



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

County Association of East and London Regions

ESSEX AGE GROUP CHAMPIONSHIPS 2016

WARM UP SCHEDULES

SESSION 1

SATURDAY 23 rd JANUARY 2016 BASILDON SPORTING VILLAGE SESSION 1		
SIGNING IN CLOSSES FOR ALL SWIMMERS 1.00PM		
WARM UP 1	1.00PM-1.15pm	
		BARKING & DAG
		BASILDON & PHOENIX
		BO NEWHAM
		BO SOUTHEND
		BO WALTHAM FOREST
		BO REDBRIDGE
		BRAINTREE
		BRENTWOOD
SPRINTS LANES 1-3 & 6-8	1.15PM-1.20pm	
CONTINUOUS SWIMMING LANES 4&5	1.15pm-1.20pm	
WARM UP 2	1.25PM-1.40pm	
		CANVEY ISLAND
		CHELMSFORD
		COLCHESTER
		DUNMOW
		EPPING FOREST
		HALSTEAD
		HARLOW PENGUINS
		HARWICH DP
		HAVERING DOLPHINS
SPRINTS LANES 1-3 & 6-8	1.40pm-1.45pm	
CONTINUOUS SWIMMING LANES 4&5	1.40pm-1.45pm	
WARM UP 3	1.50PM-2.05pm	
		KILLERWHALES
		LEYTON
		LAC
		MALDON SHARKS
		ROCHFORD
		ROMFORD
		RUNNYMEDE
		SAFFRON WALDON
		SOUTHEND
		STANWAY
		THURROCK
		WITHAM DOLPHINS
SPRINTS LANES 1-3 & 6-8	2.05pm-2.10pm	
CONTINUOUS SWIMMING LANES 4&5	2.05pm-2.10pm	
START	2.15PM	



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SESSION 2

SUNDAY 24 TH JANUARY 2016		
BASILDON SPORTING VILLAGE		
SESSION 2		
SIGNING IN CLOSES FOR ALL SWIMMERS 8.00AM		
WARM UP 1	8.00AM-8.15AM	
		KILLERWHALES
		LEYTON
		LAC
		MALDON SHARKS
		ROCHFORD
		ROMFORD
		RUNNYMEDE
		SAFFRON WALDON
		SOUTHEND
		STANWAY
		THURROCK
		WITHAM DOLPHINS
SPRINTS LANES 1-3 & 6-8	8.15AM-8.20AM	
CONTINUOUS SWIMMING LANES 4&5	8.15AM-8.20AM	
WARM UP 2	8.25AM-8.40AM	
		CANVEY ISLAND
		CHELMSFORD
		COLCHESTER
		DUNMOW
		EPPING FOREST
		HALSTEAD
		HARLOW PENGUINS
		HARWICH DP
		HAVERING DOLPHINS
SPRINTS LANES 1-3 & 6-8	8.40AM-8.45AM	
CONTINUOUS SWIMMING LANES 4&5	8.40AM-8.45AM	
WARM UP 3	8.50AM-9.05AM	
		BARKING & DAG
		BASILDON & PHOENIX
		BO NEWHAM
		BO SOUTHEND
		BO WALTHAM FOREST
		BO REDBRIDGE
		BRAINTREE
		BRENTWOOD
SPRINTS LANES 1-3 & 6-8	9.05AM-9.10AM	
CONTINUOUS SWIMMING LANES 4&5	9.05AM-9.10AM	
START	9.15AM	



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SESSION 3

SUNDAY 24TH JANUARY 2016 BASILDON SPORTING VILLAGE SESSION 3		
SIGNING IN CLOSSES FOR ALL SWIMMERS 1.30PM		
WARM UP 1	1.30PM-1.45pm	
		BARKING & DAG
		BASILDON & PHOENIX
		BO NEWHAM
		BO SOUTHEND
		BO WALTHAM FOREST
		BO REDBRIDGE
		BRAINTREE
		BRENTWOOD
SPRINTS LANES 1-3 & 6-8	1.45PM-1.50pm	
CONTINUOUS SWIMMING LANES 4&5	1.45pm-1.50pm	
WARM UP 2	1.55PM-2.10pm	
		CANVEY ISLAND
		CHELMSFORD
		COLCHESTER
		DUNMOW
		EPPING FOREST
		HALSTEAD
		HARLOW PENGUINS
		HARWICH DP
		HAVERING DOLPHINS
SPRINTS LANES 1-3 & 6-8	2.10pm-2.15pm	
CONTINUOUS SWIMMING LANES 4&5	2.10pm-2.15pm	
WARM UP 3	2.20PM-2.35pm	
		KILLERWHALES
		LEYTON
		LAC
		MALDON SHARKS
		ROCHFORD
		ROMFORD
		RUNNYMEDE
		SAFFRON WALDON
		SOUTHEND
		STANWAY
		THURROCK
		WITHAM DOLPHINS
SPRINTS LANES 1-3 & 6-8	2.35pm-2.40pm	
CONTINUOUS SWIMMING LANES 4&5	2.35pm-2.40pm	
START	2.45PM	



