



**ESSEX SENIOR WINTER CHAMPIONSHIPS 2019**

License No 2ER191968

**WARM UP SCHEDULE**

<b>SESSION 1</b>	
<b>WITHDRAWALS CLOSE</b>	<b>1PM</b>
<b>POOLSIDE ENTRY</b>	<b>12.50PM</b>
<b>BOYS WARM UP 1PM BOYS SPRINTS 1.15PM</b>	
<b>GIRLS WARM UP 1.20PM GIRLS SPRINTS 1.35PM</b>	
<b>START 1.45PM</b>	
<b>SESSION 2</b>	
<b>WITHDRAWALS CLOSE</b>	<b>5.30PM</b>
<b>BOYS WARM UP 5.30PM BOYS SPRINTS 5.45PM</b>	
<b>GIRLS WARM UP 5.50PM GIRLS SPRINTS 6.05PM</b>	
<b>START 6.15PM</b>	
<b>SESSION 3</b>	
<b>WITHDRAWALS CLOSES</b>	<b>1.00PM</b>
<b>POOLSIDE ENTRY</b>	<b>12.50PM</b>
<b>GIRLS WARM UP 1PM GIRLS SPRINTS 1.15PM</b>	
<b>BOYS WARM UP 1.20PM BOYS SPRIONTS 1.35PM</b>	
<b>START 1.45PM</b>	
<b>SESSION 4</b>	
<b>WITHDRAWALS CLOSE</b>	<b>5.30PM</b>
<b>GIRLS WARM UP 5.30PM GIRLS SPRINTS 5.45PM</b>	
<b>BOYS WARM UP 5.50PM BOYS SPRINTS 6.05PM</b>	
<b>START 6.15PM</b>	

**LANES 1 & 2 OF THE SWIMDOWN POOL WILL BE RESERVED FOR 1500M / 800M SWIMMERS TO WARM UP IN ONCE THE EVENT HAS STARTED**

<b>COMPETITION POOL</b>		<b>SWIM DOWN POOL</b>	
L1	CHELMSFORD	L1	BASILDON
L2	CHELMSFORD / COLCHESTER	L2	BASILDON / CANVEY ISLAND
L3	COLCHESTER	L3	BARKING & DAG / BO WALTHAM FOR
L4	HARLOW / HORNCHURCH	L4	WITHAM DOLPHINS / KILLERWHALES
L5	BRAINTREE / STANWAY	L5	RUNNYMEDE / ROCHFORD
L6	THURROCK / HARWICH DP	L6	DUNMOW ATLANTIS / SOUTHEND
L7	BO NEWHAM / BO REDBRIDGE	L7	SAFFRON WALD / BRENTWOOD/ EPPING FOR
L8	ROMFORD TOWN / BO SOUTHEND	L8	MALDON SHARKS/ HALSTEAD / CLACTON

**FOR LIVE RESULTS**

<http://swimresults.co.uk/>