

ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION  
*County Association of East and London Regions*



**Essex County Championships  
& Special Age Group Relays Weekend 2008**

**29/30 November 2008**

BRAINTREE SWIMMING CENTRE, CHARTER WAY, (FREEPORT), BRAINTREE, ESSEX

**Saturday 29 November 2008**

Session One – Start 9.00 a.m.

1 Mens & Womens 800m Freestyle (HDW)

Session Two – Start TBA (est. 11.00 a.m.)

2 Womens 200m Individual Medley  
3 Boys 11/12 4 x 50m Freestyle Relay  
4 Womens 200m Breaststroke  
5 Mens 50m Breaststroke  
6 Girls 11/12 4 x 50m Medley Relay  
7 Mens 100m Backstroke  
8 Womens 50m Butterfly  
9 Mens 100m Butterfly  
10 Womens 200m Freestyle

Finals 11 – 19 of Events 6, 3, 2, 5, 4, 7 - 10

Session Three – Start TBA (est. 3.00 p.m.)

20 Womens 400m Freestyle (HDW)  
21 Mens 400m Individual Medley (HDW)  
22 Girls 11/12 4 x 50m Freestyle Relay  
23 Mens 100m Breaststroke  
24 Womens 100m Individual Medley  
25 Boys 11/12 4 x 50m Medley Relay  
26 Womens 200m Backstroke  
27 Mens 50m Backstroke  
28 Womens 200m Butterfly  
29 Mens 100m Freestyle  
30 Womens 50m Freestyle (Skins Final)

Finals 31 – 39 of Events 22, 25, 24, 23, 26 - 30

**Sunday 30 November 2008**

Session Four – Start 9.00 a.m.

40 Mens & Womens 1500m Freestyle (HDW)

Session Five – Start TBA (est. 11.00 a.m.)

41 Mens 200m Individual Medley  
42 Girls 9/10 4 x 50m Medley Relay  
43 Mens 200m Backstroke  
44 Womens 50m Backstroke  
45 Boys 9/10 4 x 50m Freestyle Relay  
46 Womens 100m Butterfly  
47 Mens 50m Butterfly  
48 Womens 100m Breaststroke  
49 Mens 200m Freestyle

Finals 50 – 58 of Events 45, 42, 41, 44, 43, 46 - 49

Session Six – Start TBA (est. 3.00 p.m.)

59 Mens 400m Freestyle (HDW)  
60 Womens 400m Individual Medley (HDW)  
61 Boys 9/10 4 x 50m Medley Relay  
62 Womens 100m Backstroke  
63 Mens 100m Individual Medley  
64 Girls 9/10 4 x 50m Freestyle Relay  
65 Mens 200m Breaststroke  
66 Womens 50m Breaststroke  
67 Mens 200m Butterfly  
68 Womens 100m Freestyle  
69 Mens 50m Freestyle (Skins Final)

Finals 70 – 78 of Events 61, 64, 63, 62, 65- 69