

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



**ESSEX CHAMPIONSHIPS AND SPECIAL RELAYS WEEKEND 2010**

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

**Saturday 27th November 2010**

**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 Freestyle

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 28th November 2010**

**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