



ESSEX AGE GROUP CHAMPIONSHIPS 2023



FRIDAY 3RD FEB 2023 Sapphire Ice and Leisure RM1 3JT	FRIDAY 24TH FEB 2023 Sapphire Ice and Leisure RM1 3JT
SESSION 13	SESSION 14
WARM UP 6.30PM	WARM UP 6.30PM
BOYS / GIRLS 12/OVER 1500M FREESTYLE	BOYS / GIRLS 12 OVER 800M FREESTYLE

SATURDAY 4TH FEB 2023 BSV	SUNDAY 5TH FEB 2023 BSV	SATURDAY 25TH FEB 2023 BSV	SUNDAY 26TH FEB 2023 BSV
SESSION 1	SESSION 4	SESSION 7	SESSION 10
WARM UP 8AM	WARM UP 8AM	WARM UP 8AM	WARM UP 8AM
BOYS 10/OVER 50 BUTTERFLY	GIRLS 10/OVER 50 FREESTYLE	GIRLS 10/OVER 50 BREASTSTROKE	BOYS 10/OVER 50M BACKSTROKE
GIRLS 10/OVER 200 FREESTYLE	BOYS 10/OVER 200 BACKSTROKE	BOYS 10/OVER 200 BUTTERFLY	GIRLS 10/OVER 200 BREASTSTROKE
BOYS 10/OVER 200 FREESTYLE	GIRLS 10/OVER 200 BACKSTROKE	GIRLS 10/OVER 200 BUTTERFLY	BOYS 10/OVER 200 BREASTSTROKE
FINALS	FINALS	FINALS	FINALS
BOYS 10/OVER 50M BUTTERFLY	GIRLS 10/OVER 50M FREESTYLE	GIRLS 10/OVER 50M BREASTSTROKE	BOYS 10/OVER 50M BACKSTROKE
SESSION 2	SESSION 5	SESSION 8	SESSION 11
WARM UP 12.30PM	WARM UP 1.00PM	WARM UP 12.30PM	WARM UP 1.00PM
GIRLS 10/OVER 50 BUTTERFLY	BOYS 10 OVER 50 FREESTYLE	BOYS 10/OVER 50 BREASTSTROKE	GIRLS 10/OVER 50 BACKSTROKE
BOYS 10/OVER 400 FREESTYLE	GIRLS 12/OVER 400 IM	GIRLS 10/OVER 400 FREESTYLE	BOYS 12OVER 400 IM
FINALS	FINALS	FINALS	FINALS
GIRLS 10/OVER 50M BUTTERFLY	BOYS 10/OVER 50M FREESTYLE	BOYS 10 OVER 50M BREASTSTROKE	GIRLS 10/OVER 50M BACKSTROKE
	GIRLS 9/10 FREESTYLE RELAY		BOYS 9/10 FREESTYLE RELAY
SESSION 3A	SESSION 6A	SESSION 9A	SESSION 12A
WARM UP 4.00PM	WARM UP 4.00PM	WARM UP 4.00PM	WARM UP 5.00PM
GIRLS 10/OVER 100M FREESTYLE	BOYS 10/OVER 100M BREASTSTROKE	BOYS 10/OVER 100M BACKSTROKE	GIRLS 10/OVER 100M BUTTERFLY
SESSION 3B	SESSION 6B	SESSION 9B	SESSION 12B
WARM UP 5.45PM	WARM UP 5.45PM	WARM UP 5.45PM	WARM UP 5.45PM
BOYS 10/OVER 100M FREESTYLE	GIRLS 10/OVER 100M BREASTSTROKE	GIRLS 10/OVER 100M BACKSTROKE	BOYS 10/OVER 100M BUTTERFLY
GIRLS 10/OVER 200 IM	FINALS	BOYS 10/OVER 200 IM	FINALS
FINALS	BOYS 10/OVER 100M BREASTSTROKE	FINALS	GIRLS 10/OVER 100M BUTTERFLY
BOYS 10/OVER 100M FREESTYLE	GIRLS 10/OVER 100M BREASTSTROKE	GIRLS 10/OVER 100M BACKSTROKE	BOYS 10 OVER 100M BUTTERFLY
GIRLS 10/OVER 100M FREESTYLE	GIRLS 9/10 MEDLEY RELAY	BOYS 10/OVER 100M BACKSTROKE	BOYS 9/10 MEDLEY RELAY