
		3 Harlow Penguin SC
		4 Newham & University of East London (UEL) Swimming Club
		5 Borough of Southend Swimming and Training Club
		6 Rochford & District SC
		6 Brentwood SC
		5 Saffron Walden SC
		7 Halstead Swimming Club
		7 Leyton SC
		7 Stanway SC
		7 Canvey Island SC
		8 Harwich Dovercourt/Parkeston SC
		8 Witham Dolphins SC
		8 Runnymede SC
		1 Clacton Swimming Club
		8 London Borough of Redbridge SC
SPRINTS LANES 1-3 & 6-8	4.25pm-4.30pm	
100'S START	4.35PM	



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

ESSEX AGE GROUP CHAMPIONSHIPS 2018

WARM UP SCHEDULES

SESSION 2

SUNDAY 21ST JANUARY 2018 BASILDON SPORTING VILLAGE

WITHDRAWALS FOR ALL SWIMMERS CLOSES AT 8AM

WARM UP 1		
	8.00AM-8.15AM	
	LANE NO	
	1	Epping Forest Dist SC
	2,3	Chelmsford City SC
	6	Maldon Sharks Swimming Club
	4,5	Barking & Dagenham Aquatics Club
	6,7	Thurrock Swimming Club
	7,8	Romford Town SC
SPRINTS LANES 1-3 & 6-8		
	8.15AM-8.20AM	
CONTINUOUS SWIMMING		
	8.15AM-8.20AM	LANES 4&5
WARM UP 2		
	8.20AM-8.35AM	
	LANE NO	
	1	Braintree & Bocking SC
	2,3	Colchester SC
	4	Bor of Waltham Forest (Gators)
	5,6,7	Basildon and Phoenix SC
	8	Killerwhales SC (Havering)
	1	Havering Dolphins
SPRINTS LANES 1-3 & 6-8		
	8.35AM-8.40AM	
CONTINUOUS SWIMMING		
	8.35AM-8.40AM	LANES 4&5
WARM UP 3		
	8.40AM-8.55AM	
	LANE NO	
	1	Southend on Sea SC
	2	Dunmow Atlantis SC
	3	Harlow Penguin SC
	4	Newham & University of East London (UEL) Swimming Club
	5	Borough of Southend Swimming and Training Club
	6	Rochford & District SC
	6	Brentwood SC
	5	Saffron Walden SC
	7	Halstead Swimming Club
	7	Leyton SC
	7	Stanway SC
	7	Canvey Island SC
	8	Harwich Dovercourt/Parkeston SC
	8	Witham Dolphins SC
	8	Runnymede SC
	1	Clacton Swimming Club
	8	London Borough of Redbridge SC
SPRINTS LANES 1-3 & 6-8		
	8.55AM-9.00AM	
CONTINUOUS SWIMMING		
	8.55AM-9.00AM	LANES 4&5
START		
	9.05AM	
WARM UP 4		
	12.00PM APROX	RELAY SWIMMERS ONLY
		ONLY THOSE NOT SWUM ALREADY



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

ESSEX AGE GROUP CHAMPIONSHIPS 2018

WARM UP SCHEDULES

SESSION 3

SUNDAY 21ST JANUARY 2018 BASILDON SPORTING VILLAGE

WITHDRAWALS CLOSE FOR ALL SWIMMERS AT 2PM

WARM UP 1	2.00PM-2.15pm	
	LANE NO	1 Epping Forest Dist SC
		2,3 Chelmsford City SC
		6 Maldon Sharks Swimming Club
		4,5 Barking & Dagenham Aquatics Club
		6,7 Thurrock Swimming Club
		7,8 Romford Town SC
SPRINTS LANES 1-3 & 6-8	2.15PM-2.20pm	
CONTINUOUS SWIMMING	2.15pm-2.20pm	LANES 4&5
WARM UP 2	2.20PM-2.35pm	
	LANE NO	1 Braintree & Bocking SC
		2,3 Colchester SC
		4 Bor of Waltham Forest (Gators)
		5,6,7 Basildon and Phoenix SC
		8 Killerwhales SC (Havering)
		1 Havering Dolphins
SPRINTS LANES 1-3 & 6-8	2.35pm-2.40pm	
CONTINUOUS SWIMMING	2.35pm-2.40pm	LANES 4&5
WARM UP 3	2.40PM-2.55pm	
	LANE NO	1 Southend on Sea SC
		2 Dunmow Atlantis SC
		3 Harlow Penguin SC
		4 Newham & University of East London (UEL) Swimming Club
		5 Borough of Southend Swimming and Training Club
		6 Rochford & District SC
		6 Brentwood SC
		5 Saffron Walden SC
		7 Halstead Swimming Club
		7 Leyton SC
		7 Stanway SC
		7 Canvey Island SC
		8 Harwich Dovercourt/Parkeston SC
		8 Witham Dolphins SC
		8 Runnymede SC
		1 Clacton Swimming Club
		8 London Borough of Redbridge SC
SPRINTS LANES 1-3 & 6-8	2.55pm-3.00pm	
CONTINUOUS SWIMMING	2.55pm-3.00pm	LANES 4&5
START	3.05PM	
WARM UP 4	6.00PM APROX	RELAY SWIMMERS ONLY ONLY THOSE NOT SWUM ALREADY



