



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

ESSEX AGE GROUP CHAMPIONSHIPS 2017

BLOCK A BASILDON SPORTING VILLAGE 20/21/22ND JANUARY 2017		BLOCK B LONDON AQUATIC CENTRE / BASILDON SPORTING VILLAGE 4/5TH FEBRUARY 2017				BLOCK C BASILDON SPORTING VILLAGE 18/19TH FEBRUARY 2017	
SESSION 1 BASILDON SPORTING VILLAGE 20th JANUARY 2017 WARM UP 6.00PM GIRLS 12/OV 800 FREESTYLE GIRLS 12/OV 800 FREESTYLE	SESSION 3 BASILDON SPORTING VILLAGE 22ND JANUARY 2017 WARM UP 8AM BOYS 15/OV 200 IM BOYS 10/14 100 BUTTERFLY GIRLS 15/OV 200 BREASTSTROKE GIRLS 10/14 200 FREESTYLE BOYS 10/14 200 BACKSTROKE GIRLS 15/OV 100 BUTTERFLY BOYS 15/OV 200 BUTTERFLY FINALS BOYS 10/14 100 BUTTERFLY GIRLS 15/OV 100 BUTTERFLY BOYS YOUTH IM RELAY GIRLS BAGCAT F/S RELAY	SESSION 5 LONDON AQUATIC CENTRE 4TH FEBRUARY 2017 WARM UP 8.30AM GIRLS 9/10 IM RELAY BOYS 9/10 FREESTYLE RELAY BOYS 15/OV 50 FREESTYLE GIRLS 10/14 50 FREESTYLE BOYS 10/14 50 BACKSTROKE GIRLS 15/OV50 BUTTERFLY PRESENTATION FOR RELAYS BOYS 15/OV 50 BREASTSTROKE GIRLS 10/14 50 BREASTSTROKE BOYS 10/14 50 BUTTERFLY GIRLS 15/OV 50 BACKSTROKE FINALS BOYS 15/OV 50 FREESTYLE GIRLS 10/14 50 FREESTYLE BOYS 10/14 50 BACKSTROKE GIRLS 15/OV50 BUTTERFLY BOYS 15/OV 50 BREASTSTROKE GIRLS 10/14 50 BREASTSTROKE BOYS 10/14 50 BUTTERFLY GIRLS 15/OV 50 BACKSTROKE	RELAYS BOYS 15/OV GIRLS 15/OV BOYS 10/14 GIRLS 10/14	SESSION 7 BASILDON SPORTING VILLAGE 5TH FEBRUARY 2017 WARM UP 5PM BOYS 12/OV 1500 FREESTYLE BOYS 12/OV 1500 FREESTYLE	SESSION 8 BASILDON SPORTING VILLAGE 18TH FEBRUARY 2017 WARM UP 1.30PM BOYS 10/14 400 IM GIRLS 12/14 400 FREESTYLE BOYS 15/OV 400 IM GIRLS 15/OV 400 FREESTYLE BOYS 10/14 100 BREASTSTROKE GIRLS 10/14 100 FREESTYLE BOYS 15/OV 100 BACKSTROKE GIRLS 15/OV 100 FREESTYLE FINALS BOYS 10/14 100 BREASTSTROKE GIRLS 10/14 100 FREESTYLE BOYS 15/OV 100 BACKSTROKE GIRLS 15/OV 100 FREESTYLE BOYS 11/12 IM RELAY GIRLS 11/12 F/S RELAY	SESSION 8 BASILDON SPORTING VILLAGE 19TH FEBRUARY 2017 WARM UP 8AM GIRLS 15/OV 200 IM GIRLS 10/14 100 BUTTERFLY BOYS 15/OV 200 BREASTSTROKE BOYS 10/14 200 FREESTYLE GIRLS 10/14 200 BACKSTROKE BOYS 15/OV 100 BUTTERFLY GIRLS 15/OV 200 BUTTERFLY FINALS GIRLS 10/14 100 BUTTERFLY BOYS 15/OV 100 BUTTERFLY GIRLS YOUTH IM RELAY BOYS BAGCAT F/S RELAY	SESSION 9 BASILDON SPORTING VILLAGE 20TH FEBRUARY 2017 WARM UP TBC GIRLS 15/OV 200 BACKSTROKE BOYS 10/14 200 IM GIRLS 10/14 100 BACKSTROKE GIRLS 15/OV 100 BREASTSTROKE BOYS 15/OV 200 FREESTYLE GIRLS 10/14 200 BREASTSTROKE BOYS 10/14 200 BUTTERFLY FINALS GIRLS 15/OV 100 BREASTSTROKE GIRLS 10/14 100 BACKSTROKE BOYS YOUTH F/S RELAY GIRLS BAGCAT IM RELAY
SESSION 2 BASILDON SPORTING VILLAGE 21st JANUARY 2017 WARM UP 1.30PM GIRLS 10/14 400 IM BOYS 12/14 400 FREESTYLE GIRLS 15/OV 400 IM BOYS 15/OV 400 FREESTYLE GIRLS 10/14 100 BREASTSTROKE BOYS 10/14 100 FREESTYLE GIRLS 15/OV 100 BACKSTROKE BOYS 15/OV 100 FREESTYLE FINALS GIRLS 10/14 100 BREASTSTROKE BOYS 10/14 100 FREESTYLE GIRLS 15/OV 100 BACKSTROKE BOYS 15/OV 100 FREESTYLE GIRLS 11/12 IM RELAY BOYS 11/12 F/S RELAY	SESSION 4 BASILDON SPORTING VILLAGE 22ND JANUARY 2017 WARM UP TBC BOYS 15/OV 200 BACKSTROKE GIRLS 10/14 200 IM BOYS 10/14 100 BACKSTROKE BOYS 15/OV 100 BREASTSTROKE GIRLS 15/OV 200 FREESTYLE BOYS 10/14 200 BREASTSTROKE GIRLS 10/14 200 BUTTERFLY FINALS BOYS 15/OV 100 BREASTSTROKE BOYS 10/14 100 BACKSTROKE GIRLS YOUTH F/S RELAY BOYS BAGCAT IM RELAY	SESSION 6 LONDON AQUATIC CENTRE 4TH FEBRUARY 2017 WARM UP TBC GIRLS 9/10 FREESTYLE RELAY BOYS 9/10 IM RELAY GIRLS 15/OV 50 FREESTYLE BOYS 10/14 50 FREESTYLE GIRLS 10/14 50 BACKSTROKE BOYS 15/OV 50 BUTTERFLY PRESENTATION FOR RELAYS GIRLS 15/OV 50 BREASTSTROKE BOYS 10/14 50 BREASTSTROKE GIRLS 10/14 50 BUTTERFLY BOYS 15/OV 50 BACKSTROKE FINALS GIRLS 15/OV 50 FREESTYLE BOYS 10/14 50 FREESTYLE GIRLS 10/14 50 BACKSTROKE BOYS 15/OV 50 BUTTERFLY GIRLS 15/OV 50 BREASTSTROKE BOYS 10/14 50 BREASTSTROKE GIRLS 10/14 50 BUTTERFLY BOYS 15/OV 50 BACKSTROKE					