

## ECASA Age Group Competition 2015 Warm Up Schedule

<b>Block C</b>		<b>Basildon</b>				
<b>Session 8</b>	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start	
<b><u>14<sup>th</sup> Feb</u></b>	<b>1.00pm-1.15pm</b> <b><u>Girls</u></b> <b><u>13/15yrs</u></b>	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	<b>1.15pm</b>	<b>2.05pm</b>	
	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start	
	<b>1.15pm-1.30pm</b> <b><u>Boys</u></b> <b><u>14/Under</u></b>  <b><u>Girls</u></b> <b><u>10/12 yrs</u></b>	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	<b>1.15pm</b>	<b>2.05pm</b>	
	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start	
	<b>1.30pm-1.45pm</b> <b><u>Girls</u></b> <b><u>16/Over</u></b>	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	<b>1.15pm</b>	<b>2.05pm</b>	
	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start	

	1.45pm-2.00pm <b>Boys 15/Over</b>	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	<b>1.15pm</b>	<b>2.05pm</b>
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<b>Block C</b>		<b>Basildon</b>			
<b>Session 9</b>	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
15 <sup>th</sup> Feb	8.00-8.15am <b>Boys 14/over</b>	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	<b>8.15am</b>	<b>9.05am</b>
	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
	8.15am-8.30am <b><u>Girls</u> 13/Under</b>	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	<b>8.15am</b>	<b>9.05am</b>
	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start

	<b>8.30-8.45am</b> <b>Boys</b> <b>13/under</b>	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	<b>8.15am</b>	<b>9.05am</b>
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	<b>8.45-9.00am</b> <b>Girls</b> <b>14/Over</b>	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	<b>8.15am</b>	<b>9.05am</b>

<b>Block C</b>		<b>Basildon</b>			
<b>Session 10</b>	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
<b>15<sup>th</sup> Feb</b>	<b>2.00pm-2.15pm</b> <b>Girls</b> <b>10/12 yrs</b>  <b>Boys</b> <b>10/12 yrs</b>	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	<b>2.15pm</b>	<b>3.05pm</b>
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start

	<b>2.15pm-2.30pm</b> <b>Boys</b> <b>13/14 yrs</b>	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	<b>2.15pm</b>	<b>3.05pm</b>
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	<b>2.30pm-2.45pm</b> <b>Boys</b> <b>15/Over</b>	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	<b>2.15pm</b>	<b>3.05pm</b>
	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
	<b>2.45pm-3.00pm</b> <b>Girls</b> <b>13/Over</b>	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	<b>2.15pm</b>	<b>3.05pm</b>

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

