

LONDON AQUATIC CENTRE
22ND JANUARY 2022

WITHDRAWALS FOR ALL SESSIONS CLOSE EXACTLY 1HR BEFORE THE SESSION'S PUBLISHED START TIME

SESSION 1	BOYS SESSION	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 0
WARM UP 1 BOYS 15/OVER	7.30AM	BPSC	BO NEWHAM	BRAINTREE	COLCHESTER	CHELMSFORD	HARLOW PENGUINS	ROMFORD	RUNNYMEDE	THURROCK	ALL PARA SWIMMERS
WITHDRAWALS CLOSE	7.30AM	CLACTON	BARKING & DAG	BO SOUTHEND	BRENTWOOD	BO WALTHAM FOREST	DUNMOW ATLANTIS	EPPING FOREST	HARLOW	HALSTEAD	MALDON SHARKS
SPRINTS	7.45-7.50AM	STANWAY	SOUTHEND	KILLERWHALES	SAFFRON WALDEN	ROCHFORD	NEW HALL	HORNCHURCH	HARWICH		
WARM UP 2 BOYS 14/UNDER	8.00AM	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 0
WITHDRAWALS CLOSE	7.30AM	BPSC	BO NEWHAM	BRAINTREE	COLCHESTER	CHELMSFORD	HARLOW PENGUINS	ROMFORD TOWN	RUNNYMEDE	THURROCK	SOUTHEND
SPRINTS	8.15-8.20AM	CLACTON	BARKING & DAGENHAM	BO SOUTHEND	BRENTWOOD	BO WALTHAM FOREST	DUNMOW ATLANTIS	EPPING FOREST	HARLOW	HALSTEAD	WITHAM DOLPHINS
SESSION STARTS	8.30AM			KILLERWHALES	SAFFRON WALDEN	ROCHFORD		HORNCHURCH	HARWICH DP		STANWAY
				WITHAM DOLPHINS							NEW HALL

SESSION 2	GIRLS SESSION	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 0
WARM UP 1 GIRLS 15/OVER	11.00AM	BPSC	BO NEWHAM	BRAINTREE	COLCHESTER	CHELMSFORD	HARLOW PENGUINS	ROMFORD	RUNNYMEDE	THURROCK	ALL PARA SWIMMERS
WITHDRAWALS CLOSE	10.50AM	CLACTON	BARKING & DAG	BO SOUTHEND	BRENTWOOD	BO WALTHAM FOREST	DUNMOW ATLANTIS	EPPING FOREST	HARLOW	HALSTEAD	MALDON SHARKS
SPRINTS	11.15-11.20AM	STANWAY	SOUTHEND	KILLERWHALES	SAFFRON WALDEN	ROCHFORD	NEW HALL	HORNCHURCH	HARWICH		
WARM UP 2 GIRLS 14/UNDER	11.25AM	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 0
WITHDRAWALS CLOSE	10.50AM	BPSC	BO NEWHAM	BRAINTREE	COLCHESTER	CHELMSFORD	HARLOW PENGUINS	ROMFORD TOWN	RUNNYMEDE	THURROCK	SOUTHEND
SPRINTS	11.40-11.45AM	CLACTON	BARKING & DAGENHAM	BO SOUTHEND	BRENTWOOD	BO WALTHAM FOREST	DUNMOW ATLANTIS	EPPING FOREST	HARLOW	HALSTEAD	WITHAM DOLPHINS
SESSION STARTS	11.50AM			KILLERWHALES	SAFFRON WALDEN	ROCHFORD		HORNCHURCH	HARWICH DP		STANWAY
				WITHAM DOLPHINS							NEW HALL

SESSION 3	BOYS SESSION	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 0
WARM UP 1 BOYS 15/OVER	2.00PM	BPSC	BO NEWHAM	BRAINTREE	COLCHESTER	CHELMSFORD	HARLOW PENGUINS	ROMFORD	RUNNYMEDE	THURROCK	ALL PARA SWIMMERS
WITHDRAWALS CLOSE	1.50PM	CLACTON	BARKING & DAG	BO SOUTHEND	BRENTWOOD	BO WALTHAM FOREST	DUNMOW ATLANTIS	EPPING FOREST	HARLOW	HALSTEAD	MALDON SHARKS
SPRINTS	2.15-2.20PM	STANWAY	SOUTHEND	KILLERWHALES	SAFFRON WALDEN	ROCHFORD	NEW HALL	HORNCHURCH	HARWICH		
WARM UP 2 BOYS 14/UNDER	2.25PM	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 0
WITHDRAWALS CLOSE	1.50PM	BPSC	BO NEWHAM	BRAINTREE	COLCHESTER	CHELMSFORD	HARLOW PENGUINS	ROMFORD TOWN	RUNNYMEDE	THURROCK	SOUTHEND
SPRINTS	2.40PM-2.45PM	CLACTON	BARKING & DAGENHAM	BO SOUTHEND	BRENTWOOD	BO WALTHAM FOREST	DUNMOW ATLANTIS	EPPING FOREST	HARLOW	HALSTEAD	WITHAM DOLPHINS
SESSION STARTS	2.50PM			KILLERWHALES	SAFFRON WALDEN	ROCHFORD		HORNCHURCH	HARWICH DP		STANWAY
				WITHAM DOLPHINS							NEW HALL

