



## ECASA Age Group Competition 2012

### Warm Up Times Block A

<b>Block A Basildon Sporting Village 17/18/19<sup>th</sup> Feb 2012</b>					
<b>17<sup>th</sup> Feb</b>	Warm up time			Signing in closes	Start Time
<b>Session 1</b>	6.00-6.20pm	Mixed all in main Pool		6.00pm	6.30pm
<b>18<sup>th</sup> Feb</b>					
<b>18<sup>th</sup> Feb</b>	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
<b>Session 2</b>	8.30am-8.50am <b><u>Girls</u></b>	Barking & Dag Basildon Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Canvey Clacton Colchester Dunmow Atlantis Epping Forest Halstead	Harlow Pen Epping Forest Halstead Harlow Pen Harwich Havering Dolphins Hornchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Southend Thurrock Witham Dolphins	8.30am	9am
<b>Session3</b>	Warm Up 12pm-12.25pm 13+yrs <b><u>Mixed</u></b>	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
		Harlow Pen Epping Forest Halstead Harlow Pen Harwich Havering Dolphins Hornchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Southend Thurrock Witham Dolphins	Barking & Dag Basildon Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Canvey Clacton Colchester Dunmow Atlantis Epping Forest Halstead	12.30pm	1pm
	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
	12.25-12.50pm 9-12yrs <b><u>Mixed</u></b>	Harlow Pen Epping Forest Halstead Harlow Pen Harwich Havering Dolphins Hornchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Southend Thurrock Witham Dolphins	Barking & Dag Basildon Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Canvey Clacton Colchester Dunmow Atlantis Epping Forest Halstead	12.30pm	1pm

19 <sup>th</sup> Feb	Warm Up	Competition Pool	Swim down Pool	Signing in closes	Start
Session 4	8.00-8.25am 13+yrs <b>Mixed</b>	Barking & Dag Basildon Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Canvey Clacton Colchester Dunmow Atlantis Epping Forest Halstead	Harlow Pen Epping Forest Halstead Harlow Pen Harwich Haverling Dolphins Hornchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Southend Thurrock Witham Dolphins	8.30am	9am
Session 4	Warm Up 8.25am-8.50am 9-12yrs Mixed	Competition Pool Barking & Dag Basildon Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Canvey Clacton Colchester Dunmow Atlantis Epping Forest	Swim down Pool Harlow Pen Epping Forest Halstead Harlow Pen Harwich Haverling Dolphins Hornchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Southend Thurrock	Signing in closes 8.30am	Start 9am
Session 5	Warm Up 1pm-1.25pm 9-12yrs	Competition Pool Harlow Pen Epping Forest Halstead Harlow Pen Harwich Haverling Dolphins Hornchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Southend Thurrock	Swim down Pool Barking & Dag Basildon Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Canvey Clacton Colchester Dunmow Atlantis Epping Forest	Signing in closes 1.30pm	Start 2.00pm
	Warm Up 1.25pm-1.50pm 13+years	Competition Pool Harlow Pen Epping Forest Halstead Harlow Pen Harwich Haverling Dolphins Hornchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Southend Thurrock	Swim down Pool Barking & Dag Basildon Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Canvey Clacton Colchester Dunmow Atlantis Epping Forest	Signing in closes 1.30pm	Start 2.00pm

**5 mins before the end of each warm up there will be sprint lanes in ALL 8 Lanes of the Competition pool for ALL Clubs.**  
**Continuous swimming will carry on for ALL Clubs in the Swim Down Pool**