

# ESSEX RELAY EVENT

## 5<sup>TH</sup> JULY

### Session 1 warm up 1:30

### Session 2 warm up 4:30

Each team will compete in the Freestyle and Medley Relay.

Age groups are 9/10, 11/12, Bagcats & Youths. Age @ 31<sup>st</sup> December.

Please confirm your availability no later than Friday 24<sup>th</sup> May

Competing teams will be confirmed once swimmer availability has been confirmed.

9/10 Girls	YES/NO	9/10 Boys	Yes/No
S.Gray		J.Hall	
R.Vinter		W.Reeve	
G.Rush		H.Salmon	
I.F.Hadden		Ben S. Heighton	

11/12 Girls	Yes/No	11/12 Boys	Yes/No
I.Bettley		C.Baker	
M.Gerrard		J.Blunkell	
A.Kerr		A.Norton	
N.Sackett		L.Plumb	
K.Daynes		C.Scott	
E.Neville		E.Constable	
R.Alexander		M.Freeman	

11/12 Girls	Yes/No	11/12 Boys	Yes/No
A.Craig		D.Cameron	
R.Bird			
D.Rusdale			
L.Creevy			
J.Maris			

BAGCATS Girls	Yes/No	BAGCATS Boys	Yes/No
J.Root		B.Harrington	
E.Conway		L.Craig	
A.Rendall		S.Jones	
E.Potter		E.Swallow	
S.Norton		A.Holleyman	
A.Stoney		C.Avery	
E.Lovegrove		T.Locke	
V.Lovegrove		H.Maris	

YOUTHS Girls	Yes/No	YOUTHS Boys	Yes/No
A.Cox		D.Messenger	
H.Rendall		K.Adams	
R.Barrow		J.Rulton	
D.Rulton		O.Swallow	
I.Bradbury		C.Kerr	
E.Walker		J.Walker	
E.Johnson		T.Park	
S.Ragus		R.Brown	
		D.Smith	
		H.B Smith	
		D.Hall	
		T.Cox	
		L.Archer	
		S.Johnson	