

ECASA Age Group Competition 2015 Warm Up Schedule

Block A		Basildon			
Session 1	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
17th Jan	1.00pm-1.15pm <u>Girls</u> <u>14/Under</u>	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	1.15pm	2.05pm
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	1.15pm-1.30pm <u>Boys</u> <u>14/Under</u>	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	1.15pm	2.05pm
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	1.30pm-1.45pm <u>Boys</u> <u>15/Over</u>	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	1.15pm	2.05pm
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start

	1.45pm-2.00pm <u>Girls</u> <u>15/Over</u>	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins		
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Block A		Basildon			
Session 2	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
18th Jan	8.00-8.15am Girls 14/Under	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	8.15am	9.05am
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	8.15-8.30am Boys 14/Under	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	8.15am	9.05am
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start

	8.30-8.45am <u>Girls</u> <u>15/Over</u>	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	8.15am	9.05am
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	8.45-9.00am <u>Boys</u> <u>15/Over</u>	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	8.15am	9.05am

Block A		Basildon			
Session 3	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
18th Jan	2pm-2.15pm <u>Boys</u> <u>14/under</u>	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	2.15pm	3.05pm
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start

	2.15pm-2.30pm Girls 13/Under	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	2.15pm	3.05pm
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	2.30pm-2.45pm Girls 14/Over	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	2.15pm	3.05pm
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	2.45pm-3.00pm Boys 15/Over	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	2.15pm	3.05pm
Block B		Southend			
Session 4	Warm Up	Main Pool		Signing in closes	Start
31st Jan	8.00am-8.15am	Girls 13/Under		8.15am	9.05am
	8.15am-8.30am	Boys 14/Under			
	8.30am-8.45am	Boys 15/Over			
	8.45am-9.00am	Girls 14/Over			

Block B		Southend		
<u>Session 5</u>	Warm Up	<u>Main Pool</u>	Signing in closes	Start
31st Jan	1.30pm-1.45pm 1.45pm-2.15pm 2.00pm-2.15pm 2.15pm-2.30pm	Boys 14/Under Girls 14/Under Girls 15/Over Boys 15/Over	1.45pm	2.35pm
Block B		Southend		
<u>Session 6</u>	Warm Up	<u>Main Pool</u>	Signing in closes	Start
1st Feb	8.00am-8.25am 8.25am-8.50am	Girls Boys	8.25am	9.00am
Block B		Southend		
<u>Session 7</u>	Warm Up	<u>Main Pool</u>	Signing in closes	Start
1st Feb	1.00pm-1.15pm 1.15pm-1.30pm 1.30pm-1.45pm 1.45pm-2.00pm	Girls 14/Under Boys 14/Under Boys 15/Over Girls 15/Over	1.15pm	2.05pm

Block C		Basildon			
Session 8	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
<u>14th Feb</u>	1.00pm-1.15pm <u>Girls</u> <u>14/under</u>	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	1.15pm	2.05pm
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	1.15pm-1.30pm Boys 14/Under	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	1.15pm	2.05pm
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	1.30pm-1.45pm Girls 15/Over	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	1.15pm	2.05pm
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start

	1.45pm-2.00pm Boys 15/Over	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	1.15pm	2.05pm
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Block C		Basildon			
Session 9	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
15 th Feb	8.00-8.15am Boys 14/Under	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	8.15am	9.05am
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	8.15am-8.30am <u>Girls</u> 14/Under	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	8.15am	9.05am
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start

	8.30-8.45am Boys 15/Over	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	8.15am	9.05am
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	8.45-9.00am Girls 15/Over	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	8.15am	9.05am

Block C		Basildon			
Session 10	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
15th Feb	2.00pm-2.15pm Girls 14/Under	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	2.15pm	3.05pm
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start

	2.15pm-2.30pm Boys 13/Under	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	2.15pm	3.05pm
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	2.30pm-2.45pm Boys 14/Over	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	2.15pm	3.05pm
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	2.45pm-3.00pm Girls 15/Over	Epping Forest First Stokes Halstead Harlow Penguins Harwich DP Havering Dolphins Killerwhales Leyton Maldon Sharks Rochford Romford Town Runnymede Saffron Walden Southend Thurrock Witham Dolphins	Barking & Dagenham Basildon & Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Canvey Chelmsford Clacton Colchester Dunmow Atlantis	2.15pm	3.05pm