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SESSION 4

SATURDAY 6 TH FEBRUARY 2016		
LONDON AQUATIC CENTRE		
SESSION 4		
SIGNING IN CLOSES FOR ALL SWIMMERS 8.30AM		
WARM UP 1	8.30AM-8.40AM	
		KILLERWHALES
		LEYTON
		LAC
		MALDON SHARKS
		ROCHFORD
		ROMFORD
		RUNNYMEDE
		SAFFRON WALDON
		SOUTHEND
		STANWAY
		THURROCK
		WITHAM DOLPHINS
SPRINTS LANES 1-3 & 6-8	8.40AM-8.45AM	
CONTINUOUS SWIMMING LANES 4&5	8.40AM-8.45AM	
WARM UP 2	8.50AM-9.00AM	
		CANVEY ISLAND
		CHELMSFORD
		COLCHESTER
		DUNMOW
		EPPING FOREST
		HALSTEAD
		HARLOW PENGUINS
		HARWICH DP
		HAVERING DOLPHINS
SPRINTS LANES 1-3 & 6-8	9.00AM-9.05AM	
CONTINUOUS SWIMMING LANES 4&5	9.00AM-9.05AM	
WARM UP 3	9.10AM-9.20AM	
		BARKING & DAG
		BASILDON & PHOENIX
		BO NEWHAM
		BO SOUTHEND
		BO WALTHAM FOREST
		BO REDBRIDGE
		BRAINTREE
		BRENTWOOD
SPRINTS	9.25AM-9.30AM	
CONTINUOUS SWIMMING LANES 4&5	9.25AM-9.30AM	
START	9.35AM	



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SESSION 5

SATURDAY 6 TH FEBRUARY 2016		
LONDON AQUATIC CENTRE		
SESSION 5		
SIGNING IN CLOSES FOR ALL SWIMMERS 2.45PM		
WARM UP 1	2.45PM-2.55PM	
		BARKING & DAG
		BASILDON & PHOENIX
		BO NEWHAM
		BO SOUTHEND
		BO WALTHAM FOREST
		BO REDBRIDGE
		BRAINTREE
		BRENTWOOD
SPRINTS LANES 1-3 & 6-8	2.55PM-3.00PM	
CONTINUOUS SWIMMING LANES 4&5	2.55PM-3.00PM	
WARM UP 2		
	3.05PM-3.15PM	
		CANVEY ISLAND
		CHELMSFORD
		COLCHESTER
		DUNMOW
		EPPING FOREST
		HALSTEAD
		HARLOW PENGUINS
		HARWICH DP
		HAVERING DOLPHINS
SPRINTS LANES 1-3 & 6-8	3.15PM-3.20PM	
CONTINUOUS SWIMMING LANES 4&5	3.20PM-3.25PM	
WARM UP 3		
	3.30PM-3.40PM	
		KILLERWHALES
		LEYTON
		LAC
		MALDON SHARKS
		ROCHFORD
		ROMFORD
		RUNNYMEDE
		SAFFRON WALDON
		SOUTHEND
		STANWAY
		THURROCK
		WITHAM DOLPHINS
SPRINTS	3.40PM-3.45PM	
CONTINUOUS SWIMMING LANES 4&5	3.40PM-3.45PM	
START		
	3.50PM	



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SESSION 6

SUNDAY 7TH FEBRUARY 2016 BASILDON SPORTING VILLAGE		
SESSION 6		
SIGNING IN CLOSSES FOR ALL SWIMMERS 5.00PM		
WARM UP	5.00PM-5.20PM	ALL SWIMMERS
SPRINTS LANES 1-3 & 6-8	5.20-5.25PM	ALL SWIMMERS
CONTINUOUS SWIMMING LANES 4&5	5.20-5.25PM	ALL SWIMMERS
START	5.30PM	



