

**Halstead SC 7th Season Sprint Starter**  
**7th September 2019**

**Warm-Up Details**



**Sign-In commences 15:30, and closes 16:15**

| <b>Session 1</b>     | <b>Start Time</b> | <b>Finish Time</b> | <b>Club</b>                             | <b>No of Swimmers</b> | <b>Total</b> |
|----------------------|-------------------|--------------------|---|-----------------------|--------------|
| <b>Warm Up #1</b>    | <b>16:00</b>      | <b>16:12</b>       | <b>Borough of Southend Swimming and</b> | <b>14</b>             | <b>82</b>    |
|                      |                   |                    | <b>Chelmsford City SC</b>               | <b>38</b>             |              |
|                      |                   |                    | <b>Rochford &amp; District SC</b>       | <b>30</b>             |              |
| <b>Warm Up #2</b>    | <b>16:12</b>      | <b>16:24</b>       | <b>Braintree &amp; Bocking SC</b>       | <b>60</b>             | <b>81</b>    |
|                      |                   |                    | <b>Clacton Swimming Club</b>            | <b>21</b>             |              |
| <b>Warm Up #3</b>    | <b>16:24</b>      | <b>16:36</b>       | <b>Harlow Penguin SC</b>                | <b>60</b>             | <b>80</b>    |
|                      |                   |                    | <b>Harwich Dovercourt/Parkeston SC</b>  | <b>20</b>             |              |
| <b>Warm Up #4</b>    | <b>16:36</b>      | <b>16:48</b>       | <b>Colchester Phoenix ASC</b>           | <b>3</b>              | <b>84</b>    |
|                      |                   |                    | <b>Enfield Swim Squad</b>               | <b>2</b>              |              |
|                      |                   |                    | <b>Halstead Swimming Club</b>           | <b>67</b>             |              |
|                      |                   |                    | <b>Hemel Hempstead SC</b>               | <b>1</b>              |              |
|                      |                   |                    | <b>St Alban</b>                         | <b>1</b>              |              |
|                      |                   |                    | <b>Colchester</b>                       | <b>1</b>              |              |
| <b>Hornchurch SC</b> | <b>9</b>          |                    |   |                       |              |