



Essex Age group Championships 2015  
(Under ASA Laws & ASA Technical Rules of Swimming)

## IMPORTANT RELAY INFORMATION

### BLOCK C ONLY

**ALL Relay HEATS at Block C will be swum AFTER the finals**

As heat declared winner events

There will be NO finals

The order will be printed in the programme for that weekend

Warm Up for Relay swimmers not competing in that session will be in the Swimdown Pool at the START of the last event before the finals for that session

Relay information forms will need to be handed in to the results area at the start of the last event

ALL relay withdrawals must be handed in before signing in closes for each session

Relays MUST report to the whipping area

**THIS DOES NOT AFFECT BLOCK B**

**ALL RELAYS AT BLOCK B WILL REMAIN AS PER THE SCHEDULE**

