

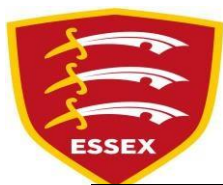


2024 Essex County Age Group Championships

London Aquatic Centre 12th 13th & 14th January 2024 and 23rd 24th & 25th February 2024

Weekend 1 Final Information

1	These are long course championships, there will be no warmup and swim down in the diving pit.
2	Coaches, Team Managers, and swimmers will enter the LAC via the upper door on the West Ham Side of the building, will be seated in the spectator gallery above the changing rooms and may enter the building at 07.30 Saturday & Sunday and 17.30 each Friday.
3	<p>An online withdrawal system will be in operation.</p> <p>https://docs.google.com/forms/d/e/1FAIpQLSdWeLMYXqjsyLc8xzcrmXneaSU0f9C5cumk1ap1i-oXKY0pRQ/viewform</p> <p>All withdrawals must be made before the start of warm up for each session.</p> <p>If there are any 'no show' swimmers for heats or finals, they shall receive a £10 fine. The club will be invoiced at the end of the day. This invoice must be paid before the competitor/club competes again in ANY other Essex championships.</p>
4	<p>Coach and team managers passes are available via the online system. You need to be logged into your Swim England account to reach this link:</p> <p>https://www.swimmingresults.org/member_options/passes.php</p> <p>Coaches and team managers must purchase a pass for each day they attend the Championships.</p> <p>Closing gate for application is 1st January 2024</p> <p>Passes and wrist bands must be always worn and visible when on the pool deck. Passes will be checked on signing in at the entrance desk where you will collect a wrist band. Free plastic pockets and lanyards will be available for passes.</p>
5	Relay forms need to be submitted 1 hour before the starts of the session.
6	Marshalling will take place in the Call Room, situated under the swimmers seating gallery off the corridor at the far of the changing rooms.
7	There will be a 10-minute comfort break for officials between the heats and the finals which can also be used by relay swimmers to warmup.
8	All medals will be collected from the medal table.
9	There will be no reserved parking for ANYONE at the LAC. Parking is available at Westfields.
10	The LAC café will be open Saturday Sunday 09.30 – 16.00. The café closes at 16.00 on a Friday.
11	<p>Spectators will enter the LAC via the upper door on the West Ham side of the building. Spectators must purchase tickets via from 1st January 2024.</p> <p>https://www.eventbrite.com/cc/essex-swimming-events-20222023-1233059</p> <p>There will be no tickets sales on the day of the competition.</p>
12	The sale of hoodies will be on the balcony behind the spectator seating.
13	There is a no mobile phones policy for swimmers on pool deck, showers, changing rooms and toilets. Coaches & Team managers please may you help enforce this policy.
14	<p>We need officials to support this meet. The link to apply is</p> <p>https://www.swim-meet.com/Availability/?m=2188 for weekend 1 &</p> <p>https://www.swim-meet.com/Availability/?m=2376 for weekend 2.</p>



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| 15 | We also need volunteers to help run this meet. The link to apply is https://www.swim-meet.com/Availability/?m=2378 |
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Session timings

All withdrawals must be made before the start of warm up for each session.

There will be a 10-minute break between heats and finals of each session.

Session 1 – Friday 12th January 2024

Mixed warm up start – 1 x 30 mins	18.00
Warm up finish	18.30
Session start	18.35
Approximate Session finish	20.30

Session 2 – Saturday 13th January 2024

Mixed warm up start – 3 x 20mins.	08.00
Warm up finish	09.00
Session start	09.05
Approximate Session finish	13.15

Session 3 – Saturday 13th January 2024

Mixed warm up start – 3 x 20 mins.	13.45
Warm up finish	14.45
Session start	14.50
Approximate Session finish	19.15

Session 4 – Sunday 14th January 2024

Mixed warm up start – 3 x 20 mins.	08.00
Warm up finish	09.00
Session start	09.05
Approximate Session finish	13.50

Session 5 – Sunday 14th January 2024

Mixed warm up start – 3 x 20 mins.	14.20
Warm up finish	15.20
Session start	15.25
Approximate Session finish	19.30



Session 6 - Friday 23rd February 2024

Mixed warm up start – 1 x 30 mins.	18.00
Warm up finish	18.30
Session start	18.35
Approximate Session finish	20.40

Session 7 - Saturday 24th February 2024

Mixed warm up start – 3 x 20 mins.	08.00
Warm up finish	09.00
Session start	09.05
Approximate Session finish	13.10

Session 8 - Saturday 24th February 2024

Mixed warm up start – 3 x 20 mins.	13.40
Warm up finish	14.40
Session start	14.45
Approximate Session finish	18.45

Session 9 – Sunday 25th February 2024

Mixed warm up start – 3 x 20 mins.	08.00
Warm up finish	09.00
Session start	09.05
Approximate Session finish	12.45

Session 10 – Sunday 25th February 2024

Mixed warm up start – 3 x 20 mins.	13.15
Warm up finish	14.15
Session start	14.20
Approximate Session finish	18.20

Warm up groupings

Group A

1	Barking & Dagenham
2	Barking & Dagenham + Rochford + Canvey Island
3	Borough Of Redbridge + Woodham Ferrers + Maldon Sharks
4	Harwich + Borough of Southend + Hornchurch
5	Dunmow Atlantis + Colchester Phoenix
6	Killerwhales + Clacton
7	Killerwhales
8	Romford
9	Romford
10	Halstead



Group B

1	New Hall + Stanway
2	Runnymede + Saffron Waldon
3	Basildon
4	Basildon
5	Basildon
6	Basildon
7	Basildon
8	Borough of Newham
9	Borough of Waltham Forest
10	Borough of Waltham Forest + Southend

Group C

1	Braintree
2	Brentwood
3	Chelmsford
4	Chelmsford
5	Colchester
6	Colchester + Witham Dolphins
7	Epping Forest
8	Epping Forest + Harlow
9	Thurrock
10	Thurrock

Weekend 1 13-15 January 2024		
Session		Warm-up Group
1		9/10 swimmers per lane
2	Warm-up 1	A
	Warm-up 2	B
	Warm-up 3	C
3	Warm-up 1	B
	Warm-up 2	C
	Warm-up 3	A
4	Warm-up 1	C
	Warm-up 2	B
	Warm-up 3	A
5	Warm-up 1	B
	Warm-up 2	C
	Warm-up 3	A

Weekend 2 23 – 25 February 2024		
Session		Warm-up Group
6		4/5 swimmers per lane
7	Warm-up 1	C
	Warm-up 2	A
	Warm-up 3	B
8	Warm-up 1	A
	Warm-up 2	B
	Warm-up 3	C
9	Warm-up 1	B
	Warm-up 2	C
	Warm-up 3	A
10	Warm-up 1	C
	Warm-up 2	A
	Warm-up 3	B