

Swim England Essex County Age Group Championships 2024 (Long course) Race Schedule

London Aquatic Centre

13-15/01 – 1ER240054

24-26/02 – 1ER240055

Friday PM 12/01/24		Saturday AM 13/01/24		Sunday AM 14/01/24		Friday PM 23/02/24		Saturday AM 24/02/24		Sunday AM 25/02/24	
Session 1	Event	Session 2	Event	Session 4	Event	Session 6	Event	Session 7	Event	Session 9	Event
14+	Mixed 800m Frs	F 14+	400m IM (HDW)	F 10-13	400m Frs (HDW)	14+	Mixed 1500m Frs	M 12-13	400m IM (HDW)	M 14+	400m IM (HDW)
13 & under	Mixed 800m Frs	F 10-13	50m frs	M 14+	50m Brst	13 & under	Mixed 1500m Frs	F10-13	50m Brst	F 10-13	50m Back
All events HDW		M 14 +	100m Brst	F 14+	50m Fly	All events HDW		F 14+	100m Brst	F 14+	100m Fly
		M 10-13	100m Brst	M10-13	100m Back			M 14+	100m Fly	M 10-13	100m Frs
		F 14+	50m Brst	F10-13	100m Fly			M10-13	50m Back	M 14+	50m Fly
		F10-13	200m Back (HDW)	M 14 +	200m IM (HDW)			F 10-13	200m Frs (HDW)	F 10-13	200m Fly (HDW)
		M 14+	200m Fly (HDW)	F 14+	200m Brst (HDW)			F 14+	200m Frs (HDW)	F 14+	200m Back (HDW)
		M 10-13	200m Frs (HDW)	M 10-13	200m Back (HDW)			M 14+	200m Brst (HDW)	M 10-13	200m Fly (HDW)
		50m & 100m event finals		50m & 100m event finals				50m & 100m event finals		50m & 100m event finals	
		M 9/10	200m Frs relay	M 13/14	200m Frs relay			M 11/12	200m Frs relay	M 15+	200m Frs relay
		F 9/10	200m Frs relay	F 13/14	200m Frs relay			F 11/12	200m Frs relay	F 15+	200m Frs relay
		Saturday PM		Sunday PM				Saturday PM		Sunday PM	
		Session 3	Event	Session 5	Event			Session 8	Event	Session 10	Event
		M14+	400m Frs (HDW)	M 10-13	400m Frs (HDW)			F 12-13	400m IM (HDW)	F 14+	400m Frs (HDW)
		F 14 +	100m Back	M 14+	50m Back			M 10-13	50m Brst	M 10-13	50m Frs
		M 10-13	50m Fly	F 14+	50m Frs			F 14+	100m Frs	F 10-13	100m Brst
		F 10 –13	100m Back	F 10-13	100m Frs			M 14+	100m Back	M 14+	100m Frs
		M 14+	50m Frs	M 10-13	100m Fly			F10-13	50m Fly	F 14+	50m Back
		M 10-13	200m IM (HDW)	M14+	200m Frs (HDW)			M 10-13	200m Brst (HDW)	F 10-13	200m Brst (HDW)
		F 10-13	200m IM (HDW)	F 14+	200m Fly (HDW)			F 14+	200m IM (HDW)	M 14+	200m Back (HDW)
		50m & 100m event finals		50m & 100m event finals				50m & 100m event finals		50m & 100m event finals	
		M 9/10	200m Medley relay	M 13/14	200m Medley relay			M 11/12	200m Medley relay	M 15+	200m Medley relay
		F 9/10	200m Medley relay	F 13/14	200m Medley relay			F 11/12	200m Medley relay	F 15+	200m Medley relay

Note: M events include Male and Open category swimmers