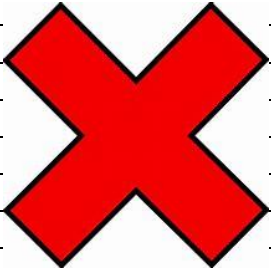


# SESSION 5 Warm up 1 1.45pm-2.00pm (includes 5mins sprints)

## ALL SWIMMERS FROM

SWIMDOWN POOL		COMPETITION POOL	
1	BPSC	1	
2	BPSC	2	
3	BPSC	3	
4	CHELMSFORD	4	
5	CHELMSFORD	5	
6	COLCHESTER	6	
7	COLCHESTER	7	
8	COLCHESTER	8	



# SESSION 5 Warm up 2 2.00pm-2.15pm (includes 5mins sprints)

## ALL SWIMMERS FROM

SWIMDOWN POOL		COMPETITION POOL	
1	BARKING & DAG	1	WALTHAM FOREST
2	BARKING & DAG	2	WALTHAM FOREST
3	BOSS	3	DUNMOW
4	BRENTWOOD	4	SOUTHEND
5	BRENTWOOD	5	HARLOW
6	BRAINTREE	6	HARLOW
7	BRAINTREE	7	HALSTEAD,
8	CLACTON, SAFFRON WALDEN	8	HARWICH, NEW HALL

# SESSION 5 Warm up 3 2.15pm-2.30pm (includes 5mins sprints)

## ALL SWIMMERS FROM

SWIMDOWN POOL		COMPETITION POOL	
1	KILLERWHALES	1	THURROCK
2	NEWHAM	2	THURROCK
3	NEWHAM	3	THURROCK
4	ROMFORD	4	WITHAM
5	ROMFORD	5	MALDEN SHARKS
6	ROMFORD	6	EPPING FOREST
7	CANVEY, STANWAY	7	EPPING FOREST, WOODHAM FERRERS
8	HORNCHURCH, REDBRIDGE	8	RUNNYMEDE

# SESSION 6 Warm up 1 5.45pm-6.00pm (includes 5mins sprints)

## BOYS ONLY FROM

SWIMDOWN POOL		COMPETITION POOL	
1	BOSS	1	HARLOW
2	BRAINTREE	2	HARLOW, STANWAY
3	BRENTWOOD	3	KILLERWHALES
4	WALTHAM FOREST	4	NEW HALL, REDBRIDGE
5	CLACTON, CANVEY	5	NEWHAM
6	DUNMOW	6	NEWHAM, SAFFRON WALDEN
7	EPPING FOREST, CLACTON	7	SOUTHEND, MALDON
8	HALSTEAD, HARWICH	8	WITHAM, WOODHAM FERRERS, ROCHFORD

# SESSION 6 Warm up 2 6.00pm-6.15pm (includes 5mins sprints)

## ALL SWIMMERS FROM

SWIMDOWN POOL		COMPETITION POOL	
1	BPSC	1	BARKING & DAG
2	BPSC	2	BARKING & DAG
3	BPSC	3	THURROCK
4	CHELMSFORD	4	THURROCK
5	CHELMSFORD	5	THURROCK
6	COLCHESTER	6	ROMFORD
7	COLCHESTER	7	ROMFORD, RUNNYMEDE
8	COLCHESTER	8	RUNNYMEDE

# SESSION 6 Warm up 3 6.15pm-6.30pm (includes 5mins sprints)

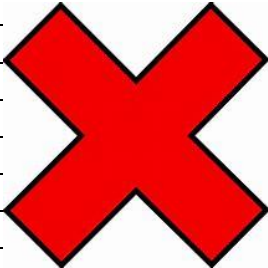
## GIRLS ONLY FROM

SWIMDOWN POOL		COMPETITION POOL	
1	BOSS	1	HARLOW
2	BRAINTREE	2	HARLOW, STANWAY
3	BRENTWOOD	3	KILLERWHALES
4	WALTHAM FOREST	4	NEW HALL, REDBRIDGE, CLACTON
5	CLACTON, CANVEY	5	NEWHAM
6	DUNMOW	6	NEWHAM, SAFFRON WALDEN
7	EPPING FOREST	7	SOUTHEND, MALDON
8	HALSTEAD, HARWICH	8	WITHAM, WOODHAM FERRERS, ROCHFORD