SESSION 4	GIRLS SESSION	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 0
WARM UP 1 GIRLS 15/OVER	5.00PM	BPSC	BO NEWHAM	BRAINTREE	COLCHESTER	CHELMSFORD	HARLOW PENGUINS	ROMFORD	RUNNYMEDE	THURROCK	ALL PARA SWIMMERS
WITHDRAWALS CLOSE	4.50PM	CLACTON	BARKING & DAG	BO SOUTHEND	BRENTWOOD	BO WALTHAM FOREST	DUNMOW ATLANTIS	EPPING FOREST	HARLOW	HALSTEAD	MALDON SHARKS
SPRINTS	5.15-5.20PM	STANWAY	SOUTHEND	KILLERWHALES	SAFFRON WALDEN	ROCHFORD	NEW HALL	HORNCHURCH	HARWICH		
WARM UP 2 GIRLS 14/UNDER	5.25PM	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 0
WITHDRAWALS CLOSE	4.50PM	BPSC	BO NEWHAM	BRAINTREE	COLCHESTER	CHELMSFORD	HARLOW PENGUINS	ROMFORD TOWN	RUNNYMEDE	THURROCK	SOUTHEND
SPRINTS	5.35PM-5.40PM	CLACTON	BARKING & DAGENHAM	BO SOUTHEND	BRENTWOOD	BO WALTHAM FOREST	DUNMOW ATLANTIS	EPPING FOREST	HARLOW	HALSTEAD	WITHAM DOLPHINS
SESSION STARTS	5.50PM			KILLERWHALES	SAFFRON WALDEN	ROCHFORD		HORNCHURCH	HARWICH DP		STANWAY
				WITHAM DOLPHINS							NEW HALL

BASILDON SPORTING VILLAGE
23RD JANUARY 2022

MIXED SESSION

SESSION 5	SWIMDOWN POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARM UP 1 MIXED	2.00PM	BPSC	BPSC	BO NEWHAM	CHELMSFORD	BO WALTHAM FOREST	COLCHESTER	HALSTEAD	ANY OTHER CLUBS
WITHDRAWALS CLOSE	1.40PM					BRAINTREE	CANVEY ISLAND	HARLOW	
SPRINTS	2.20PM-2.30PM					BRENTWOOD	EPPING FOREST		

WARM UP 2 MIXED	COMP POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WITHDRAWALS CLOSE	1.40PM	ROMFORD	ROMFORD	KILLERWHALES	MALDON SHARKS	THURROCK	BARKING & DAG	ANY CLUBS	ANY CLUBS
			HAVERING DOLPHINS	SOUTHEND	HALSTEAD				

SPRINTS	2.20PM-2.30PM								
SESSION STARTS	2.40PM								

SESSION 6	SWIMDOWN POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARM UP 1 MIXED	5.00PM	BPSC	BPSC	BO NEWHAM	CHELMSFORD	BO WALTHAM FOREST	COLCHESTER	HALSTEAD	ANY OTHER CLUBS
WITHDRAWALS CLOSE	1.40PM					BRAINTREE BRENTWOOD	CANVEY ISLAND EPPING FOREST	HARLOW	
SPRINTS	5.20PM-5.30PM								

WARM UP 2 MIXED	COMP POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WITHDRAWALS CLOSE	1.40PM	ROMFORD	ROMFORD HAVERING DOLPHINS	KILLERWHALES SOUTHEND	MALDON SHARKS HALSTEAD	THURROCK	BARKING & DAG	ANY CLUBS	ANY CLUBS
SPRINTS	5.20PM-5.30PM								
SESSION STARTS	5.40PM								

BASILDON SPORTING VILLAGE									
28TH JANUARY 2022									
MIXED SESSION									
SESSION 7	SWIMDOWN POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARM UP 1 MIXED	5.30PM	BASILDON	BASILDON	BO NEWHAM	CHELMSFORD	COLCHESTER	ROMFORD	ROMFORD	THURROCK
WITHDRAWALS CLOSE	5.10PM		BARKING & DAG	BO WALTHAM FOREST		HARLOW KILLERWHALES		ANY OTHER CLUBS	ROCHFORD
SPRINTS	COMP POOL 6.00-6.05PM								
SESSION STARTS	6.10PM								

