



BASILDON & PHOENIX SC

LAST CHANCE COUNTY QUALIFIER

WARM UP DETAILS

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



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WARM UP DETAILS

SESSION 3

ON THE DAY ENTRIES OPEN	11.30AM
ON THE DAY ENTRIES CLOSE	12.30PM
SIGNING IN CLOSES	12.45PM
POOLSIDE ENTRY	12.45PM
GIRLS WARM UP 1PM	
SWIMDOWN POOL	COMPETITION POOL
SEVENOAKS / BPSC / HIGH WYCOMBE / SAFFRON WALDON	ASHFORD / BEACHFIELD / BECKENHAM/ BRENTWOOD/ CANVEY/ CLACTON/ COLCHESTER/ CROYDON/ DARTFORD/ DUNMOW/ HARLOW/ MALDON/ RTW MONSON/ RUNNYMEDE/ SOUTHEND/ STANWAY
SWIMDOWN POOL	COMPETITION POOL
CONTINUOUS SWIMMING FOR BOYS ALL CLUBS 1.10PM-1.15PM	BOYS SPRINTS FOR ALL CLUBS 1.10PM-1.15PM
BOYS WARM UP 1.15PM	
SWIMDOWN POOL	COMPETITION POOL
SEVENOAKS / BPSC / HIGH WYCOMBE / SAFFRON WALDON	ASHFORD / BEACHFIELD / BECKENHAM/ BRENTWOOD/ CANVEY/ CLACTON/ COLCHESTER/ CROYDON/ DARTFORD/ DUNMOW/ HARLOW/ MALDON/ RTW MONSON/ RUNNYMEDE/ SOUTHEND/ STANWAY
SWIMDOWN POOL	COMPETITION POOL
CONTINUOUS SWIMMING FOR BOYS ALL CLUBS 1.10PM-1.15PM	SPRINTS FOR ALL CLUBS 1.25PM-1.30PM

SESSION 4

ON THE DAY ENTRIES OPEN	11.30AM
ON THE DAY ENTRIES CLOSE	5.00PM
SIGNING IN CLOSES	5.15PM
GIRLS WARM UP 5.15PM	
SWIMDOWN POOL	COMPETITION POOL
SEVENOAKS / BPSC / HIGH WYCOMBE / SAFFRON WALDON	ASHFORD / BEACHFIELD / BECKENHAM/ BRENTWOOD/ CANVEY/ CLACTON/ COLCHESTER/ CROYDON/ DARTFORD/ DUNMOW/ HARLOW/ MALDON/ RTW MONSON/ RUNNYMEDE/ SOUTHEND/ STANWAY
SWIMDOWN POOL	COMPETITION POOL
CONTINUOUS SWIMMING FOR GIRLS ALL CLUBS 5.25PM-5.30PM	GIRLS SPRINTS FOR ALL CLUBS 5.25PM-5.30PM
BOYS WARM UP 5.30PM	
SWIMDOWN POOL	COMPETITION POOL
SEVENOAKS / BPSC / HIGH WYCOMBE / SAFFRON WALDON	ASHFORD / BEACHFIELD / BECKENHAM/ BRENTWOOD/ CANVEY/ CLACTON/ COLCHESTER/ CROYDON/ DARTFORD/ DUNMOW/ HARLOW/ MALDON/ RTW MONSON/ RUNNYMEDE/ SOUTHEND/ STANWAY
SWIMDOWN POOL	COMPETITION POOL
CONTINUOUS SWIMMING FOR ALL CLUBS FROM 5.40PM THROUGHOUT THE SESSION	SPRINTS FOR ALL CLUBS 5.40PM-5.45PM