



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
ESSEX AGE GROUP CHAMPIONSHIPS 2019

WARM UP SCHEDULES

BLOCK A

HOST CLUB

BASILDON & PHOENIX SC

SESSION 1

FRIDAY 18TH JANUARY 2019
BASILDON SPORTING VILLAGE

WITHDRAWALS FOR ALL SWIMMERS CLOSE AT 5.15PM

WARM UP FOR ALL	5.30PM	
SPRINTS	5.50PM	
START	6.00PM	

SESSION 2

SATURDAY 19TH JANUARY 2019
BASILDON SPORTING VILLAGE

WITHDRAWALS CLOSE 1PM

WARM UP 1	1PM-1.20PM	
	LANE	1, BARKING & DAGENHAM
		2,3,4 BASILDON PHOENIX
		4,5 CHELMSFORD
		6 DUNMOW, HORNCHURCH, HARWICH
		7 THURROCK
		8 BRENTWOOD, HALSTEAD, REDBRIDGE
WARM UP 2	1.20PM-1.40PM	
	LANE	1 KILLERWHALES, BRAINTREE
		2 HAVERING DOL, SOUTHEND, EPPING FOREST
		3 NEWHAM, STANWAY
		4 ROMFORD TOWN
		5 COLCHESTER, COLCHESTER PHOENIX
		6 HARLOW
		7 RUNNEYMED, SAFFRON WALDEN, CANVEY, ROCHFORD
		8 BO SOUTHEND, WITHAM, BO WALTHAM FOR
START	1.45PM	



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
ESSEX AGE GROUP CHAMPIONSHIPS 2019

WARM UP SCHEDULES

SESSION 3
SATURDAY 19TH JANUARY 2019
BASILDON SPORTING VILLAGE

WITHDRAWALS CLOSE 4.30PM

WARM UP 1	4.30PM-4.50PM	
	LANE	1, BARKING & DAGENHAM, MALDON SHARKS
		2,3,4 BASILDON PHOENIX
		4,5 CHELMSFORD
		6 DUNMOW, HORNCURCH, HARWICH
		7 THURROCK,
		8 BRENTWOOD, HALSTEAD, REDBRIDGE
WARM UP 2	4.50PM-5.10PM	
	LANE	1 KILLERWHALES, BRAINTREE
		2 HAVERING DOL, SOUTHEND, EPPING FOREST
		3 NEWHAM, STANWAY
		3,4 COLCHESTER, COLCHESTER PHOENIX
		5 ROMFORD, LEYTON,
		6 HARLOW, CLACTON
		7 RUNNEYMED, SAFFRON WALDEN, CANVEY, ROCHFORD
	8 BO SOUTHEND, WITHAM, BO WALTHAM FOR	
START	5.15PM	

SESSION 4
SUNDAY 20TH JANUARY 2019
BASILDON SPORTING VILLAGE

WITHDRAWALS CLOSE 9.00AM

WARM UP 1	9.00AM-9.20AM	
	LANE	1, BARKING & DAGENHAM, MALDON SHARKS
		2,3,4 BASILDON PHOENIX
		4,5 CHELMSFORD
		6 DUNMOW, HORNCURCH, HARWICH
		7 THURROCK,
		8 BRENTWOOD, HALSTEAD, REDBRIDGE
WARM UP 2	9.20AM-9.40AM	
	LANE	1 KILLERWHALES, BRAINTREE
		2 HAVERING DOL, SOUTHEND, EPPING FOREST
		3 NEWHAM, STANWAY
		3,4 COLCHESTER, COLCHESTER PHOENIX
		5 ROMFORD, LEYTON,
		6 HARLOW, CLACTON
		7 RUNNEYMED, SAFFRON WALDEN, CANVEY, ROCHFORD
	8 BO SOUTHEND, WITHAM, BO WALTHAM FOR	
START	9.45AM	



**ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
ESSEX AGE GROUP CHAMPIONSHIPS 2019**

WARM UP SCHEDULES

**SESSION 5
SUNDAY 20TH JANUARY 2019
BASILDON SPORTING VILLAGE**

WITHDRAWALS CLOSE 1.00PM

WARM UP 1	1.00PM-1.20PM		
	LANE	1,	BARKING & DAGENHAM, MALDON SHARKS
		2,3,4	BASILDON PHOENIX
		4,5	CHELMSFORD
		6	DUNMOW, HORNCHURCH, HARWICH
		7	THURROCK,
		8	BRENTWOOD, HALSTEAD, REDBRIDGE
	WARM UP 2	1.20PM-1.40PM	
LANE		1	KILLERWHALES, BRAINTREE
		2	HAVERING DOL, SOUTHEND, EPPING FOREST
		3	NEWHAM, STANWAY
		3,4	COLCHESTER, COLCHESTER PHOENIX
		5	ROMFORD, LEYTON,
		6	HARLOW, CLACTON
		7	RUNNEYMEDE, SAFFRON WALDEN, CANVEY, ROCHFORD
	8	BO SOUTHEND, WITHAM, BO WALTHAM FOR	
START	1.45PM		



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
ESSEX AGE GROUP CHAMPIONSHIPS 2019

WARM UP SCHEDULES

BLOCK B
HOSTS: CHELMSFORD (SAT)
COLCHESTER (SUN)

SESSION 6
SATURDAY 2ND FEBRUARY 2019
LONDON AQUATIC CENTRE

WITHDRAWALS CLOSE 8.00AM

WARM UP 1	8.00-8.15 AM ALL RELAY SWIMMERS ONLY
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WARM UP 2	8.15AM-8.30AM
LANE	1,2 BARKING & DAGENHAM, HAVERING DOLPHINS
	3,4,5 BASILDON PHOENIX
	6,7,8 CHELMSFORD, LEYTON
	9,10 THURROCK, REDBRIDGE

WARM UP 2	8.30AM-8.45AM
LANE	1,2 BRAINTREE
	3,4 COLCHESTER, COLCHESTER PHOENIX
	5,6 NEWHAM, RUNNYMEDE, STANWAY
	7 KILLERWHALES
	8 SAFFRON WALDEN, WITHAM
	9,10 HARLOW,

WARM UP 3	8.45AM-9AM
LANE	1 BRENTWOOD
	2 HALSTEAD, MALDEN SHARKS
	3 ROCHFORD, HARWICH
	4 DUNMOW ATLANTIS
	5,6 EPPING FOREST, CLACTON
	7 ROMFORD
	8 SOUTHEND, HAVERING DOLPHINS
	9 BO SOUTHEND, CANVEY
	10 BO WALTHAM FOREST

START	9.05AM
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SESSION 7
SATURDAY 2ND FEBRUARY 2019
LONDON AQUATIC CENTRE

WITHDRAWALS CLOSE 2.00PM

WARM UP 1	2.00-2.15 PM ALL RELAY SWIMMERS ONLY
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WARM UP 2	2.15AM-2.30PM
LANE	1,2 BARKING & DAGENHAM, HAVERING DOLPHINS
	3,4,5 BASILDON PHOENIX



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

ESSEX AGE GROUP CHAMPIONSHIPS 2019

WARM UP SCHEDULES

		6,7,8	CHELMSFORD, LEYTON
		9,10	THURROCK, REDBRIDGE
WARM UP 2	2.30PM-2.45PM		
	LANE	1,2	BRAINTREE
		3,4	COLCHESTER, COLCHESTER PHOENIX
		5,6	NEWHAM, RUNNYMEDE, STANWAY
		7	KILLERWHALES
		8	SAFFRON WALDEN, WITHAM
		9,10	HARLOW,
WARM UP 3	2.45PM-3.00PM		
	LANE	1	BRENTWOOD
		2	HALSTEAD, MALDEN SHARKS
		3	ROCHFORD, HARWICH
		4	DUNMOW ATLANTIS
		5,6	EPPING FOREST, CLACTON
		7	ROMFORD
		8	SOUTHEND, HAVERING DOLPHINS
		9	BO SOUTHEND, CANVEY
		10	BO WALTHAM FOREST
	START	3.05PM	

