



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

ESSEX AGE GROUP CHAMPIONSHIPS 2017

BLOCK A BASILDON SPORTING VILLAGE 20/21/22ND JANUARY 2017		BLOCK B LONDON AQUATIC CENTRE / BASILDON SPORTING VILLAGE 4/5 TH FEBRUARY 2017				BLOCK C BASILDON SPORTING VILLAGE 18/19TH FEBRUARY 2017	
<p style="text-align: center;">SESSION 1 BASILDON SPORTING VILLAGE 20th JANUARY 2017 WARM UP 6.00PM</p> <p style="background-color: yellow;">GIRLS 12/OV 800 FREESTYLE</p> <p style="background-color: blue;">GIRLS 12/OV 800 FREESTYLE</p>	<p style="text-align: center;">SESSION 3 BASILDON SPORTING VILLAGE 22ND JANUARY 2017 WARM UP 8AM</p> <p style="background-color: green;">BOYS 15/OV 200 IM</p> <p style="background-color: yellow;">BOYS 10/14 100 BUTTERFLY</p> <p style="background-color: blue;">GIRLS 15/OV 200 BREASTSTROKE</p> <p style="background-color: green;">GIRLS 10/14 200 FREESTYLE</p> <p style="background-color: yellow;">BOYS 10/14 200 BACKSTROKE</p> <p style="background-color: blue;">GIRLS 15/OV 100 BUTTERFLY</p> <p style="background-color: green;">BOYS 15/OV 200 BUTTERFLY</p>	<p style="text-align: center;">SESSION 5 LONDON AQUATIC CENTRE 4TH FEBRUARY 2017 WARM UP 8.30AM</p> <p style="background-color: red;">GIRLS 9/10 MEDLEY RELAY</p> <p style="background-color: yellow;">BOYS 9/10 FREESTYLE RELAY</p> <p style="background-color: green;">BOYS 15/OV 50 FREESTYLE</p> <p style="background-color: blue;">GIRLS 10/14 50 FREESTYLE</p> <p style="background-color: yellow;">BOYS 10/14 50 BACKSTROKE</p> <p style="background-color: blue;">GIRLS 15/OV50 BUTTERFLY</p> <p style="background-color: red;">PRESENTATION FOR RELAYS</p> <p style="background-color: green;">BOYS 15/OV 50 BREASTSTROKE</p> <p style="background-color: yellow;">GIRLS 10/14 50 BREASTSTROKE</p> <p style="background-color: blue;">BOYS 10/14 50 BUTTERFLY</p> <p style="background-color: green;">GIRLS 15/OV 50 BACKSTROKE</p>	<p style="text-align: center;">RELAYS</p> <p style="background-color: green;">BOYS 15/OV</p> <p style="background-color: blue;">GIRLS 15/OV</p> <p style="background-color: yellow;">BOYS 10/14</p> <p style="background-color: green;">GIRLS 10/14</p>	<p style="text-align: center;">SESSION 7 BASILDON SPORTING VILLAGE 5TH FEBRUARY 2017 WARM UP 5PM</p> <p style="background-color: yellow;">BOYS 12/OV 1500 FREESTYLE</p> <p style="background-color: green;">BOYS 12/OV 1500 FREESTYLE</p>	<p style="text-align: center;">SESSION 8 BASILDON SPORTING VILLAGE 18TH FEBRUARY 2017 WARM UP 1.30PM</p> <p style="background-color: yellow;">BOYS 12/14 400 IM</p> <p style="background-color: green;">GIRLS 10/14 400 FREESTYLE</p> <p style="background-color: blue;">BOYS 15/OV 400 IM</p> <p style="background-color: green;">GIRLS 15/OV 400 FREESTYLE</p> <p style="background-color: yellow;">BOYS 10/14 100 BREASTSTROKE</p> <p style="background-color: blue;">GIRLS 10/14 100 FREESTYLE</p> <p style="background-color: green;">BOYS 15/OV 100 BACKSTROKE</p> <p style="background-color: blue;">GIRLS 15/OV 100 FREESTYLE</p>	<p style="text-align: center;">SESSION 9 BASILDON SPORTING VILLAGE 19TH FEBRUARY 2017 WARM UP 8AM</p> <p style="background-color: blue;">GIRLS 15/OV 200 IM</p> <p style="background-color: yellow;">GIRLS 10/14 100 BUTTERFLY</p> <p style="background-color: green;">BOYS 15/OV 200 BREASTSTROKE</p> <p style="background-color: yellow;">BOYS 10/14 200 FREESTYLE</p> <p style="background-color: blue;">GIRLS 10/14 200 BACKSTROKE</p> <p style="background-color: green;">BOYS 15/OV 100 BUTTERFLY</p> <p style="background-color: blue;">GIRLS 15/OV 200 BUTTERFLY</p>	
