



# Essex Winter SC Championships 2015

## SCHEDULE OF EVENTS

FRIDAY 23 <sup>RD</sup> OCTOBER 2015 WARM UP 6PM SESSION 1	SATURDAY 24 <sup>TH</sup> OCTOBER 2015 WARM UP 1.30PM SESSION 2	SUNDAY 25 <sup>TH</sup> OCTOBER 2015 WARM UP 1.30PM SESSION 4
GIRLS 800 FREESTYLE	BOYS 400 FREESTYLE	GIRLS 400 FREESTYLE
BOYS 1500 FREESTYLE	GIRLS 400 IM	BOYS 400 IM
	BOYS 50 BREASTSTROKE	GIRLS 50 BREASTSTROKE
	GIRLS 50 BACKSTROKE	BOYS 50 BACKSTROKE
	BOYS 200 BUTTERFLY	GIRLS 200 BUTTERFLY
	GIRLS 200 FREESTYLE	BOYS 200 FREESTYLE
	BOYS 100 BACKSTROKE	GIRLS 100 BACKSTROKE
	GIRLS 100 BREASTSTROKE	BOYS 100 BREASTSTROKE
	<b>FINALS (10 min break)</b>	<b>FINALS (10 min break)</b>
	BOYS 50 BREASTSTROKE	GIRLS 50 BREASTSTROKE
	GIRLS 50 BACKSTROKE	BOYS 50 BACKSTROKE
	BOYS 100 BACKSTROKE	GIRLS 100 BACKSTROKE
	GIRLS 100 BREASTSTROKE	BOYS 100 BREASTSTROKE
	<b>SATURDAY 24<sup>TH</sup> OCTOBER 2015 WARM UP TBC SESSION 3</b>	<b>SUNDAY 25<sup>TH</sup> OCTOBER 2015 WARM UP TBC SESSION 5</b>
	BOYS 50 FREESTYLE	GIRLS 50 FREESTYLE
	GIRLS 50 BUTTERFLY	BOYS 50 BUTTERFLY
	BOYS 200 IM	GIRLS 200 IM
	GIRLS 100 FREESTYLE	BOYS 100 FREESTYLE
	BOYS 100 BUTTERFLY	GIRLS 100 BUTTERFLY
	GIRLS 100 IM	BOYS 100 IM
	BOYS 200 BREASTSTROKE	GIRLS 200 BREASTSTROKE
	GIRLS 200 BACKSTROKE	BOYS 200 BACKSTROKE
	<b>FINALS (10 min break)</b>	<b>FINALS (10 min break)</b>
	GIRLS 50 BUTTERFLY	BOYS 50 BUTTERFLY
	BOYS 50 FREESTYLE	GIRLS 50 FREESTYLE
	GIRLS 100 FREESTYLE	BOYS 100 FREESTYLE
	BOYS 100 BUTTERFLY	GIRLS 100 BUTTERFLY
	GIRLS 100 IM	BOYS 100 IM



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

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ALL EVENTS ARE SHORT COURSE

All QTs are short course

### QUALIFYING TIMES

GIRLS	EVENTS	BOYS
31.62	50M FREESTYLE	31.53
1.09.42	100M FREESTYLE	1.08.39
2.29.60	200M FREESTYLE	2.27.58
5.12.64	400M FREESTYLE	5.07.22
10.54.50	800M FREESTYLE	
	1500M FREESTYLE	21.30.50
36.42	50M BACKSTROKE	36.10
1.18.84	100M BACKSTROKE	1.17.06
2.45.21	200M BACKSTROKE	2.43.17
42.15	50M BREASTSTROKE	41.37
1.32.57	100M BREASTSTROKE	1.29.76
3.15.27	200M BREASTSTROKE	3.10.96
36.07	50M BUTTERFLY	35.54
1.23.70	100M BUTTERFLY	1.21.02
3.10.74	200M BUTTERFLY	3.06.94
1.19.30	100M IM	1.22.70
2.51.53	200M IM	2.46.42
6.03.04	400M IM	5.56.70

**Please remember that Coach Passes from Age Group Champs 2015 are to be used at this event**