SESSION 8

SUNDAY 3RD FEBRUARY 2019

BASILDON SPORTING VILLAGE

WITHDRAWALS CLOSE 1.00PM

WARM UP 1	1.00PM-1.15PM		
	LANE	1,	BARKING & DAGENHAM, MALDON SHARKS
		2,3,4	BASILDON PHOENIX
		4,5	CHELMSFORD
		6	DUNMOW, HORNCHURCH, HARWICH
		7	THURROCK,
		8	BRENTWOOD, HALSTEAD, REDBRIDGE
	WARM UP 2	1.15PM-1.30PM	
LANE		1	KILLERWHALES, BRAINTREE
		2	HAVERING DOL, SOUTHEND, EPPING FOREST
		3	NEWHAM, STANWAY
		3,4	COLCHESTER, COLCHESTER PHOENIX
		5	ROMFORD, LEYTON,
		6	HARLOW, CLACTON
		7	RUNNYMEDE, SAFFRON WALDEN, CANVEY, ROCHFORD
		8	BO SOUTHEND, WITHAM, BO WALTHAM FOR
START	1.35PM		



**ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
ESSEX AGE GROUP CHAMPIONSHIPS 2019**

WARM UP SCHEDULES

**SESSION 9
SUNDAY 3RD FEBRUARY 2019
BASILDON SPORTING VILLAGE**

WITHDRAWALS CLOSE 5.00PM

WARM UP 1	5.00PM-5.15PM		
	LANE	1,	BARKING & DAGENHAM, MALDON SHARKS
		2,3,4	BASILDON PHOENIX
		4,5	CHELMSFORD
		6	DUNMOW, HORNCURCH, HARWICH
		7	THURROCK,
	8	BRENTWOOD, HALSTEAD, REDBRIDGE	
WARM UP 2	5.15PM-5.30PM		
	LANE	1	KILLERWHALES, BRAINTREE
		2	HAVERING DOL, SOUTHEND, EPPING FOREST
		3	NEWHAM, STANWAY
		3,4	COLCHESTER, COLCHESTER PHOENIX
		5	ROMFORD, LEYTON,
		6	HARLOW, CLACTON
		7	RUNNEYMED, SAFFRON WALDEN, CANVEY, ROCHFORD
		8	BO SOUTHEND, WITHAM, BO WALTHAM FOR
START	5.35PM		



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
ESSEX AGE GROUP CHAMPIONSHIPS 2019

WARM UP SCHEDULES

BLOCK C
HOSTS: THURROCK

SESSION 10

FRIDAY 15TH FEBRUARY 2019
BASILDON SPORTING VILLAGE

WITHDRAWALS FOR ALL SWIMMERS CLOSE AT 5.15PM

WARM UP FOR ALL	5.30PM	
SPRINTS	5.50PM	
START	6.00PM	

SESSION 11

SATURDAY 16TH FEBRUARY 2019
BASILDON SPORTING VILLAGE

WITHDRAWALS CLOSE 1PM

WARM UP 1	1PM-1.20PM	
	LANE	1, BARKING & DAGENHAM
		2,3,4 BASILDON PHOENIX
		4,5 CHELMSFORD
		6 DUNMOW, HORNCHURCH, HARWICH
		7 THURROCK
		8 BRENTWOOD, HALSTEAD, REDBRIDGE
WARM UP 2	1.20PM-1.40PM	
	LANE	1 KILLERWHALES, BRAINTREE
		2 HAVERING DOL, SOUTHEND, EPPING FOREST
		3 NEWHAM, STANWAY
		4 ROMFORD TOWN
		5 COLCHESTER, COLCHESTER PHOENIX
		6 HARLOW, LEYTON
		7 RUNNEYMED, SAFFRON WALDEN, CANVEY, ROCHFORD
	8 BO SOUTHEND, WITHAM, BO WALTHAM FOR	
START	1.45PM	

