

ECASA Age Group Competition 2015 Warm Up Schedule

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>13/15yrs</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 <u>Boys</u> <u>14/Under</u> <u>Girls</u> <u>10/12 yrs</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	
	1.30pm-1.45pm <u>Girls</u> <u>16/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	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/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
	8.15am-8.30am <u>Girls</u> 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	8.15am	9.05am
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start

	8.30-8.45am Boys 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	8.15am	9.05am
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	8.45-9.00am 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	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 10/12 yrs Boys 10/12 yrs	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 13/14 yrs	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 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
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	2.45pm-3.00pm Girls 13/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

**Relay swimmers not in other events warm up at Start of Last event in
Swimdown pool lanes 1-6 for all sessions**