BASILDON SPORTING VILLAGE									
29TH JANUARY 2022									

SESSION 8	SWIMDOWN POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARM UP 1 ALL BOYS	8.00AM	BARKING & DAG	BPSC	BPSC	BO NEWHAM	BO WALTHAM FOREST	BRENTWOOD	COLCHESTER	DUNMOW ATLANTIS
WITHDRAWALS CLOSE	7.40AM				BO SOUTHEND	BRAINTREE	CHELMSFORD		EPPING FOREST HALSTEAD
SPRINTS	8.20-8.25AM								

WARM UP 2 ALL BOYS	COMP POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WITHDRAWALS CLOSE	7.40AM	HARLOW PENGUINS	KILLERWHALES HARWICH DP HORNCHURCH	MALDON SHARKS NEW HALL ROCHFORD	ROMFORD TOWN	RUNNYMEDE SAFFRON WALDEN	SOUTHEND WITHAM DOLPHINS WOODHAM FERRERS	THURROCK	ALL PARA SWIMMERS ANY OTHER CLUBS
SPRINTS	8.20-8.30AM								
SESSION STARTS	8.40AM								

SESSION 9	SWIMDOWN POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARM UP 1 ALL GIRLS	11.15AM	BARKING & DAG	BPSC	BPSC	BO NEWHAM	BO WALTHAM FOREST	BRENTWOOD	COLCHESTER	DUNMOW ATLANTIS
WITHDRAWALS CLOSE	1.40PM	CANVEY ISLAND			BO SOUTHEND	BRAINTREE	CHELMSFORD	CLACTON	EPPING FOREST HALSTEAD
SPRINTS	11.35AM-11.45AM				BO REDBRIDGE				

WARM UP 2 ALL GIRLS	COMP POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WITHDRAWALS CLOSE	1.40PM	HARLOW PENGUINS	KILLERWHALES	MALDON SHARKS NEW HALL ROCHFORD HARWICH HORNCHURCH	ROMFORD TOWN	RUNNYMEDE SAFFRON WALDEN ROMFORD TOWN	MALDON SHARKS WITHAM DOLPHINS WOODHAM FERRERS NEW HALL ROCHFORD	THURROCK STANWAY	ALL PARA SWIMMERS ANY OTHER CLUBS
SPRINTS	11.35-11.45AM								
SESSION STARTS	11.50AM								

SESSION 10	SWIMDOWN POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARM UP 1 ALL BOYS	2.15PM	BARKING & DAG	BPSC	BPSC	BO NEWHAM	BO WALTHAM FOREST	BRENTWOOD	COLCHESTER	DUNMOW ATLANTIS
WITHDRAWALS CLOSE	1.50PM			CANVEY ISLAND	BO SOUTHEND	BRAINTREE	CHELMSFORD		EPPING FOREST HALSTEAD
SPRINTS	2.35PM-2.45PM								

WARM UP 2 ALL BOYS	COMP POOL								
WITHDRAWALS CLOSE	2.15PM	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SPRINTS	1.50PM 2.35PM-2.45PM	HARLOW PENGUINS	KILLERWHALES HARWICH DP HORNBURCH	MALDON SHARKS NEW HALL ROCHFORD	ROMFORD TOWN	RUNNYMEDE SAFFRON WALDEN ROMFORD	SOUTHEND WITHAM DOLPHINS WOODHAM FERRERS	THURROCK	ALL PARA SWIMMERS ANY OTHER CLUBS
SESSION STARTS	2.50PM								

SESSION 11	SWIMDOWN POOL	NO LANE ALLOCATIONS							
WARM UP 1 ALL GIRLS	5.30PM								
WITHDRAWALS CLOSE	5.00PM								
SPRINTS	5.50PM-5.55PM								
WARM UP 2 ALL GIRLS	COMP POOL	NO LANE ALLOCATIONS							
WITHDRAWALS CLOSE	5.30PM								
SPRINTS	5.00PM 5.50PM-5.55PM								
SESSION STARTS	6.00PM								

BASILDON SPORTING VILLAGE
30TH JANUARY 2022

SESSION 12	SWIMDOWN POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARM UP 1 ALL BOYS	2.00PM	BARKING & DAG	BPSC	BPSC	BO NEWHAM	BO WALTHAM FOREST	BRENTWOOD	COLCHESTER	DUNMOW ATLANTIS
WITHDRAWALS CLOSE	1.40PM			CANVEY ISLAND	BO SOUTHEND	BRAINTREE	CHELMSFORD	CLACTON	EPPING FOREST
SPRINTS	2.20PM-2.30PM								HALSTEAD

