



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
County Association of East and London Regions

ESSEX JUNIOR/SENIOR CHAMPIONSHIPS 2014

WARM UP SCHEDULE

SESSION 1	WARM UP 6PM ALL	SIGNING IN CLOSES 6PM
SESSION 2	WARM UP 1PM ALL	SIGNING IN CLOSES 1PM
SESSION 3	WARM UP 5.45 PM ALL	SIGNING IN CLOSES 5.45PM
SESSION 4	WARM UP 1PM ALL	SIGNING IN CLOSES 1PM

SESSION 2		SESSION 3		SESSION 4	
Club		Club		Club	
Bark & Dagen	CP	Bark & Dagen	SDP	Bark & Dagen	CP
Basildon Ph	CP	Basildon Ph	SDP	Basildon Ph	CP
Bo Newham	CP	Bo Newham	SDP	Bo Newham	CP
Bo Southend	CP	Bo Southend	SDP	Bo Southend	CP
Bo Waltham F	CP	Bo Waltham F	SDP	Bo Waltham F	CP
Braintree	CP	Braintree	SDP	Braintree	CP
Brentwood	CP	Brentwood	SDP	Brentwood	CP
Canvey Isl	CP	Canvey Isl	SDP	Canvey Isl	CP
Chelmsford	CP	Chelmsford	SDP	Chelmsford	CP
Colchester	CP	Colchester	SDP	Colchester	CP
Dunmow Mast	CP	Dunmow Mast	SDP	Dunmow Mast	CP
DunmowAtlant	CP	DunmowAtlant	SDP	DunmowAtlant	CP
Epping For't	CP	Epping For't	SDP	Epping For't	CP
Halstead	SDP	Halstead	CP	Halstead	SDP
Harlow Pen	SDP	Harlow Pen	CP	Harlow Pen	SDP
Havering Dol	SDP	Havering Dol	CP	Havering Dol	SDP
Killerwhales	SDP	Killerwhales	CP	Killerwhales	SDP
LAC Perf SC	SDP	LAC Perf SC	CP	LAC Perf SC	SDP
Rochford	SDP	Rochford	CP	Rochford	SDP
Romford Town	SDP	Romford Town	CP	Romford Town	SDP
Runnymede	SDP	Runnymede	CP	Runnymede	SDP
Saffron Wald	SDP	Saffron Wald	CP	Saffron Wald	SDP
Southend	SDP	Southend	CP	Southend	SDP
Thurrock	SDP	Thurrock	CP	Thurrock	SDP
Witham Dolph	SDP	Witham Dolph	CP	Witham Dolph	SDP

CP= COMPETITION POOL

SDP=SWIM DOWN POOL

PLEASE NOTE

All warm ups will be very busy – to avoid this swimmers are able to warm up at the start of each session in the 25m swim down pool where all lanes will be available for a continuous warm up