



ESSEX SENIOR WINTER CHAMPIONSHIPS 2018

License No 2ER181237

WARM UP SCHEDULE

SESSION 1	
WITHDRAWALS CLOSE	1PM
POOLSIDE ENTRY	12.50PM
BOYS WARM UP 1PM BOYS SPRINTS 1.20PM	
GIRLS WARM UP 1.30PM GIRLS SPRINTS 1.50PM	
START 2.00PM	
SESSION 2	
WITHDRAWALS CLOSE	4.30PM
BOYS WARM UP 4.30PM BOYS SPRINTS 4.50PM	
GIRLS WARM UP 5.00PM GIRLS SPRINTS 5.20PM	
START 5.30PM	
SESSION 3	
WITHDRAWALS CLOSES	1.00PM
POOLSIDE ENTRY	12.50PM
GIRLS WARM UP 1PM GIRLS SPRINTS 1.20PM	
BOYS WARM UP 1.30PM BOYS SPRINTS 1.50PM	
START 2.00PM	
SESSION 4	
WITHDRAWALS CLOSE	4.30PM
GIRLS WARM UP 4.30PM GIRLS SPRINTS 4.50PM	
BOYS WARM UP 5.00PM BOYS SPRINTS 5.20PM	
START 5.30PM	

APPROX FINISH TIME 7.15PM EACH DAY

FOR LIVE RESULTS

<http://swimresults.co.uk/>