



Warm-Up Details

Sign-In commences 07:40 & closes 08:30

Session 1	Start Time	Finish Time	Club	No of Swimmers	Total
Warm Up #1	08:00	08:12	Braintree & Bocking SC	35	88
			Chelmsford SC	44	
			Witham Dolphins SC	9	
Warm Up #2	08:12	08:24	Colchester SC	50	88
			Dunmow Atlantis SC	18	
			First Strokes Stanway SC	20	
Warm Up #3	08:24	08:36	Halstead SC	77	89
			Harwich DP	12	
Warm Up #4	08:36	08:48	Basildon & Phoenix	20	93
			Clacton-on-Sea SC	5	
			City of St Albans	0	
			Harlow Penguins	24	
			Leiston & District	3	
			Maldon Sharks SC	1	
			Sevenoaks SC	1	
West Suffolk SC	39				

Sign-In commences 13:15 & closes 14:00

Session 2	Start Time	Finish Time	Club	No of Swimmers	Total
Warm Up #1	13:30	13:42	Braintree & Bocking SC	38	92
			Chelmsford SC	45	
			Harwich DP	9	
Warm Up #2	13:42	13:54	Colchester SC	58	95
			Dunmow Atlantis SC	18	
			First Strokes Stanway SC	19	
Warm Up #3	13:54	14:06	Halstead SC	79	93
			Witham Dolphins SC	14	
Warm Up #4	14:06	14:18	Basildon & Phoenix	17	84
			Clacton-on-Sea SC	3	
			City of St Albans	1	
			Harlow Penguins	18	
			Leiston & District	3	
			Maldon Sharks SC	2	
			Sevenoaks SC	0	
West Suffolk SC	40				