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

ESSEX AGE GROUP CHAMPIONSHIPS 2018

WARM UP SCHEDULES

SESSION 4

SATURDAY 3 RD FEBRUARY 2018 LONDON AQUATIC CENTRE		
WITHDRAWALS FOR ALL SWIMMERS CLOSE AT 8.00AM		
WARM UP 1	8.00AM-8.10AM	ALL RELAY SWIMMERS
RELAY SWIMMERS SPRINTS	8.10AM-8.15AM	
WARM UP 2	8.20AM-8.40AM	
	1, 2	Epping Forest Dist SC
	2	Havering Dolphins
	3, 4, 5	Chelmsford City SC
	6	Maldon Sharks Swimming Club
	6	London Borough of Redbridge SC
	7, 8	Barking & Dagenham Aquatics Club
	9	Rochford & District SC
	10	Saffron Walden
SPRINTS	8.40AM-8.45AM	
WARM UP 3		
	1, 2	Thurrock Swimming Club
	3, 4	Romford
	5, 6	Braintree & Bocking SC
	7, 8	Bor of Waltham Forest (Gators)
	8, 9	Killerwhales SC (Havering)
	10	Canvey Island
	10	Stanway SC
SPRINTS	8.55AM-9.00AM	
WARM UP 4		
	1, 2, 3, 4	Basildon and Phoenix SC
	5, 6	Southend on Sea SC
	5, 6	Halstead
	7	Leyton
	7, 8	Dunmow Atlantis SC
	9, 10	Newham & University of East London (UEL)
SPRINTS	9.10AM-9.20AM	
WARM UP 5		
	1	Harwich Dovercourt/Parkeston SC
	1, 2	Bo Southend
	3	Witham Dolphins SC
	4	Brentwood SC
	5, 6, 7	Colchester SC
	8	Runnymede SC
	8	Clacton Swimming Club
	9, 10	Harlow
SPRINTS	9.30AM-9.35AM	
START	9.40AM	



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ESSEX AGE GROUP CHAMPIONSHIPS 2018

WARM UP SCHEDULES

SESSION 5

SATURDAY 3RD FEBRUARY 2018 LONDON AQUATIC CENTRE

WITHDRAWALS FOR ALL SWIMMERS CLOSE AT 2.00PM

WARM UP 1	2.00PM-2.10PM	ALL RELAY SWIMMERS
RELAY SWIMMERS SPRINTS	2.10PM-2.15PM	
WARM UP 1	2.15PM-2.25PM	
	1, 2	Epping Forest Dist SC
	2	Havering Dolphins
	3, 4, 5	Chelmsford City SC
	6	Maldon Sharks Swimming Club
	6	London Borough of Redbridge SC
	7, 8	Barking & Dagenham Aquatics Club
	9	Rochford & District SC
	10	Saffron Walden
SPRINTS	2.25PM-2.30PM	
WARM UP 3	2.30PM-2.40PM	
	1, 2	Thurrock Swimming Club
	3, 4	Romford
	5, 6	Braintree & Bocking SC
	7, 8	Bor of Waltham Forest (Gators)
	8, 9	Killerwhales SC (Havering)
	10	Canvey Island
	10	Stanway SC
SPRINTS	2.40PM-2.45PM	
WARM UP 4	3.15PM-3.25PM	
	1, 2, 3, 4	Basildon and Phoenix SC
	5, 6	Southend on Sea SC
	5, 6	Halstead
	7	Leyton
	7, 8	Dunmow Atlantis SC
	9, 10	Newham & University of East London (UEL)
SPRINTS	3.25PM-3.30PM	
WARM UP 5	3.30-3.40PM	
	1, 2	Harwich Dovercourt/Parkeston SC
	1, 2	Bo Southend
	3	Witham Dolphins SC
	4	Brentwood SC
	5, 6, 7	Colchester SC
	8	Runnymede SC
	8	Clacton Swimming Club
	9, 10	Harlow
SPRINTS	3.40-3.45PM	
START	3.45PM	



