

ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
County Association of East and London Regions



ESSEX CHAMPIONSHIPS AND SPECIAL RELAYS WEEKEND 2009

Braintree Swimming Centre, Charter Way, (Freeport), Braintree, Essex

Saturday 21st November 2009

Session One - Start 9.00 a.m.

1 Mens & Womens 800m Freestyle (HDW)

Session Two 11.15am

- 2 Womens 200m Individual Medley
- 3 Boys 11/12 4 x 50m Freestyle Relay
- 4 Womens 200m Breaststroke
- 5 Mens 50m Breaststroke
- 6 Girls 11/12 4 x 50m Medley Relay
- 7 Mens 100m Backstroke
- 8 Womens 50m Butterfly
- 9 Mens 100m Butterfly
- 10 Womens 200m feestyle

Finals 11-19 of Events 6,3,2,5,4,7-10

Session Three 3.00pm

- 20 Womens 400m Freestyle (HDW)
- 21 Mens 400m Individual Medley (HDW)
- 22 Girls 11/12 4x50m Freestyle Relay
- 23 Mens 100m Breaststroke
- 24 Womens 100m Individual Medley
- 25 Boys 11/12 4x50m Medley Relay
- 26 Womens 200m Backstroke
- 27 Mens 50m Backstroke
- 28 Womens 200m Butterfly
- 29 Mens 100m Freestyle
- 30 Womens 50m Freestyle (Skins Final)

Finals 31 – 39 of Events 22, 25, 24, 23, 26, -30

Sunday 22nd November 2009

Session Four - Start 9.00 a.m

40 Mens & Womens 1500m Freestyle (HDW)

Session Five – Start 11.15 am

- 41 Mens 200 Individual Medley
- 42 Girls 9/10 4x50m Medley Relay
- 43 Mens 200m Backstroke
- 44 Womens 50m Backstroke
- 45 Boys 9/10 4x50m Freestyle Relay
- 46 Womens 100m Butterfly
- 47 Mens 50m Butterfly
- 48 Womens 100m Breaststroke
- 49 Mens 200m Freestyle

Finals 50 – 58 of Events 61, 64, 63, 62, 65-69

Session Six - Start 3.00pm

- 59 Mens 400m Freestyle (HDW)
- 60 Womens 400m Individual Medley (HDW)
- 61 Boys 9/10 4x50m Medley Relay
- 62 Womens 100m Backstroke
- 63 Mens 100m Individual Medley
- 64 Girls 9/10 4x50m Freestyle Relay
- 65 Mens 200m Breaststroke
- 66 Womens 50m Breaststroke
- 67 Mens 200m Butterfly
- 68 Womens 100m Freestyle
- 69 Mens 50m Freestyle (Skins Final)

Finals 70 – 78 of Events 61, 64, 63, 62, 65-69