<p style="text-align: center;">SESSION 2 BASILDON SPORTING VILLAGE 21st JANUARY 2017 WARM UP 1.30PM</p> <p style="background-color: yellow;">GIRLS 12/14 400 IM</p> <p style="background-color: green;">BOYS 10/14 400 FREESTYLE</p> <p style="background-color: blue;">GIRLS 15/OV 400 IM</p> <p style="background-color: green;">BOYS 15/OV 400 FREESTYLE</p> <p style="background-color: yellow;">GIRLS 10/14 100 BREASTSTROKE</p> <p style="background-color: blue;">BOYS 10/14 100 FREESTYLE</p> <p style="background-color: green;">GIRLS 15/OV 100 BACKSTROKE</p> <p style="background-color: yellow;">BOYS 15/OV 100 FREESTYLE</p>	<p style="text-align: center;">SESSION 4 BASILDON SPORTING VILLAGE 22ND JANUARY 2016 WARM UP TBC</p> <p style="background-color: green;">BOYS 15/OV 200 BACKSTROKE</p> <p style="background-color: blue;">GIRLS 10/14 200 IM</p> <p style="background-color: yellow;">BOYS 10/14 100 BACKSTROKE</p> <p style="background-color: blue;">BOYS 15/OV 100 BREASTSTROKE</p> <p style="background-color: green;">GIRLS 15/OV 200 FREESTYLE</p> <p style="background-color: yellow;">BOYS 10/14 200 BREASTSTROKE</p> <p style="background-color: blue;">GIRLS 10/14 200 BUTTERFLY</p>	<p style="text-align: center;">SESSION 6 LONDON AQUATIC CENTRE 4TH FEBRUARY 2017 WARM UP TBC</p> <p style="background-color: red;">GIRLS 9/10 FEESTYLE RELAY</p> <p style="background-color: yellow;">BOYS 9/10 MEDLEY RELAY</p> <p style="background-color: blue;">GIRLS 15/OV 50 FREESTYLE</p> <p style="background-color: green;">BOYS 10/14 50 FREESTYLE</p> <p style="background-color: yellow;">GIRLS 10/14 50 BACKSTROKE</p> <p style="background-color: blue;">BOYS 15/OV 50 BUTTERFLY</p> <p style="background-color: red;">PRESENTATION FOR RELAYS</p> <p style="background-color: green;">GIRLS 15/OV 50 BREASTSTROKE</p> <p style="background-color: yellow;">BOYS 10/14 50 BREASTSTROKE</p> <p style="background-color: blue;">GIRLS 10/14 50 BUTTERFLY</p> <p style="background-color: green;">BOYS 15/OV 50 BACKSTROKE</p>	<p style="text-align: center;">SESSION 9 BASILDON SPORTING VILLAGE 19TH FEBRUARY 2017 WARM UP TBC</p> <p style="background-color: blue;">GIRLS 15/OV 200 BACKSTROKE</p> <p style="background-color: yellow;">BOYS 10/14 200 IM</p> <p style="background-color: green;">GIRLS 10/14 100 BACKSTROKE</p> <p style="background-color: blue;">GIRLS 15/OV 100 BREASTSTROKE</p> <p style="background-color: green;">BOYS 15/OV 200 FREESTYLE</p> <p style="background-color: yellow;">GIRLS 10/14 200 BREASTSTROKE</p> <p style="background-color: blue;">BOYS 10/14 200 BUTTERFLY</p>				
<p style="text-align: center;">FINALS</p> <p style="background-color: yellow;">GIRLS 10/14 100 BREASTSTROKE</p> <p style="background-color: green;">BOYS 10/14 100 FREESTYLE</p> <p style="background-color: blue;">GIRLS 15/OV 100 BACKSTROKE</p> <p style="background-color: green;">BOYS 15/OV 100 FREESTYLE</p> <p style="background-color: red;">GIRLS 11/12 IMEDLEY RELAY</p> <p style="background-color: yellow;">BOYS 11/12 F/S RELAY</p>	<p style="text-align: center;">FINALS</p> <p style="background-color: green;">BOYS 15/OV 100 BREASTSTROKE</p> <p style="background-color: blue;">BOYS 10/14 100 BACKSTROKE</p> <p style="background-color: red;">GIRLS YOUTH F/S RELAY</p> <p style="background-color: yellow;">BOYS BAGCAT MEDLEY RELAY</p>	<p style="text-align: center;">FINALS</p> <p style="background-color: green;">GIRLS 10/14 50 FREESTYLE</p> <p style="background-color: blue;">GIRLS 10/14 50 BUTTERFLY</p> <p style="background-color: yellow;">BOYS 15/OV 50 BACKSTROKE</p> <p style="background-color: green;">GIRLS 15/OV 50 FREESTYLE</p> <p style="background-color: blue;">BOYS 10/14 50 FREESTYLE</p> <p style="background-color: yellow;">GIRLS 10/14 50 BACKSTROKE</p> <p style="background-color: green;">BOYS 15/OV 50 BUTTERFLY</p> <p style="background-color: blue;">GIRLS 15/OV 50 BREASTSTROKE</p> <p style="background-color: yellow;">BOYS 10/14 50 BREASTSTROKE</p> <p style="background-color: green;">GIRLS 10/14 50 BUTTERFLY</p> <p style="background-color: blue;">BOYS 15/OV 50 BACKSTROKE</p>	<p style="text-align: center;">FINALS</p> <p style="background-color: yellow;">BOYS 10/14 100 BREASTSTROKE</p> <p style="background-color: green;">GIRLS 10/14 100 FREESTYLE</p> <p style="background-color: blue;">BOYS 15/OV 100 BACKSTROKE</p> <p style="background-color: green;">GIRLS 15/OV 100 FREESTYLE</p> <p style="background-color: red;">BOYS 11/12 MEDLEY RELAY</p> <p style="background-color: yellow;">GIRLS 11/12 F/S RELAY</p>	<p style="text-align: center;">FINALS</p> <p style="background-color: blue;">GIRLS 15/OV 100 BREASTSTROKE</p> <p style="background-color: green;">GIRLS 10/14 100 BACKSTROKE</p> <p style="background-color: red;">BOYS YOUTH F/S RELAY</p> <p style="background-color: yellow;">GIRLS BAGCAT MEDLEY RELAY</p>			





ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

ESSEX AGE GROUP CHAMPIONSHIPS 2017

ALL TIMES ARE SHORT COURSE

BOYS						Events	GIRLS					
10/11 Years	12 Years	13 years	14 Years	15 years	16/OVER		10/11 Years	12 Years	13 Years	14 Years	15 Years	16/OVER
45.8	42.0	40.0	37.5	36.0	35.4	50m Back	44.5	42.1	40.1	38.0	37.9	37.8
51.8	48.0	46.0	42.6	40.6	40.1	50m Breast	50.4	48.4	46.8	43.5	42.9	42.7
44.5	41.0	39.0	36.3	34.5	34.0	50m Fly	43.2	40.9	38.9	36.9	36.8	36.7
39.0	36.8	34.9	33.2	31.7	31.5	50m Free	39.8	36.0	35.2	34.5	34.0	33.5
1.34.0	1.29.0	1.23.0	1.18.2	1.14.2	1.12.2	100m Back	1.32.0	1.28.2	1.23.0	1.21.5	1.19.9	1.17.4
1.48.0	1.42.0	1.35.0	1.30.3	1.26.4	1.23.2	100m Breast	1.46.0	1.41.7	1.35.4	1.33.0	1.29.1	1.28.5
1.34.0	1.29.0	1.23.0	1.18.2	1.14.3	1.11.3	100m Fly	1.32.0	1.28.9	1.24.0	1.21.0	1.17.8	1.17.2
1.25.0	1.16.0	1.12.9	1.06.5	1.03.6	1.02.9	100m Free	1.22.0	1.17.0	1.13.0	1.11.9	1.09.2	1.08.3
3.16.20	3.03.0	2.52.0	2.43.0	2.36.0	2.31.1	200m Back	3.10.0	2.59.2	2.54.0	2.48.0	2.42.9	2.40.4
3.54.0	3.34.0	3.21.8	3.11.2	3.01.9	2.55.7	200m Breast	3.50.0	3.31.8	3.22.0	3.15.5	3.09.4	3.06.4
3.42.2	3.14.9	3.01.5	2.52.0	2.42.2	2.36.4	200m Fly	3.38.5	3.12.6	3.03.3	2.56.0	2.51.1	2.48.4
2.59.0	2.42.0	2.31.0	2.24.8	2.17.5	2.13.5	200m Free	2.51.00	2.44.0	2.33.0	2.27.0	2.25.0	2.23.6
6:00.0	5.34.0	5.09.0	4.56.9	4.48.7	4.39.9	400m Free	6:00.0	5.30.4	5.11.0	5.01.0	4.58.0	4.55.0
						800m Free						
						1500m Free						
3.17.0	3.04.5	2.52.6	2.43.4	2.34.7	2.29.1	200m I/M	3.13.0	3.02.0	2.53.8	2.44.9	2.40.7	2.39.8
						400m I/M						
						400m I/M						

Essex QTs are to 1 decimal place ONLY – the 2nd decimal place is ignored- Times must have been gained between 23/12/15-23-12-16

ALL Times must have been gained at Licensed Meets Levels 1,2,3,4 and MUST be on the ASA rankings by the closing date

Conversions are permitted- SportSystems conversion tool is used

Essex Age Group Championships 2017

