



ESSEX RELAY GALA 2013

WARM UP TIMES

Relay information forms in by 1.30pm

Session 1

Withdrawals by 1.30pm

Girls	1.30pm
Boys	1.50pm
Start	2.20pm

Session 2

Withdrawals by 5.30pm

Boys	5.30pm
Girls	5.50pm
Start	6.20pm

- Relay information forms MUST be handed in with swimmers DOBs
 - All swimmers MUST be on Team Master list
- Where a team qualifies to swim in a final the same team must be swum in the final (although the order can be changed – but the results desk MUST be notified before the start of the finals)