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SESSION 7

SATURDAY 20 TH FEBRUARY 2016		
BASILDON SPORTING VILLAGE		
SESSION 7		
SIGNING IN CLOSES FOR ALL SWIMMERS 1.00PM		
WARM UP 1	1.00PM-1.15pm	
		BARKING & DAG
		BASILDON & PHOENIX
		BO NEWHAM
		BO SOUTHEND
		BO WALTHAM FOREST
		BO REDBRIDGE
		BRAINTREE
		BRENTWOOD
SPRINTS LANES 1-3 & 6-8	1.15PM-1.20pm	
CONTINUOUS SWIMMING LANES 4&5	1.15pm-1.20pm	
WARM UP 2		
	1.25PM-1.40pm	
		CANVEY ISLAND
		CHELMSFORD
		COLCHESTER
		DUNMOW
		EPPING FOREST
		HALSTEAD
		HARLOW PENGUINS
		HARWICH DP
		HAVERING DOLPHINS
SPRINTS LANES 1-3 & 6-8	1.40pm-1.45pm	
CONTINUOUS SWIMMING LANES 4&5	1.40pm-1.45pm	
WARM UP 3		
	1.50PM-2.05pm	
		KILLERWHALES
		LEYTON
		LAC
		MALDON SHARKS
		ROCHFORD
		ROMFORD
		RUNNYMEDE
		SAFFRON WALDON
		SOUTHEND
		STANWAY
		THURROCK
		WITHAM DOLPHINS
SPRINTS LANES 1-3 & 6-8	2.05pm-2.10pm	
CONTINUOUS SWIMMING LANES 4&5	2.05pm-2.10pm	
START	2.15PM	



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SESSION 8

SUNDAY 21ST FEBRUARY 2016 BASILDON SPORTING VILLAGE SESSION 8		
SIGNING IN CLOSES FOR ALL SWIMMERS 8.00AM		
WARM UP 1	8.00AM-8.15AM	
		KILLERWHALES
		LEYTON
		LAC
		MALDON SHARKS
		ROCHFORD
		ROMFORD
		RUNNYMEDE
		SAFFRON WALDON
		SOUTHEND
		STANWAY
		THURROCK
		WITHAM DOLPHINS
SPRINTS LANES 1-3 & 6-8	8.15AM-8.20AM	
CONTINUOUS SWIMMING LANES 4&5	8.15AM-8.20AM	
WARM UP 2	8.25AM-8.40AM	
		CANVEY ISLAND
		CHELMSFORD
		COLCHESTER
		DUNMOW
		EPPING FOREST
		HALSTEAD
		HARLOW PENGUINS
		HARWICH DP
		HAVERING DOLPHINS
SPRINTS LANES 1-3 & 6-8	8.40AM-8.45AM	
CONTINUOUS SWIMMING LANES 4&5	8.40AM-8.45AM	
WARM UP 3	8.50AM-9.05AM	
		BARKING & DAG
		BASILDON & PHOENIX
		BO NEWHAM
		BO SOUTHEND
		BO WALTHAM FOREST
		BO REDBRIDGE
		BRAINTREE
		BRENTWOOD
SPRINTS LANES 1-3 & 6-8	9.05AM-9.10AM	
CONTINUOUS SWIMMING LANES 4&5	9.05AM-9.10AM	
START	9.15AM	



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SESSION 9

SUNDAY 21ST FEBRUARY 2016 BASILDON SPORTING VILLAGE SESSION 9		
SIGNING IN CLOSES FOR ALL SWIMMERS 1.30PM		
WARM UP 1	1.30PM-1.45pm	
		BARKING & DAG
		BASILDON & PHOENIX
		BO NEWHAM
		BO SOUTHEND
		BO WALTHAM FOREST
		BO REDBRIDGE
		BRAINTREE
		BRENTWOOD
SPRINTS LANES 1-3 & 6-8	1.45PM-1.50pm	
CONTINUOUS SWIMMING LANES 4&5	1.45pm-1.50pm	
WARM UP 2	1.55PM-2.10pm	
		CANVEY ISLAND
		CHELMSFORD
		COLCHESTER
		DUNMOW
		EPPING FOREST
		HALSTEAD
		HARLOW PENGUINS
		HARWICH DP
		HAVERING DOLPHINS
SPRINTS LANES 1-3 & 6-8	2.10pm-2.15pm	
CONTINUOUS SWIMMING LANES 4&5	2.10pm-2.15pm	
WARM UP 3	2.20PM-2.35pm	
		KILLERWHALES
		LEYTON
		LAC
		MALDON SHARKS
		ROCHFORD
		ROMFORD
		RUNNYMEDE
		SAFFRON WALDON
		SOUTHEND
		STANWAY
		THURROCK
		WITHAM DOLPHINS
SPRINTS LANES 1-3 & 6-8	2.35pm-2.40pm	
CONTINUOUS SWIMMING LANES 4&5	2.35pm-2.40pm	
START	2.45PM	