



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

ESSEX WINTER LONG COURSE CHAMPIONSHIPS 2011
NOVEMBER 25/26/27 November
Basildon Sporting Village

Schedule of Events

Friday

Warm up
6.00pm (tbc)
 Ladies
 Mens

800m F/S
 1500 F/S

Saturday

Warm up 1pm

Ladies 200 I/M
 Men 200 I/M
 Ladies 50 Br
 Men 50 Br
 Ladies 200F/S
 Men 200F/S
 Ladies 100Fly
 Men 100Fly
 Ladies 200Bk
 Men 200Bk

Ladies 50F/S
 Men 50F/S

Finals

Ladies 50 Br
 Men 50 Br
 Ladies 100Fly
 Men 100Fly
 Ladies 50F/S skins
 Men 50F/S skins

Sunday am

W/U 8am

Ladies 400I/M
 Men 400F/S
 Ladies 50FLY
 Men 100BR
 Ladies 100BK
 Men 200FLY
 Ladies 200BR
 Men 50BK
 Ladies 100F/S

Finals

Ladies 100Bk
 Men 100Br
 Ladies 50Fly
 Men 50Bk
 Ladies 100F/S

Sunday pm

W/U TBC

Men 400I/M
 Ladies 400F/S
 Men 50FLY
 Ladies 100BR
 Men 100BK
 Ladies 200FLY
 Men 200BR
 Ladies 50BK
 Men 100F/S

Finals

Men 100Bk
 Ladies 100Br
 Men 50Fly
 Ladies 50Bk
 Men 100F/S