



Warm-Up Details

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

Session 1	Start Time	Finish Time	Club
Warm Up #1	08:00	08:12	Braintree & Bocking SC
			Chelmsford SC Ltd
			Witham Dolphins SC
Warm Up #2	08:12	08:24	Clacton On S
			Colchester SC
			Newham & University of East Lond
			St Ives SC
Warm Up #3	08:24	08:36	Stanway SC
			Felixstowe SC
			Harlow Penguin SC
			Harwich Dovercourt/Parkeston SC
			Leiston & District Swimming Club
Warm Up #4	08:36	08:48	Runnymede SC
			Halstead ASC
			Lowestoft & Oulton Broad SC

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

Session 2	Start Time	Finish Time	Club
Warm Up #1	13:30	13:42	Braintree & Bocking SC
			Chelmsford SC Ltd
			Clacton On S
Warm Up #2	13:42	13:54	Colchester SC
			Stanway SC
			Witham Dolphins SC
Warm Up #3	13:54	14:06	Felixstowe SC
			Harlow Penguin SC
			Harwich Dovercourt/Parkeston SC
			Leiston & District Swimming Club
			Runnymede SC
Warm Up #4	14:06	14:18	Halstead ASC
			Lowestoft & Oulton Broad SC
			Newham & University of East Lond
			St Ives SC