



## ECASA Age Group Competition 2012

### Warm Up Times Block C

<b>Block C Basildon Sporting Village 30/31<sup>st</sup> March 1<sup>st</sup> April 2012</b>					
30 <sup>th</sup> March	Warm up time			Signing in closes	Start Time
<b>Session 10</b>	6.00-6.20pm	Mixed all in main Pool		6.00pm	6.30pm
31 <sup>st</sup> March	Warm Up	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	Start
<b>Session 11</b>	8.30-8.50am <b>Boys</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>Session 12</b>	Warm Up 12.00-12.25pm 13+yrs <b>Mixed</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 12.25-12.50pm 9-12yrs <b>Mixed</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

<b>1st April</b>	<b>Warm Up</b>	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	<b>Start</b>
<b>Session 13</b>	8.00-8.25am 13+yrs <b><u>Mixed</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>Warm Up</b>	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	<b>Start</b>
	8.25-8.50am 9-12yrs <b><u>Mixed</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	Harlow Pen Epping Forest Halstead Harlow Pen Harwich Havering Dolphins Hornchurch Killerwhales Maldon Sharks Rochford Romford Town Runnymede Southend Thurrock	8.30am	9am
<b>Session 14</b>	<b>Warm Up</b>	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	<b>Start</b>
	1.00-1.25pm 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	Barking & Dag Basildon Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Canvey Clacton Colchester Dunmow Atlantis Epping Forest	1.30pm	2.00pm
	<b>Warm Up</b>	<b>Competition Pool</b>	<b>Swim down Pool</b>	Signing in closes	<b>Start</b>
	1.25-1.50pm 13+years <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	Barking & Dag Basildon Phoenix Bo Newham Bo Southend Bo Waltham Forest Bo Redbridge Braintree Brentwood Chelmsford Canvey Clacton Colchester Dunmow Atlantis Epping Forest	1.30pm	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**