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
ESSEX AGE GROUP CHAMPIONSHIPS 2018

WARM UP SCHEDULES

SESSION 6

SUNDAY 4TH FEBRUARY 2018 BASILDON SPORTING VILLAGE		
SESSION 6A GIRLS 800M F/S		
WITHDRAWALS FOR ALL SWIMMERS CLOSE AT 1PM		
ALL GIRLS WARM UP	1.00PM-1.25PM	ALL SWIMMERS
SPRINTS LANES 1-3 & 6-8	1.25-1.30PM	ALL SWIMMERS
CONTINUOUS SWIMMING LANES 4&5	1.25-1.30PM	ALL SWIMMERS
START	1.35PM	

SUNDAY 4TH FEBRUARY 2018 BASILDON SPORTING VILLAGE		
SESSION 6B BOYS 1500M F/S		
WITHDRAWALS FOR ALL SWIMMERS CLOSE AT 1PM		
ALL BOYS WARM UP	4.00PM-4.25PM	ALL SWIMMERS
SPRINTS LANES 1-3 & 6-8	4.25-4.30PM	ALL SWIMMERS
CONTINUOUS SWIMMING LANES 4&5	4.25-4.30PM	ALL SWIMMERS
START	4.35PM	



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WARM UP SCHEDULES

SESSION 7

SATURDAY 17 TH FEBRUARY 2018 BASILDON SPORTING VILLAGE		
WITHDRAWALS FOR ALL SWIMMERS CLOSE AT 1PM		
WARM UP 1	1PM-1.15PM	BOYS 400M SWIMMERS ONLY
WARM UP 2	1.15PM-1.30PM	GIRLS 400M SWIMMERS ONLY
START (400M EVENTS)	1.35PM	
WARM UP 3	3.30PM-3.45pm	ALL SWIMMERS EXCEPT 400M SWIMMERS
INCLUDES RELAY SWIMMERS	LANE NO	1 Epping Forest Dist SC
		2,3 Chelmsford City SC
		6 Maldon Sharks Swimming Club
		4,5 Barking & Dagenham Aquatics Club
		6,7 Thurrock Swimming Club
		7,8 Romford Town SC
SPRINTS LANES 1-3 & 6-8	3.45PM-3.50pm	
WARM UP 4	3.50PM-4.05pm	
INCLUDES RELAY SWIMMERS	LANE NO	1 Braintree & Bocking SC
		2,3 Colchester SC
		4 Bor of Waltham Forest (Gators)
		5,6,7 Basildon and Phoenix SC
		8 Killerwhales SC (Havering)
		1 Havering Dolphins
SPRINTS LANES 1-3 & 6-8	4.05pm-4.10pm	
WARM UP 5	4.10PM-4.25pm	
INCLUDES RELAY SWIMMERS	LANE NO	1 Southend on Sea SC
		2 Dunmow Atlantis SC
		3 Harlow Penguin SC
		4 Newham & University of East London (UEL) Swimming Club
		5 Borough of Southend Swimming and Training Club
		6 Rochford & District SC
		6 Brentwood SC
		5 Saffron Walden SC
		7 Halstead Swimming Club
		7 Leyton SC
		7 Stanway SC
		7 Canvey Island SC
		8 Harwich Dovercourt/Parkeston SC
		8 Witham Dolphins SC
		8 Runnymede SC
		1 Clacton Swimming Club
		8 London Borough of Redbridge SC
SPRINTS LANES 1-3 & 6-8	4.25pm-4.30pm	
100'S START	4.35PM	



