

BASILDON & PHOENIX SC LAST CHANCE COUNTY QUALIFIER WARM UP DETAILS

CECC	ION 1	
SESSION 1		
ON THE DAY ENTRIES OPEN	11.30AM	
ON THE DAY ENTRIES CLOSE	12.30PM	
SIGNING IN CLOSES	12.45PM	
POOLSIDE ENTRY	12.45PM	
SWIMDOWN POOL	RM UP 1PM COMPETITION POOL	
SEVENOAKS / BPSC /	ASHFORD / BEACHFIELD / BECKENHAM/	
HIGH WYCOMBE /	BRENTWOOD/ CANVEY/ CLACTON/	
SAFFRON WALDON	COLCHESTER/ CROYDON/ DARTFORD/	
	DUNMOW/ HARLOW/ MALDON/ RTW	
	MONSON/ RUNNYMEDE/ SOUTHEND/	
	STANWAY	
SWIMDOWN POOL	COMPETITION POOL	
CONTINUOUS SWIMMING	BOYS SPRINTS FOR ALL CLUBS	
FOR BOYS ALL CLUBS	1.10PM-1.15PM	
1.10PM-1.15PM		
GIRLS WARM UP 1.15PM		
SWIMDOWN POOL	COMPETITION POOL	
SEVENOAKS / BPSC /	ASHFORD / BEACHFIELD / BECKENHAM/	
HIGH WYCOMBE /	BRENTWOOD/ CANVEY/ CLACTON/	
SAFFRON WALDON	COLCHESTER/ CROYDON/ DARTFORD/ DUNMOW/ HARLOW/ MALDON/ RTW	
	MONSON/ RUNNYMEDE/ SOUTHEND/	
	STANWAY	
SWIMDOWN POOL	COMPETITION POOL	
CONTINUOUS SWIMMING FOR ALL	SPRINTS FOR ALL CLUBS	
CLUBS FROM 1.25PM	1.25PM-1.30PM	
THROUGHOUT THE SESSION		
SESSION 2		
ON THE DAY ENTRIES OPEN	11.30AM	
ON THE DAY ENTRIES CLOSE	5.00PM	
SIGNING IN CLOSES	5.15PM	
BOYS WAR	M UP 5.15PM	
SWIMDOWN POOL	COMPETITION POOL	
SEVENOAKS / BPSC /	ASHFORD / BEACHFIELD / BECKENHAM/	
HIGH WYCOMBE /	BRENTWOOD/ CANVEY/ CLACTON/	
SAFFRON WALDON	COLCHESTER/ CROYDON/ DARTFORD/	
	DUNMOW/ HARLOW/ MALDON/ RTW	
	MONSON/ RUNNYMEDE/ SOUTHEND/	
OWIND OWN DOO!	STANWAY	
SWIMDOWN POOL	COMPETITION POOL	
CONTINUOUS SWIMMING FOR BOYS ALL CLUBS	BOYS SPRINTS FOR ALL CLUBS 5.25PM-5.30PM	
5.25PM-5.30PM	3.23F W-3.30F W	
	M UP 5.30PM	
SWIMDOWN POOL	COMPETITION POOL	
SEVENOAKS / BPSC /	ASHFORD / BEACHFIELD / BECKENHAM/	
HIGH WYCOMBE /	BRENTWOOD/ CANVEY/ CLACTON/	
SAFFRON WALDON	COLCHESTER/ CROYDON/ DARTFORD/	
	DUNMOW/ HARLOW/ MALDON/ RTW	
	MONSON/ RUNNYMEDE/ SOUTHEND/	
	STANWAY	
SWIMDOWN POOL	COMPETITION POOL	
CONTINUOUS SWIMMING FOR ALL	SPRINTS FOR ALL CLUBS	
CLUBS FROM 5.40PM	5.40PM-5.45PM	
THROUGHOUT THE SESSION		



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HIGH WYCOMBE / SAFFRON WALDON SAFFRON WALDON COLCHESTER/ CROYDON/ DARTFORD/ DUNMOW/ HARLOW/ MALDON/ RTW MONSON/ RUNNYMEDE/ SOUTHEND/ STANWAY SWIMDOWN POOL CONTINUOUS SWIMMING FOR GIRLS ALL CLUBS 5,25PM-5.30PM BOYS WARM UP 5.30PM SWIMDOWN POOL SEVENOAKS / BPSC / HIGH WYCOMBE / SAFFRON WALDON SAFFRON WALDON COLCHESTER/ CROYDON/ DARTFORD/ DUNMOW/ HARLOW/ MALDON/ RTW MONSON/ RUNNYMEDE/ SOUTHEND/ STANWAY SWIMDOWN POOL CONTINUOUS SWIMMING FOR ALL CLUBS FROM 5.40PM SPRINTS FOR ALL CLUBS 5.40PM-5.45PM			
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