

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

SESSION 5A

8.00AM-8.50AM **All Clubs**

SESSION 5B

10.00AM-10.25AM Bo Southend, Braintree, Canvey Island, Chelmsford, Colchester, First Strokes, Halstead, Harwich, Basildon Phoenix, Rochford, Runneymede, Southend, Thurrock, Witham

10.25am-10.50am Bo Waltham Forest, Bo Redbridge, Brentwood, Epping Forest, Havering Dolphins, Hornchurch, Killerwhales, Romford

SESSION 6

13.00-13.50 **Lanes 3,4,5 & 6** **800m Swimmers Only**

13.00-13.17 **Lanes 1,2,6,7 & 8** Bo Southend, Bo Waltham Forest, Bo Redbridge, Basildon, Killerwhales, Chelmsford

13.17-13.34 **Lanes 1, 2, 6, 7, & 8** Romford Town, Runnymede, Braintree, Phoenix Basildon, Epping Forest, Colchester, Witham

13.34-13.51 **Lanes 1, 2, 6, 7, & 8** Thurrock, Southend, Rochford, Maldon Sharks, Harwich, Halstead, Dagenham, Clacton, Canvey Island, Brentwood

SESSION 7A

8.00AM-8.50AM **ALL CLUBS**

SESSION 7B

10.00AM-10.25AM Thurrock, Bo Southend, Romford, Runnymede, Colchester, Southend, Witham, Harwich, Braintree, Halstead, Basildon

10.25AM-10.50AM Becontree, Bo Waltham Forest, Bo Redbridge, Brentwood, Canvey Island, Chelmsford, Dagenham, Epping Forest, Hornchurch, Killerwhales, Phoenix Basildon, Rochford

SESSION 8

13.00-13.17 **Lanes 3, 4, 5, & 6** **800m Swimmers Only**

13.00-13.17 **Lanes 1, 2, 7, 8** Thurrock, Bo Redbridge, Brentwood, Halstead, Phoenix Basildon, Basildon, Becontree

13.17-13.34 **Lanes 1, 2, 7, & 8** Bo Southend, Romford Town, Southend, Canvey Island, Harwich, Chelmsford, Colchester

13.34-13.51 **Lanes 1, 2, 5, 7 & 8** Bo Waltham Forest, Braintree, Epping Forest, Havering Dolphins, Hornchurch, Killerwhales, Rochford, Runnymede, Witham