WARM UP 2 ALL BOYS	COMP POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WITHDRAWALS CLOSE	2.00PM	HARLOW PENGUINS	KILLERWHALES	MALDON SHARKS	ROMFORD TOWN	RUNNYMEDE	SOUTHEND	THURROCK	ALL PARA SWIMMERS
SPRINTS	1.40PM 2.20PM-2.30PM		HARWICH DP HORNBURCH	NEW HALL ROCHFORD		SAFFRON WALDEN ROMFORD	WITHAM DOLPHINS STANWAY		ANY OTHER CLUBS
SESSION STARTS	2.40PM								

SESSION 13	SWIMDOWN POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARM UP 1 ALL GIRLS	5.00PM	BARKING & DAG	BPSC	BPSC	BO NEWHAM	BO WALTHAM FOREST	CHELMSFORD	COLCHESTER	DUNMOW ATLANTIS
WITHDRAWALS CLOSE	4.40PM	CANVEY ISLAND			BO SOUTHEND	BRAINTREE		BRENTWOOD	EPPING FOREST
SPRINTS	5.20PM-5.30PM				BO REDBRIDGE				HALSTEAD

WARM UP 2 ALL GIRLS	COMP POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WITHDRAWALS CLOSE	5.00PM	HARLOW PENGUINS	KILLERWHALES	ROCHFORD	ROMFORD TOWN	RUNNYMEDE	MALDON SHARKS	THURROCK	ALL PARA SWIMMERS
SPRINTS	4.40PM 5.20PM-5.30PM	STANWAY	SOUTHEND	NEW HALL ROMFORD		SAFFRON WALDEN	WITHAM DOLPHINS WOODHAM FERRERS	STANWAY	ANY OTHER CLUBS
SESSION STARTS	5.40PM								

BASILDON SPORTING VILLAGE
25TH FEBRUARY 2022

SESSION 14	SWIMDOWN POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARM UP 1 MIXED	5.30PM	BASILDON	BASILDON	BO NEWHAM	CHELMSFORD	COLCHESTER	ROMFORD	ROMFORD	THURROCK
WITHDRAWALS CLOSE	5.10PM		BARKING & DAG	BO WALTHAM FOREST		HARLOW		ANY OTHER CLUBS	ROCHFORD
SPRINTS	COMP POOL					KILLERWHALES			
SESSION STARTS	6.00-6.05PM								
	6.10PM								

BASILDON SPORTING VILLAGE
26TH FEBRUARY 2022

SESSION 15	COMP POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
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WARM UP 1 ALL GIRLS	8.00AM	BARKING & DAG	BPSC	BPSC	BO NEWHAM	BO WALTHAM FOREST	BRENTWOOD	COLCHESTER	DUNMOW ATLANTIS
WITHDRAWALS CLOSE	7.40AM				BO SOUTHEND	BRAINTREE	CHELMSFORD		EPHING FOREST
SPRINTS	8.20-8.30AM								HALSTEAD

	SWIMDOWN POOL								
WARM UP 2 ALL GIRLS	8.00AM	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WITHDRAWALS CLOSE	7.40AM	HARLOW PENGUINS	KILLERWHALES	MALDON SHARKS	ROMFORD TOWN	RUNNYMEDE	SOUTHEND	THURROCK	ALL PARA SWIMMERS
SPRINTS	8.20-8.30AM		HARWICH DP	NEW HALL		SAFFRON WALDEN	WITHAM DOLPHINS		ANY OTHER CLUBS
SESSION STARTS	8.40AM		HORNCHURCH	ROCHFORD			WOODHAM FERRERS		

SESSION 16	COMP POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARM UP 1 ALL BOYS	11.15AM	BARKING & DAG	BPSC	BPSC	BO NEWHAM	BO WALTHAM FOREST	BRENTWOOD	COLCHESTER	DUNMOW ATLANTIS
WITHDRAWALS CLOSE	1.40PM	CANVEY ISLAND			BO SOUTHEND	BRAINTREE	CHELMSFORD	CLACTON	EPHING FOREST
SPRINTS	11.35AM-11.45AM				BO REDBRIDGE				HALSTEAD

