

ESSEX COUNTY CHAMPIONSHIPS

The County Age Group Championships are an important part of your swimming career. To enter you must meet the qualifying times for your age group. In 2008 the ages have been set as at the 30th March, which is the last date of competition.

Essex qualifying times can be gained at galas, time trials, club championships or at open meets. The events are swum on various weekends between January and March; the Championships usually start in January with the 50m sprint events, moving onto the distance, form and medley events throughout February and March.

The Championships are swum in various pools in Essex, but often at Blackshot pool in Grays, Fulwell Cross and Waltham Forest pool in Walthamstowe.

The Essex qualifying times and schedule of events, can be found on the club notice board and web site.

Entry forms will be handed out by Amanda and notices will be posted on the notice board and web site; it is every swimmer's responsibility to make sure they enter all the events that they meet the qualifying times for. The chief coaches will also select swimmers to compete in the relay events; if selected you will be required to swim.

For further information or to download qualifying times and schedule of events visit the county web site on www.essexswimming.org