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|------------------|------------------|------------------|---------------|------------------|---------------|---------------|---------------|------------------|------------------|------------------|
| SESSION 5 | Lane 0 | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 |
| 8.30 – 9.00 | MERY/BARY | TDOY | TDOY | COCY | COCY | COCY | COCY | COCY | COCY | COCY/POPY |
| | | | | | | | | | | |
| 9.00 – 9.30 | RHOY | RHOY/CWMY | RCTY | RCTY/BRCY | NWMY | NWMY | NWMY | NWMY/MONY | BSCY | BSCY/HOYV |
| | | ABTY | | | | | | CHEY | | |
| | | | | | | | | | | |
| SESSION 6 | | | | | | | | | | |
| 12.25-12.55 | COCY | COCY | COCY | COCY | COCY | COCY | COCY | BSCY | CWMY/BRCY | RHOY |
| | | | | | | | | | | |
| 12.55-1.25 | TDOY | TDOY | TDOY | HOYV/CHEY | MONY/POPY | MERY | NWMY | NWMY | NWMY | NWMY |
| | | | | | ABTY/BARY | | | | | |
| | | | | | | | | | | |
| SESSION 7 | | | | | | | | | | |
| 3.40 – 4.10 | TDOY | TDOY | TDOY/CWMY | NWMY | NWMY | NWMY | NWMY | NWMY | BSCY/CHEY | MERY/HOYV |
| | | | | | | | | | | |
| 4.10 – 4.40 | COCY | COCY | COCY | COCY | COCY | COCY | RCTY | RCTY | RCTY/BRCY | RHOY |
| | | | | | | | | | | |

TEAM CODES

ABTY Abertillery Piranhas SC

COCY City of Cardiff SC

NWMY City of Newport SC

BARY Barry SC

CWMY Cwmbran SC

POPY Pontypridd SC

BRCY Bridgend Swim Squad

HOYV Heads of the Valleys SC

RCTY Rhondda Cynon Taff Swim Squad

BSCY Bridgend SC

MERY Merthyr Tydfil SC

RHOY Rhondda SC

CHEY Chepstow SC

MONY Monnow SC

TDOY Torfaen Dolphins SC