	SWIMDOWN POOL								
WARM UP 2 ALL BOYS	11.15AM	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WITHDRAWALS CLOSE	1.40PM	HARLOW PENGUINS	KILLERWHALES	MALDON SHARKS	ROMFORD TOWN	RUNNYMEDE	MALDON SHARKS	THURROCK	ALL PARA SWIMMERS
SPRINTS	11.35-11.45AM			NEW HALL		SAFFRON WALDEN	WITHAM DOLPHINS	STANWAY	ANY OTHER CLUBS
SESSION STARTS	11.50AM			ROCHFORD		ROMFORD TOWN	WOODHAM FERRERS		
				HORNCHURCH			NEW HALL		
							ROCHFORD		

SESSION 17	COMP POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARM UP 1 ALL GIRLS	2.15PM	BARKING & DAG	BPSC	BPSC	BO NEWHAM	BO WALTHAM FOREST	BRENTWOOD	COLCHESTER	DUNMOW ATLANTIS
WITHDRAWALS CLOSE	1.50PM			CANVEY ISLAND	BO SOUTHEND	BRAINTREE	CHELMSFORD		EPHING FOREST
SPRINTS	2.35PM-2.45PM								HALSTEAD

	SWIMDOWN POOL								
WARM UP 2 ALL GIRLS	2.15PM	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WITHDRAWALS CLOSE	1.50PM	HARLOW PENGUINS	KILLERWHALES	MALDON SHARKS	ROMFORD TOWN	RUNNYMEDE	SOUTHEND	THURROCK	ALL PARA SWIMMERS
SPRINTS	2.35PM-2.45PM		HARWICH DP	NEW HALL		SAFFRON WALDEN	WITHAM DOLPHINS		ANY OTHER CLUBS
SESSION STARTS	2.50PM		HORNCHURCH	ROCHFORD		ROMFORD	WOODHAM FERRERS		

SESSION 18	COMP POOL	NO LANE ALLOCATIONS							
WARM UP 1 ALL BOYS	5.30PM								
WITHDRAWALS CLOSE	5.00PM								
SPRINTS	5.50PM-5.55PM								

	SWIMDOWN POOL	NO LANE ALLOCATIONS							
WARM UP 2 ALL BOYS	5.30PM								
WITHDRAWALS CLOSE	5.00PM								
SPRINTS	5.50PM-5.55PM								
SESSION STARTS	6.00PM								

BASILDON SPORTING VILLAGE
27TH FEBRUARY 2022

SESSION 19	COMP POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARM UP 1 ALL GIRLS	2.00PM	BARKING & DAG	BPSC	BPSC	BO NEWHAM	BO WALTHAM FOREST	BRENTWOOD	COLCHESTER	DUNMOW ATLANTIS
WITHDRAWALS CLOSE	1.40PM			CANVEY ISLAND	BO SOUTHEND	BRAINTREE	CHELMSFORD	CLACTON	EPHING FOREST
SPRINTS	2.20PM-2.30PM								HALSTEAD

	SWIMDOWN POOL								
WARM UP 2 ALL GIRLS	2.00PM	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WITHDRAWALS CLOSE	1.40PM	HARLOW PENGUINS	KILLERWHALES	MALDON SHARKS	ROMFORD TOWN	RUNNYMEDE	SOUTHEND	THURROCK	ALL PARA SWIMMERS
SPRINTS	2.20PM-2.30PM		HARWICH DP	NEW HALL		SAFFRON WALDEN	WITHAM DOLPHINS		ANY OTHER CLUBS
SESSION STARTS	2.40PM		HORNCHURCH	ROCHFORD		ROMFORD	STANWAY		

SESSION 20	COMP POOL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARM UP 1 ALL BOYS	5.00PM	BARKING & DAG	BPSC	BPSC	BO NEWHAM	BO WALTHAM FOREST	CHELMSFORD	COLCHESTER	DUNMOW ATLANTIS

WITHDRAWALS CLOSE	4.40PM	CANVEY ISLAND			BO SOUTHEND	BRAINTREE		BRENTWOOD	EPPING FOREST
SPRINTS	5.20PM-5.30PM				BO REDBRIDGE				HALSTEAD

WARM UP 2 ALL BOYS	SWIMDOWN POOL								
WITHDRAWALS CLOSE	5.00PM	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SPRINTS	4.40PM	HARLOW PENGUINS	KILLERWHALES	ROCHFORD	ROMFORD TOWN	RUNNYMEDE	MALDON SHARKS	THURROCK	ALL PARA SWIMMERS
	5.20PM-5.30PM	STANWAY	SOUTHEND	NEW HALL		SAFFRON WALDEN	WITHAM DOLPHINS	STANWAY	ANY OTHER CLUBS
SESSION STARTS	5.40PM			ROMFORD			WOODHAM FERRERS		