

## ECASA Age Group Competition 2013 Warm Up Schedule

Block A		Basildon			
Session 1	Warm up time			Signing in closes	Start Time
<b>14<sup>th</sup> Feb</b>	<b>7.00-7.20pm</b>	<b>Mixed All Ages</b>		<b>7.10pm</b>	<b>7.30pm</b>
Session 2	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
<b>15<sup>th</sup> Feb</b>	<b>1.00pm-1.20pm</b> <b><u>Mixed</u></b> <b><u>15+</u></b>	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	<b>1.50pm</b>	<b>2.10pm</b>
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	<b>1.20pm-1.40pm</b> <b><u>9-14yrs</u></b> <b><u>Girls</u></b>	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	<b>1.50pm</b>	<b>2.10pm</b>
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	<b>1.40pm-2.00pm</b> <b><u>9-14yrs</u></b> <b><u>Boys</u></b>	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	<b>1.50pm</b>	<b>2.10pm</b>

Block A		Basildon			
<b>Session 3</b>	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
<b>16th Feb</b>	<b>8.00-8.20am</b> <b><u>15+yrs</u></b> <b><u>Mixed</u></b>	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dag Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest	<b>8.40am</b>	<b>9.05am</b>
	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
	<b>8.20-8.40am</b> <b><u>9-14yrs</u></b> <b><u>Girls</u></b>	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Hornchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dag Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Clacton Colchester Dunmow Atlantis Epping Forest	<b>8.40am</b>	<b>9.05am</b>
	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
	<b>8.40-9.00am</b> <b><u>9-14 YRS</u></b> <b><u>Boys</u></b>	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dag Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest	<b>8.40am</b>	<b>9.05am</b>

Block A		Basildon			
<b>Session 4</b>	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
<b>16th Feb</b>	<b>1.30pm-1.50pm</b> <b><u>9-14yrs</u></b> <b><u>Girls</u></b>	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	<b>2.10pm</b>	<b>2.35pm</b>
	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
	<b>1.50pm-2.10pm</b> <b><u>15+yrs</u></b> <b><u>Mixed</u></b>	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	<b>2.10pm</b>	<b>2.35pm</b>
	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
	<b>2.10pm-2.30pm</b> <b><u>9-14 YRS</u></b> <b><u>Boys</u></b>	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	<b>2.10pm</b>	<b>2.35pm</b>

Block B	Basildon		
Session5	Warm Up	Signing in closes	Start
15th March	<p><b>5.00pm-5.20pm</b></p> <p><b>Mixed</b></p> <p><b><u>Competition Pool</u></b></p> <p>First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins</p> <p><b><u>Swimdown Pool</u></b></p> <p>Barking &amp; Dagenham Basildon &amp; Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest</p> <p><b>5.15pm-5.40pm</b></p> <p><b><u>Swimdown pool</u></b></p> <p>ALL 400m swimmers Continuous swimming only</p>	5.10pm	5.30pm

Block B	Basildon		
Session6	Warm Up	Signing in closes	Start
16th March	<p><b>4.00pm-4.20pm</b></p> <p><b>Mixed</b></p> <p><b><u>Competition Pool</u></b>            Barking &amp; Dagenham            Basildon &amp; Phoenix            Becontree            Bo Newham            Bo Southend            Bo Waltham Forest            Bo Redbridge            Braintree            Brentwood            Chelmsford            Colchester            Dunmow Atlantis            Epping Forest</p> <p><b><u>Swimdown Pool</u></b>            First Stokes            Halstead            Harlow Penguins            Harwich DP            Havering Dolphins            Killerwhales            Maldon Sharks            Rochford            Romford Town            Runnymede            Saffron Walden            Southend            Thurrock            Witham Dolphins</p> <p><b>4.15pm-4.40pm</b></p> <p><b><u>Swimdown pool</u></b></p> <p>ALL 400m swimmers            Continuous swimming only</p>	4.10pm	4.30pm

<b>Block C</b>		<b>Basildon</b>			
<b>Session 7</b>	Warm up time			Signing in closes	Start Time
<b>28<sup>th</sup> March</b>	<b>7.00-7.20pm</b>	<b>Mixed All Ages</b>		<b>7.10pm</b>	<b>7.30pm</b>
<b>Session 8</b>	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
<b>29<sup>th</sup> March</b>	<b>1.00pm-1.20pm</b> <b><u>15+ YRS</u></b> <b><u>Mixed</u></b>	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dag Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest	<b>1.50pm</b>	<b>2.10pm</b>
	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
	<b>1.20pm-1.40pm</b> <b><u>9-14ys</u></b> <b><u>Boys</u></b>	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dag Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest	<b>1.50pm</b>	<b>2.10pm</b>
	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
	<b>1.40pm-2.00pm</b> <b><u>9-14ys</u></b> <b><u>Girls</u></b>	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dag Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest	<b>1.50pm</b>	<b>2.10pm</b>

Block C		Basildon			
<b>Session 9</b>	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
<b>30th March</b>	<b>8.00-8.20am</b> <b><u>15+yrs</u></b> <b><u>Mixed</u></b>	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	<b>8.40am</b>	<b>9.05am</b>
	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
	<b>8.20am-8.40am</b> <b><u>9-14 YRS</u></b> <b><u>Boys</u></b>	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	<b>8.40am</b>	<b>9.05am</b>
	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
	<b>8.40-9.00am</b> <b><u>9-14yrs</u></b> <b><u>Girls</u></b>	Barking & Dagenham Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	<b>8.40am</b>	<b>9.05am</b>

<b>Block C</b>		<b>Basildon</b>			
<b>Session 10</b>	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
<b>30th March</b>	<b>1.30pm-1.50pm</b> <b>9-14yrs</b> <b><u>Boys</u></b>	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dag Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest	<b>2.10pm</b>	<b>2.35pm</b>
	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
	<b>1.50pm-2.10pm</b> <b>15+yrs</b> <b><u>Mixed</u></b>	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dag Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest	<b>2.10pm</b>	<b>2.35pm</b>
	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
	<b>2.10pm-2.30pm</b> <b>9-14 YRS</b> <b><u>Girls</u></b>	First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dag Basildon & Phoenix Becontree Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Colchester Dunmow Atlantis Epping Forest	<b>2.10pm</b>	<b>2.35pm</b>



