



ESSEX AGE GROUP CHAMPIONSHIPS 2020



BLOCK A BASILDON SPORTING VILLAGE 28 TH FEB / 29 TH FEB & 1 ST MARCH 2020		BLOCK B LONDON AQUATIC CENTRE / BASILDON SPORTING VILLAGE 1 ST / 2 ND FEBRUARY 2020				BLOCK C BASILDON SPORTING VILLAGE 14/15/16 FEBRUARY 2020					
SESSION 1 BASILDON SPORTING VILLAGE 28 TH FEB 2020 WARM UP 5.30PM BOYS / GIRLS 12/OVER 1500 F/S		SESSION 4 BASILDON SPORTING VILLAGE 1 ST MARCH 2020 BOYS 10/14 100 BUTTERFLY GIRLS 10/14 200 BREASTSTROKE BOYS 15/OV 200 BUTTERFLY BOYS 10/14 200 BACKSTROKE GIRLS 15/OV 200 IM FINALS BOYS 10/14 100 BUTTERFLY GIRLS 11/12 MEDLEY RELAY GIRLS 13/14 MEDLEY RELAY		LONDON AQUATIC CENTRE 1 ST FEBRUARY 2020 SESSION 6 GIRLS 9/10 MEDLEY RELAY BOYS 9/10 FREESTYLE RELAY BOYS 15/OV 50 FREESTYLE GIRLS 10/14 50 FREESTYLE BOYS 10/14 50 BACKSTROKE GIRLS 15/OV50 BUTTERFLY PRESENTATION FOR RELAYS BOYS 15/OV 50 BREASTSTROKE GIRLS 10/14 50 BREASTSTROKE BOYS 10/14 50 BUTTERFLY GIRLS 15/OV 50 BACKSTROKE FINALS BOYS 15/OV 50 FREESTYLE GIRLS 10/14 50 FREESTYLE BOYS 10/14 50 BACKSTROKE GIRLS 15/OV50 BUTTERFLY BOYS 15/OV 50 BREASTSTROKE GIRLS 10/14 50 BREASTSTROKE BOYS 10/14 50 BUTTERFLY GIRLS 15/OV 50 BACKSTROKE		RELAYS BOYS 15/OV GIRLS 15/OV BOYS 10/14 GIRLS 10/14		BASILDON SPORTING VILLAGE 14 TH FEBRUARY 2020 SESSION 10 WARM UP 5.30PM BOYS/ GIRLS 12/OVER 800M F/S		BASILDON SPORTING VILLAGE 16 TH FEBRUARY 2020 SESSION 13 GIRLS 10/14 100 BUTTERFLY BOYS 10/14 200 BREASTSTROKE GIRLS 15/OV 200 BUTTERFLY GIRLS 10/14 200 BACKSTROKE BOYS 15/OV 200 IM FINALS GIRLS 10/14 100 BUTTERFLY BOYS 11/12 MEDLEY RELAY BOYS 13/14 MEDLEY RELAY	
BASILDON SPORTING VILLAGE 29 TH FEB 2020 SESSION 2 BOYS 10/14 100 BACKSTROKE BOYS 15/OV 100 BACKSTROKE GIRLS 12/14 400 IM GIRLS 15/OV 400 IM FINALS BOYS 10/14 100 BACKSTROKE BOYS 15/OV 100 BACKSTROKE		BASILDON SPORTING VILLAGE 1 ST MARCH 2020 SESSION 5 BOYS 15/OV 100 BUTTERFLY GIRLS 15/OV 200 BREASTSTROKE GIRLS 10/14 200 BUTTERFLY BOYS 15/OV 200 FREESTYLE BOYS 10/14 200 IM FINALS BOYS 15/OV 100 BUTTERFLY GIRLS 11/12 FREESTYLE RELAY BOYS 15/OVER MEDLEY RELAY		LONDON AQUATIC CENTRE 1 ST FEBRUARY 2020 SESSION 7 GIRLS 9/10 FEESTYLE RELAY BOYS 9/10 MEDLEY RELAY GIRLS 15/OV 50 FREESTYLE BOYS 10/14 50 FREESTYLE GIRLS 10/14 50 BACKSTROKE BOYS 15/OV 50 BUTTERFLY PRESENTATION FOR RELAYS GIRLS 15/OV 50 BREASTSTROKE BOYS 10/14 50 BREASTSTROKE GIRLS 10/14 50 BUTTERFLY BOYS 15/OV 50 BACKSTROKE FINALS GIRLS 15/OV 50 FREESTYLE BOYS 10/14 50 FREESTYLE GIRLS 10/14 50 BACKSTROKE BOYS 15/OV 50 BUTTERFLY GIRLS 15/OV 50 BREASTSTROKE GIRLS 10/14 50 BUTTERFLY BOYS 15/OV 50 BACKSTROKE		BASILDON SPORTING VILLAGE 2 ND FEBRUARY 2020 SESSION 8 BOYS 10/14 100 FREESTYLE BOYS 15/OV 100 FREESTYLE GIRLS 10/14 400 FREESTYLE GIRLS 15/OV 400 FREESTYLE FINALS BOYS 10/14 100 FREESTYLE BOYS 15/OV 100 FREESTYLE GIRLS 15/OVER FREESTYLE RELAY GIRLS 13/14 FREESTYLE RELAY		BASILDON SPORTING VILLAGE 15 TH FEBRUARY 2020 SESSION 11 GIRLS 10/14 100 BACKSTROKE GIRLS 15/OV 100 BACKSTROKE BOYS 12/14 400 IM BOYS 15/OV 400 IM FINALS GIRLS 10/14 100 BACKSTROKE GIRLS 15/OV 100 BACKSTROKE		BASILDON SPORTING VILLAGE 16 TH FEBRUARY 2020 SESSION 14 GIRLS 15/OV 100 BUTTERFLY BOYS 15/OV 200 BREASTSTROKE BOYS 10/14 200 BUTTERFLY GIRLS 15/OV 200 FREESTYLE GIRLS 10/14 200 IM FINALS GIRLS 15/OV 100 BUTTERFLY BOYS 11/12 FREESTYLE RELAY GIRLS 15/OVER MEDLEY RELAY	
SESSION 3 GIRLS 10/14 100 BREASTSTROKE GIRLS 15/OV 100 BREASTSTROKE BOYS 10/14 200 FREESTYLE BOYS 15/OV 200 BACKSTROKE FINALS GIRLS 10/14 100 BREASTSTROKE GIRLS 15/OV 100 BREASTSTROKE				SESSION 9 GIRLS 10/14 100 FREESTYLE GIRLS 15/OV 100 FREESTYLE BOYS 10/14 400 FREESTYLE BOYS 15/OV 400 FREESTYLE FINALS GIRLS 10/14 100 FREESTYLE GIRLS 15/OV 100 FREESTYLE BOYS 15/OVER FREESTYLE RELAY BOYS 13/14 FREESTYLE RELAY		SESSION 12 BOYS 10/14 100 BREASTSTROKE BOYS 15/OV 100 BREASTSTROKE GIRLS 10/14 200 FREESTYLE GIRLS 15/OV 200 BACKSTROKE FINALS BOYS 10/14 100 BREASTSTROKE BOYS 15/OV 100 BREASTSTROKE					