



ECASA Age Group Championships 2009
(Under ASA Laws & ASA Technical Rules of Swimming)
Waltham Forest Pool & Track, Walthamstow, Essex
Block B – 14 & 15 February 2009

Block B – Warm Up Information

The Start times for Block B will be as follows:

Saturday 14 February

Session 5A	8.30 a.m.
Session 5B	10.45 a.m.
Session 6A	2.30 p.m.
Session 6B	6.00 p.m.

Sunday 15 February

Session 7A	8.30 a.m.
Session 7B	10.45 a.m.
Session 8	2.30 p.m.

Please note the following warm up information carefully as the warm up arrangements for each session do not mirror previous sessions. Furthermore some of the warm ups are divided into three and others into four:

Session 5A – Girls 11-13 Years 800m Freestyle

8.00 a.m. to 8.30 a.m. All Clubs

Session 5B

9.45 a.m. to 10.05 a.m. Becontree, Borough of Waltham Forest, Epping Forest, Havering Aquatic, Havering Dolphins, Killerwhales and Thurrock

10.05 a.m. to 10.25 a.m. Basildon, Borough of Southend, Canvey Island, Chelmsford, London Borough of Redbridge, Phoenix Basildon, Rochford and Runnymede

10.25 a.m. to 10.45 a.m. Braintree & Bocking, Brentwood, Colchester, Halstead, Harwich DP, Romford Town, Southend and Witham Dolphins

Session 6A

1.30 p.m. to 1.45 p.m. Brentwood, Colchester, Harwich DP, Romford Town, Southend and Walthamstow Tritons

1.45 p.m. to 2.00 p.m. Braintree & Bocking, Epping Forest, Harlow Penguins, Phoenix Basildon and Thurrock

2.00 p.m. to 2.15 p.m. Borough of Waltham Forest, Canvey Island, Chelmsford, Halstead, Havering Aquatic and Rochford

2.15 p.m. to 2.30 p.m. Basildon, Borough of Southend, Clacton, Dagenham, Havering Dolphins, Killerwhales, London Borough of Redbridge and Runnymede

Session 6B - Girls 14-17+ Years 800m Freestyle

5.30 p.m. to 6.00 p.m. All Clubs



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Session 7A – Boys 12-14 Years 800m Freestyle

8.00 a.m. to 8.30 a.m. All Clubs

Session 7B

9.45 a.m. to 10.05 a.m. Borough of Waltham Forest, Dagenham, Epping Forest, Harlow Penguins, Havering Aquatic and Thurrock

10.05 a.m. to 10.25 a.m. Borough of Southend, Canvey Island, Chelmsford, Killerwhales, London Borough of Redbridge, Phoenix Basildon, Rochford, Runnymede and Walthamstow Tritons

10.25 a.m. to 10.45 a.m. Basildon, Braintree & Bocking, Brentwood, Colchester, Halstead, Harwich DP, Hornchurch, Romford Town, Southend and Witham Dolphins

Session 8

Boys 15-17+ Years 800m Freestyle – 2 lane allocated (Lanes 3 and 4)

1.30 p.m. to 2.00 p.m. Competitors 1 – 15

2.00 p.m. to 2.30 p.m. Competitors 16 – 30

All other events:

1.30 p.m. to 1.45 p.m. Brentwood, Colchester, Harwich DP, Romford Town and Southend

1.45 p.m. to 2.00 p.m. Braintree & Bocking, Epping Forest, Phoenix Basildon and Thurrock

2.00 p.m. to 2.15 p.m. Borough of Waltham Forest, Canvey Island, Chelmsford, Halstead, Havering Aquatic and Rochford

2.15 p.m. to 2.30 p.m. Basildon, Borough of Southend, Havering Dolphins, Hornchurch, Killerwhales, London Borough of Redbridge, Runnymede and Witham Dolphins

Swimmers who miss their Club's allocated time will NOT be permitted in a later warm up.

1 February 2009