SESSION 12

SATURDAY 16TH FEBRUARY 2019
BASILDON SPORTING VILLAGE

WITHDRAWALS CLOSE 4.30PM

WARM UP 1	4.30PM-4.50PM	
	LANE	1, BARKING & DAGENHAM, MALDON SHARKS
		2,3,4 BASILDON PHOENIX



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
ESSEX AGE GROUP CHAMPIONSHIPS 2019

WARM UP SCHEDULES

		4,5	CHELMSFORD
		6	DUNMOW, HORNCHURCH, HARWICH
		7	THURROCK,
		8	BRENTWOOD, HALSTEAD, REDBRIDGE
WARM UP 2	4.50PM-5.10PM		
	LANE	1	KILLERWHALES, BRAINTREE
		2	HAVERING DOL, SOUTHEND, EPPING FOREST
		3	NEWHAM, STANWAY
		3,4	COLCHESTER, COLCHESTER PHOENIX
		5	ROMFORD, LEYTON,
		6	HARLOW, CLACTON
		7	RUNNEYMEDE, SAFFRON WALDEN, CANVEY, ROCHFORD
		8	BO SOUTHEND, WITHAM, BO WALTHAM FOR
START	5.15PM		

SESSION 13

SUNDAY 17TH FEBRUARY 2019
BASILDON SPORTING VILLAGE

WITHDRAWALS CLOSE 8.00AM

WARM UP 1	9.00AM-9.20AM		
	LANE	1,	BARKING & DAGENHAM, MALDON SHARKS
		2,3,4	BASILDON PHOENIX
		4,5	CHELMSFORD
		6	DUNMOW, HORNCHURCH, HARWICH
		7	THURROCK,
		8	BRENTWOOD, HALSTEAD, REDBRIDGE
WARM UP 2	9.20AM-9.40AM		
	LANE	1	KILLERWHALES, BRAINTREE
		2	HAVERING DOL, SOUTHEND, EPPING FOREST
		3	NEWHAM, STANWAY
		3,4	COLCHESTER, COLCHESTER PHOENIX
		5	ROMFORD, LEYTON,
		6	HARLOW, CLACTON
		7	RUNNEYMEDE, SAFFRON WALDEN, CANVEY, ROCHFORD
		8	BO SOUTHEND, WITHAM, BO WALTHAM FOR
START	9.45AM		

SESSION 14

SUNDAY 17TH FEBRUARY 2019
BASILDON SPORTING VILLAGE

WITHDRAWALS CLOSE 1.00PM

WARM UP 1	1.00PM-1.20PM		
	LANE	1,	BARKING & DAGENHAM, MALDON SHARKS
		2,3,4	BASILDON PHOENIX
		4,5	CHELMSFORD
		6	DUNMOW, HORNCHURCH, HARWICH
		7	THURROCK,



**ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
ESSEX AGE GROUP CHAMPIONSHIPS 2019**

WARM UP SCHEDULES

		8	BRENTWOOD, HALSTEAD, REDBRIDGE	
WARM UP 2	1.20PM-1.40PM			
	LANE	1	KILLERWHALES, BRAINTREE	
		2	HAVERING DOL, SOUTHEND, EPPING FOREST	
		3	NEWHAM, STANWAY	
		3,4	COLCHESTER, COLCHESTER PHOENIX	
		5	ROMFORD, LEYTON,	
		6	HARLOW, CLACTON	
		7	RUNNEYMEDE, SAFFRON WALDEN, CANVEY, ROCHFORD	
		8	BO SOUTHEND, WITHAM, BO WALTHAM FOR	
START	1.45PM			