

ECASA Age Group Competition 2013 Revised Warm up Times

Block B			
Session 5	Warm Up	Signing in closes	Start
9th March	8.00-8.20am 9-14yrs <u>Boys</u>	8.40am	9.05am
	Warm Up	Signing in closes	Start
	8.20am-8.40am 14+ Girls 15+ Boys	8.40am	9.05am
	Warm Up	Signing in closes	Start
	8.40-9.00am <u>9-13 YRS</u> <u>Girls</u>	8.40am	9.05am

ECASA Age Group Competition 2013 Revised Warm up Times

Block B			
Session 6	Warm Up	Signing in closes	Start
9th March	1.00pm-1.20pm 14 + Girls 15+ Boys	1.40pm	2.05pm
	Warm Up	Signing in closes	Start
	1.20pm-1.40pm <u>9-13 YRS</u> <u>Girls</u>	1.40pm	2.05pm
	Warm Up	Signing in closes	Start
	1.40pm-2.00pm 9-14yrs <u>Boys</u>	1.40pm	2.05pm

ECASA Age Group Competition 2013 Revised Warm up Times

Block B			
Session 7	Warm Up	Signing in closes	Start
10th March	8.00-8.20am <u>9-13 YRS</u> <u>Girls</u>	8.40am	9.05am
	Warm Up	Signing in closes	Start
	8.20am-8.40am 14+ Girls 15+ Boys	8.40am	9.05am
	Warm Up	Signing in closes	Start
	8.40-9.00am 9-14yrs <u>Boys</u>	8.40am	9.05am

ECASA Age Group Competition 2013 Revised Warm up Times

Block B			
Session 8	Warm Up	Signing in closes	Start
10th March	1.00pm-1.20pm 14+ Girls 15+ Boys	1.40pm	2.05pm
	Warm Up	Signing in closes	Start
	1.20pm-1.40pm <u>9-13 YRS</u> <u>Girls</u>	1.40pm	2.05pm
	Warm Up	Signing in closes	Start
	1.40pm-2.00pm 9-14yrs <u>Boys</u>	1.40pm	2.05pm

ECASA Age Group Competition 2013 Revised Warm up Times

Block C					
Session 9	Warm up time			Signing in closes	Start Time
22nd March	7.00-7.20pm	Mixed All Ages		7.10pm	7.30pm
Session 10	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
23rd March	1.30pm-1.50pm <u>9-13 YRS</u> <u>Girls</u>	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Homchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Clacton Colchester Dunmow Atlantis	2.10pm	2.35pm
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	1.50pm-2.10pm 14+ Girls 15+ Boys	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Homchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Clacton Colchester Dunmow Atlantis	2.10pm	2.35pm
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	2.10pm-2.30pm <u>9-14yrs</u> <u>Boys</u>	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Homchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Clacton Colchester Dunmow Atlantis	2.10pm	2.35pm

ECASA Age Group Competition 2013 Revised Warm up Times

Block C					
Session 11	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
24th March	8.00-8.20am 14+ Girls 15+ Boys	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Clacton Colchester Dunmow Atlantis	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Homchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	8.40am	9.05am
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	8.20am-8.40am <u>9-13 YRS</u> <u>Girls</u>	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Clacton Colchester Dunmow Atlantis	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Homchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	8.40am	9.05am
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	8.40-9.00am <u>9-14yrs</u> <u>Boys</u>	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Clacton Colchester Dunmow Atlantis	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Homchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	8.40am	9.05am

ECASA Age Group Competition 2013 Revised Warm up Times

Block C					
Session 12	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
24th March	1.30pm-1.50pm 9-14yrs <u>Boys</u>	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Homchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Clacton Colchester Dunmow Atlantis	2.10pm	2.35pm
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	1.50pm-2.10pm 14+ Girls 15+ Boys	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Homchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Clacton Colchester Dunmow Atlantis	2.10pm	2.35pm
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	2.10pm-2.30pm 9-13 YRS <u>Girls</u>	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Homchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Clacton Colchester Dunmow Atlantis	2.10pm	2.35pm

ECASA Age Group Competition 2013 Revised Warm up Times