



ESSEX RELAY GALA 2014

WARM UP TIMES

Relay information forms in by 1.30pm

Session 1

Withdrawals by 1.30pm

Girls	1.30pm
Boys	1.45pm
Start	2.05pm

Session 2

Withdrawals by 5.30pm

Boys	5.00pm
Girls	5.15pm
Start	5.35pm

- Relay information forms MUST be handed in with swimmers DOBs
- All swimmers MUST be on Team Master list
- Where a team qualifies to swim in a final the same team must be swum in the final

(although the order can be changed – but the results desk MUST be notified before the start of the finals)