

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



ESSEX CHAMPIONSHIPS Relay Gala 2014

Basildon Sporting Village , Gloucester Park North, Basildon, Essex

Saturday 5th July 2014

All relays will be swum Long Course

Session 1
start 2.05pm

1	Girls 11/12 4x50 Medley Relay	
2	Boys 11/12 4x50 Freestyle Relay	
3	Girls 9/10 4x50 Medley Relay	
4	Boys 9/10 4x50 Freestyle Relay	
5	Youth Girls 4x100 Medley Relay	HDW
6	Bagcat Girls 4x100 Medley Relay	HDW
7	Bagcat Boys 4x100 Freestyle Relay	HDW
8	Youth Boys 4x100 Freestyle Relay	HDW

Finals

9	Girls 11/12 4x50 Medley Relay
10	Boys 9/10 4x50 Freestyle Relay
11	Girls 9/10 4x50 Medley Relay
12	Boys 11/12 4x50 Freestyle Relay

Session 2
Start 5.05pm

13	Boys 11/12 4x50 Medley Relay
14	Girls 11/12 4x50 Freestyle Relay
15	Boys 9/10 4x50 Medley Relay
16	Girls 9/10 4x50 Freestyle Relay
17	Youth Boys 4x100 Medley Relay
18	Bagcat Boys 4x100 Medley Relay
19	Bagcat Girls 4x100 Freestyle Relay
20	Youth Girls 4x100 Freestyle Relay

Finals

21	Boys 11/12 4x50 Medley Relay
22	Girls 9/10 4x50 Freestyle Relay
23	Boys 9/10 4x50 Medley Relay
24	Girls 11/12 4x50 Freestyle Relay

Warm Up

Session 1

1.30pm Girls
1.45pm Boys
START 2.05PM

Session 2

4.30pm (TBC) Girls
4.45pm (TBC) Boys
START 5.05PM

ALL COMPLETED RELAY FORMS and WITHDRAWALS **MUST** BE HANDED IN BY 1.30PM
Forms not handed in by this time will result in the team being unable to compete