



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

ECASA AGE GROUP CHAMPIONSHIPS 2014

Block A
Basildon

Friday 14th Feb 2014

Session 1 Warm Up 7pm

Boys 12/14 1500m Freestyle
 Boys 15/17 1500m Freestyle

Saturday 15th Feb 2014

Session 2 Warm Up 1pm

Boys 15/17 50m Freestyle
 Girls 11/14 100m Butterfly
 Boys 9/14 200m Breaststroke
 Girls 15/17 200m Freestyle
 Boys 15/17 200m Butterfly
 Boys 9/14 50m Backstroke
 Girls 15/17 50m Butterfly
 Girls 9/14 200m Backstroke

finals
 finals
 finals
 finals

Boys 15/17 50m Freestyle
 Boys 9/14 50m Backstroke
 Girls 15/17 50m Butterfly
 Girls 11/14 100m Butterfly

Block B
Basildon

Saturday 15th March 2014

Session 5 Warm Up 5pm

Boys 12/14 100m Breaststroke
 Girls 11/14 100m Freestyle
 Girls 15/17 100m Freestyle
 Boys 15/17 100m Butterfly
 Boys 12/14 100m Backstroke
 Girls 15/17 100m Breaststroke
 Girls 10/14 400m I/M
 Boys 10/14 400m Freestyle
 Boys 15/17 400m I/M
 Girls 15/17 400m Freestyle

finals
 finals
 finals
 finals
 finals

Girls 11/14 100m Freestyle
 Girls 15/17 100m Breaststroke
 Boys 12/14 100m Breaststroke
 Boys 15/17 100m Butterfly
 Girls 15/17 100m Freestyle
 Boys 12/14 100m Backstroke

Sunday 16th March 2014

Session 6 Warm Up 5pm

Girls 11/14 100m Breaststroke
 Boys 12/14 100m Freestyle
 Boys 15/17 100m Freestyle
 Girls 15/17 100m Butterfly
 Girls 11/14 100m Backstroke
 Boys 15/17 100m Breaststroke
 Boys 10/14 400m I/M
 Girls 10/14 400m Freestyle
 Girls 15/17 400m I/M
 Boys 15/17 400m Freestyle

finals
 finals
 finals
 finals
 finals
 finals

Boys 12/14 100m Freestyle
 Boys 15/17 100m Freestyle
 Girls 11/14 100m Breaststroke
 Girls 15/17 100m Butterfly
 Boys 15/17 100m Breaststroke
 Girls 11/14 100m Backstroke

Sunday 16th February 2014

Session 3 Warm Up 8am

Girls 15/17 100m Backstroke
 Girls 9/14 200m Butterfly
 Boys 15/17 50m Backstroke
 Boys 9/14 100m I/M
 Girls 9/14 50m Breaststroke
 Girls 15/17 200m Breaststroke
 Boys 15/17 200m I/M

finals
 finals
 finals
 finals

Boys 9/14 100m I/M
 Girls 9/14 50m Breaststroke
 Girls 15/17 100m Backstroke
 Boys 15/17 50m Backstroke

Sunday 16th Feb 2014

Session 4 Warm Up TBC

Girls 9/14 50m Freestyle
 Girls 15/17 50m Breaststroke
 Boys 9/14 50m Butterfly
 Girls 9/14 200m I/M
 Boys 15/17 100m I/M
 Girls 15/17 200m Backstroke
 Boys 9/14 200m Freestyle

finals
 finals
 finals
 finals

Girls 9/14 50m Freestyle
 Boys 15/17 100m I/M
 Girls 15/17 50m Breaststroke
 Boys 9/14 50m Butterfly

Block C
Basildon

Friday 28th March 2014

Session 7 warm Up 7pm

Girls 11/14 800m Freestyle
 Girls 15/17 800m Freestyle

Saturday 29th March 2014

Session 8 warm Up 1pm

Girls 15/17 50m Freestyle
 Boys 12/14 100m Butterfly
 Girls 9/14 200m Breaststroke
 Boys 15/17 200m Freestyle
 Girls 15/17 200m Butterfly
 Girls 9/14 50m Backstroke
 Boys 15/17 50m Fly
 Boys 9/14 200m Backstroke

finals
 finals
 finals
 finals

Girls 15/17 50m Freestyle
 Girls 9/14 50m Backstroke
 Boys 15/17 50m Fly
 Boys 12/14 100m Butterfly

Sunday 30th March 2014

Session 9 Warm Up 8am

Boys 15/17 100m Backstroke
 Boys 9/14 200m Butterfly
 Girls 15/17 50m Backstroke
 Girls 9/14 100m I/M
 Boys 9/14 50m Breaststroke
 Boys 15/17 200m Breaststroke
 Girls 15/17 200m I/M

finals
 finals
 finals
 finals

Girls 9/14 100m I/M
 Boys 9/14 50m Breaststroke
 Boys 15/17 100m Backstroke
 Girls 15/17 50m Backstroke

Sunday 30th March 2014

Session 10 Warm Up TBC

Boys 9/14 50m Freestyle
 Boys 15/17 50m Breaststroke
 Girls 9/14 50m Butterfly
 Boys 9/14 200m I/M
 Girls 15/17 100m I/M
 Boys 15/17 200m Backstroke
 Girls 9/14 200m Freestyle

finals
 finals
 finals
 finals

Boys 9/14 50m Freestyle
 Girls 15/17 100m I/M
 Boys 15/17 50m Breaststroke
 Girls 9/14 50m Butterfly