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

ESSEX AGE GROUP CHAMPIONSHIPS 2018

WARM UP SCHEDULES

SESSION 8

SUNDAY 18 TH FEBRUARY 2018 BASILDON SPORTING VILLAGE		
WITHDRAWALS FOR ALL SWIMMERS CLOSE AT 8AM		
WARM UP 1	8.00AM-8.15AM	
	LANE NO	1 Epping Forest Dist SC
		2,3 Chelmsford City SC
		6 Maldon Sharks Swimming Club
		4,5 Barking & Dagenham Aquatics Club
		6,7 Thurrock Swimming Club
		7,8 Romford Town SC
SPRINTS LANES 1-3 & 6-8	8.15AM-8.20AM	
CONTINUOUS SWIMMING	8.15AM-8.20AM	LANES 4&5
WARM UP 2	8.20AM-8.35AM	
	LANE NO	1 Braintree & Bocking SC
		2,3 Colchester SC
		4 Bor of Waltham Forest (Gators)
		5,6,7 Basildon and Phoenix SC
		8 Killerwhales SC (Havering)
		1 Havering Dolphins
SPRINTS LANES 1-3 & 6-8	8.35AM-8.40AM	
CONTINUOUS SWIMMING	8.35AM-8.40AM	LANES 4&5
WARM UP 3	8.40AM-8.55AM	
	LANE NO	1 Southend on Sea SC
		2 Dunmow Atlantis SC
		3 Harlow Penguin SC
		4 Newham & University of East London (UEL) Swimming Club
		5 Borough of Southend Swimming and Training Club
		6 Rochford & District SC
		6 Brentwood SC
		5 Saffron Walden SC
		7 Halstead Swimming Club
		7 Leyton SC
		7 Stanway SC
		7 Canvey Island SC
		8 Harwich Dovercourt/Parkeston SC
		8 Witham Dolphins SC
		8 Runnymede SC
		1 Clacton Swimming Club
		8 London Borough of Redbridge SC
SPRINTS LANES 1-3 & 6-8	8.55AM-9.00AM	
CONTINUOUS SWIMMING	8.55AM-9.00AM	LANES 4&5
START	9.05AM	
WARM UP 4	12.00PM APROX	RELAY SWIMMERS ONLY ONLY THOSE NOT SWUM ALREADY



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

ESSEX AGE GROUP CHAMPIONSHIPS 2018

WARM UP SCHEDULES

SESSION 9

SUNDAY 18 TH FEBRUARY 2018 BASILDON SPORTING VILLAGE		
WITHDRAWALS FOR ALL SWIMMERS CLOSE AT 2PM		
WARM UP 1	2.00PM-2.15pm	
	LANE NO 1	Epping Forest Dist SC
	2,3	Chelmsford City SC
	6	Maldon Sharks Swimming Club
	4,5	Barking & Dagenham Aquatics Club
	6,7	Thurrock Swimming Club
	7,8	Romford Town SC
SPRINTS LANES 1-3 & 6-8	2.15PM-2.20pm	
CONTINUOUS SWIMMING	2.15pm-2.20pm	LANES 4&5
WARM UP 2		
	2.20PM-2.35pm	
	LANE NO 1	Braintree & Bocking SC
	2,3	Colchester SC
	4	Bor of Waltham Forest (Gators)
	5,6,7	Basildon and Phoenix SC
	8	Killerwhales SC (Havering)
	1	Havering Dolphins
SPRINTS LANES 1-3 & 6-8	2.35pm-2.40pm	
CONTINUOUS SWIMMING	2.35pm-2.40pm	LANES 4&5
WARM UP 3		
	2.40PM-2.55pm	
	LANE NO 1	Southend on Sea SC
	2	Dunmow Atlantis SC
	3	Harlow Penguin SC
	4	Newham & University of East London (UEL) Swimming Club
	5	Borough of Southend Swimming and Training Club
	6	Rochford & District SC
	6	Brentwood SC
	5	Saffron Walden SC
	7	Halstead Swimming Club
	7	Leyton SC
	7	Stanway SC
	7	Canvey Island SC
	8	Harwich Dovercourt/Parkeston SC
	8	Witham Dolphins SC
	8	Runnymede SC
	1	Clacton Swimming Club
	8	London Borough of Redbridge SC
SPRINTS LANES 1-3 & 6-8	2.55pm-3.00pm	
CONTINUOUS SWIMMING	2.55pm-3.00pm	LANES 4&5
START		
	3.05PM	
WARM UP 4	6.00PM APROX	RELAY SWIMMERS ONLY
		ONLY THOSE NOT SWUM ALREADY