# SESSION 7 Warm up 1 1.45pm-2.00pm (includes 5mins sprints)

## ALL SWIMMERS FROM

SWIMDOWN POOL		COMPETITION POOL	
1	BPSC	1	
2	BPSC	2	
3	BPSC	3	
4	CHELMSFORD	4	
5	CHELMSFORD	5	
6	COLCHESTER	6	
7	COLCHESTER	7	
8	COLCHESTER	8	



# SESSION 7 Warm up 2 2.00pm-2.15pm (includes 5mins sprints)

## ALL SWIMMERS FROM

SWIMDOWN POOL		COMPETITION POOL	
1	BARKING & DAG	1	WALTHAM FOREST
2	BARKING & DAG	2	WALTHAM FOREST
3	BOSS	3	DUNMOW
4	BRENTWOOD	4	SOUTHEND
5	BRENTWOOD	5	HARLOW
6	BRAINTREE	6	HARLOW
7	BRAINTREE	7	HALSTEAD,
8	CLACTON, SAFFRON WALDEN	8	HARWICH, NEW HALL

# SESSION 7 Warm up 3 2.15pm-2.30pm (includes 5mins sprints)

## ALL SWIMMERS FROM

SWIMDOWN POOL		COMPETITION POOL	
1	KILLERWHALES	1	THURROCK
2	NEWHAM	2	THURROCK
3	NEWHAM	3	THURROCK
4	ROMFORD	4	WITHAM
5	ROMFORD	5	MALDEN SHARKS
6	ROMFORD	6	EPPING FOREST
7	CANVEY, STANWAY	7	EPPING FOREST, WOODHAM FERRERS
8	HORNCHURCH, REDBRIDGE	8	RUNNYMEDE

# SESSION 8 Warm up 1 5.45pm-6.00pm (includes 5mins sprints)

## GIRLS ONLY FROM

SWIMDOWN POOL		COMPETITION POOL	
1	BOSS	1	HARLOW
2	BRAINTREE	2	HARLOW, STANWAY
3	BRENTWOOD	3	KILLERWHALES
4	WALTHAM FOREST	4	NEW HALL, REDBRIDGE
5	CLACTON, CANVEY	5	NEWHAM
6	DUNMOW	6	NEWHAM, SAFFRON WALDEN
7	EPPING FOREST, CLACTON	7	SOUTHEND, MALDON
8	HALSTEAD, HARWICH	8	WITHAM, WOODHAM FERRERS, ROCHFORD

# SESSION 8 Warm up 2 6.00pm-6.15pm (includes 5mins sprints)

## ALL SWIMMERS FROM

SWIMDOWN POOL		COMPETITION POOL	
1	BPSC	1	BARKING & DAG
2	BPSC	2	BARKING & DAG
3	BPSC	3	THURROCK
4	CHELMSFORD	4	THURROCK
5	CHELMSFORD	5	THURROCK
6	COLCHESTER	6	ROMFORD
7	COLCHESTER	7	ROMFORD, RUNNYMEDE
8	COLCHESTER	8	RUNNYMEDE

# SESSION 8 Warm up 3 6.15pm-6.30pm (includes 5mins sprints)

## BOYS ONLY FROM

SWIMDOWN POOL		COMPETITION POOL	
1	BOSS	1	HARLOW
2	BRAINTREE	2	HARLOW, STANWAY
3	BRENTWOOD	3	KILLERWHALES
4	WALTHAM FOREST	4	NEW HALL, REDBRIDGE, CLACTON
5	CLACTON, CANVEY	5	NEWHAM
6	DUNMOW	6	NEWHAM, SAFFRON WALDEN
7	EPPING FOREST	7	SOUTHEND, MALDON
8	HALSTEAD, HARWICH	8	WITHAM, WOODHAM FERRERS, ROCHFORD