



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

ESSEX AGE GROUP CHAMPIONSHIPS 2018

BLOCK A BASILDON SPORTING VILLAGE 20/21 ST JANUARY 2018		BLOCK B LONDON AQUATIC CENTRE / BASILDON SPORTING VILLAGE 3/4 TH FEBRUARY 2018			BLOCK C BASILDON SPORTING VILLAGE 17/18 TH FEBRUARY 2018	
	SESSION 2 BASILDON SPORTING VILLAGE 21 ST JANUARY 2018 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 MEDLEY RELAY GIRLS BAGCAT F/S RELAY	SESSION 4 LONDON AQUATIC CENTRE 3 RD FEBRUARY 2018 WARM UP 8.00AM GIRLS 9/10 MEDLEY 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 8 BASILDON SPORTING VILLAGE 18 TH FEBRUARY 2018 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 MEDLEY RELAY BOYS BAGCAT F/S RELAY
SESSION 1 BASILDON SPORTING VILLAGE 20 TH JANUARY 2018 WARM UP 1.00PM GIRLS 12/14 400 IM BOYS 10/14 400 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 IMEDLEY RELAY BOYS 11/12 F/S RELAY	SESSION 3 BASILDON SPORTING VILLAGE 21 ST JANUARY 2018 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 MEDLEY RELAY	SESSION 5 LONDON AQUATIC CENTRE 3 RD FEBRUARY 2018 WARM UP TBC GIRLS 9/10 FEESTYLE RELAY BOYS 9/10 MEDLEY 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		SESSION 6 BASILDON SPORTING VILLAGE 4 TH FEBRUARY 2018 WARM UP 1PM GIRLS 12/OV 800 FREESTYLE GIRLS 12/OV 800 FREESTYLE BOYS 12/OV 1500 FREESTYLE BOYS 12/OV 1500 FREESTYLE	SESSION 7 BASILDON SPORTING VILLAGE 17 TH FEBRUARY 2018 WARM UP 1.00PM BOYS 12/14 400 IM GIRLS 10/14 400 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 MEDLEY RELAY GIRLS 11/12 F/S RELAY	
				SESSION 9 BASILDON SPORTING VILLAGE 18 TH FEBRUARY 2018 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 MEDLEY RELAY		



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AGES AS AT 31ST DECEMBER 2018

ALL TIMES ARE SHORT COURSE

BOYS						Events	GIRLS					
10/11 Years	12 Years	13 years	14 Years	15 years	16/OVER		10/11 Years	12 Years	13 Years	14 Years	15 Years	16/OVER
44.0	42.0	40.0	37.5	36.0	35.0	50m Back	43.0	42.1	40.1	38.0	37.9	37.8
51.0	48.0	46.0	42.0	40.6	40.0	50m Breast	50.0	48.4	46.8	43.5	42.9	42.7
44.0	41.0	39.0	36.3	34.5	34.0	50m Fly	43.0	40.9	38.9	36.9	36.8	36.7
38.0	36.0	34.0	33.0	31.0	30.0	50m Free	38.0	36.0	35.0	34.0	34.0	33.5
1.33.0	1.28.0	1.22.0	1.17.2	1.13.2	1.11.2	100m Back	1.31.0	1.25.2	1.22.0	1.20.5	1.18.9	1.16.4
1.47.0	1.41.0	1.34.0	1.29.3	1.25.4	1.22.2	100m Breast	1.45.0	1.40.7	1.34.4	1.32.0	1.28.1	1.27.5
1.33.0	1.28.0	1.22.0	1.17.2	1.13.3	1.10.3	100m Fly	1.31.0	1.25.9	1.23.0	1.20.0	1.16.8	1.16.2
1.24.0	1.15.0	1.11.9	1.05.5	1.02.6	1.01.9	100m Free	1.21.0	1.16.0	1.12.0	1.09.9	1.08.2	1.07.3
3.16.0	3.03.0	2.52.0	2.43.0	2.36.0	2.31.1	200m Back	3.16.0	2.59.2	2.54.0	2.48.0	2.42.9	2.40.4
3.54.0	3.34.0	3.21.8	3.11.2	3.01.9	2.55.7	200m Breast	3.54.0	3.31.8	3.22.0	3.15.5	3.09.4	3.06.4
3.42.2	3.14.9	3.01.5	2.52.0	2.42.2	2.36.4	200m Fly	3.42.0	3.12.6	3.03.3	2.56.0	2.51.1	2.48.4
2.59.0	2.42.0	2.31.0	2.24.8	2.17.5	2.13.5	200m Free	2.58.00	2.44.0	2.33.0	2.27.0	2.25.0	2.23.6
6:00.0	5.34.0	5.09.0	4.56.9	4.48.7	4.39.9	400m Free	6:00.0	5.30.4	5.11.0	5.01.0	4.58.0	4.55.0
						800m Free						
						1500m Free						
3.17.0	3.04.5	2.52.6	2.43.4	2.34.7	2.29.1	200m I/M	3.16.0	3.02.0	2.53.8	2.44.9	2.40.7	2.39.8
						400m I/M						

Essex QTs are to 1 decimal place ONLY – the 2nd decimal place is ignored- Times must have been gained between 23rd Dec 2016 & 23rd Dec 2017

ALL Times must have been gained at Licensed Meets Levels 1,2,3,4 and MUST be on the ASA rankings by the closing date

Conversions are permitted- Sportsystems conversion tool is used