



# ESSEX SENIOR WINTER CHAMPIONSHIPS 2017

## WARM UP TIMES

| SESSION 1                  |        | SESSION 3                  |        |
|----------------------------|--------|----------------------------|--------|
| WITHDRAWALS CLOSE          | 1.00PM | WITHDRAWALS CLOSE          | 1.00PM |
| BOYS WARM UP               | 1.00PM | GIRLS WARM UP              | 1.00PM |
| BOYS SPRINTS               | 1.20PM | GIRLS SPRINTS              | 1.20PM |
| CONTINUOUS SWIMMING LANE 5 |        | CONTINUOUS SWIMMING LANE 5 |        |
| GIRLS WARM UP              | 1.25PM | BOYS WARM UP               | 1.25PM |
| GIRLS SPRINTS              | 1.45PM | BOYS SPRINTS               | 1.45PM |
| CONTINUOUS SWIMMING LANE 5 |        | CONTINUOUS SWIMMING LANE 5 |        |
| START                      | 1.50PM | START                      | 1.50PM |
| SESSION 2                  |        | SESSION 4                  |        |
| WITHDRAWALS CLOSE          | 5.30PM | WITHDRAWALS CLOSE          | 5.30PM |
| BOYS WARM UP               | 5.30PM | GIRLS WARM UP              | 5.30PM |
| BOYS SPRINTS               | 5.50PM | GIRLS SPRINTS              | 5.50PM |
| CONTINUOUS SWIMMING LANE 5 |        | CONTINUOUS SWIMMING LANE 5 |        |
| GIRLS WARM UP              | 5.55PM | BOYS WARM UP               | 5.55PM |
| GIRLS SPRINTS              | 6.15PM | BOYS SPRINTS               | 6.15PM |
| CONTINUOUS SWIMMING LANE 5 |        | CONTINUOUS SWIMMING LANE 5 |        |
| START                      | 6.20PM | START                      | 6.20PM |

  

|  |  |
|--|--|
| <p style="text-align: center;"><b>SESSION 1</b></p> BOYS 400 FREESTYLE<br>GIRLS 400 IM<br>BOYS 50 BREASTSTROKE<br>GIRLS 50 BACKSTROKE<br>BOYS 200 BUTTERFLY<br>GIRLS 200 FREESTYLE<br>BOYS 100 BACKSTROKE<br>GIRLS 100 BREASTSTROKE<br><b>FINALS</b><br>BOYS 50 BREASTSTROKE<br>GIRLS 50 BACKSTROKE<br>BOYS 100 BACKSTROKE<br>GIRLS 100 BREASTSTROKE<br>GIRLS 800M FREESTYLE | <p style="text-align: center;"><b>SESSION 3</b></p> GIRLS 400 FREESTYLE<br>BOYS 400 IM<br>GIRLS 50 BREASTSTROKE<br>BOYS 50 BACKSTROKE<br>GIRLS 200 BUTTERFLY<br>BOYS 200 FREESTYLE<br>GIRLS 100 BACKSTROKE<br>BOYS 100 BREASTSTROKE<br><b>FINALS</b><br>GIRLS 50 BREASTSTROKE<br>BOYS 50 BACKSTROKE<br>GIRLS 100 BACKSTROKE<br>BOYS 100 BREASTSTROKE<br>BOYS 1500M FREESTYLE |
| <p style="text-align: center;"><b>SESSION 2</b></p> BOYS 50 FREESTYLE<br>GIRLS 50 BUTTERFLY<br>BOYS 200 IM<br>GIRLS 100 FREESTYLE<br>BOYS 100 BUTTERFLY<br>GIRLS 100 IM<br>BOYS 200 BREASTSTROKE<br>GIRLS 200 BACKSTROKE<br><b>FINALS</b><br>GIRLS 50 BUTTERFLY<br>BOYS 50 FREESTYLE<br>GIRLS 100 FREESTYLE<br>BOYS 100 BUTTERFLY<br>GIRLS 100 IM                            | <p style="text-align: center;"><b>SESSION 4</b></p> GIRLS 50 FREESTYLE<br>BOYS 50 BUTTERFLY<br>GIRLS 200 IM<br>BOYS 100 FREESTYLE<br>GIRLS 100 BUTTERFLY<br>BOYS 100 IM<br>GIRLS 200 BREASTSTROKE<br>BOYS 200 BACKSTROKE<br><b>FINALS</b><br>BOYS 50 BUTTERFLY<br>GIRLS 50 FREESTYLE<br>BOYS 100 FREESTYLE<br>GIRLS 100 BUTTERFLY<br>BOYS 100 IM                             |