

# Swansea Aquatics May Long Course 2024

## Warm Up Arrangements

Please note that all warmups are mixed and that coaches should monitor their swimmers/lane during warm up.

### Session 1 Warm Up 08:00

	1	2	3	4	5	6	7	8
08:00-08:20	Bridgend County (5) Pembs County (5) Penyrheol (2) Aberystwyth (1)	Torfaen Dolphins (12)	City of Cardiff (13)	Swansea University (15)	Swansea Aquatics (12)	Leicester Sharks (12)	Neath (8) Llanelli (4)	University of Bath (5) City of Salford (1) Sevenoaks (1) Stockport Metro (1) Chirk Dragons(1)
08:20-08:40	Bridgend County (5) Pembs County (5) Hatfield (2)	Torfaen Dolphins (7) City of Newport (6)	City of Cardiff (13)	Swansea University (15)	Swansea Aquatics (11)	Leicester Sharks (9) Mount Kelly (3)	Nofio Sir Gar (8) Amman Valley (1) A.N.T Swim Club (1)	Wigan Best (2) Bakewell SC (1) Nantwich Seals (1) Woking (1) Reading (1)
08:40-09:00	Bridgend County (7) Pembs County (5)	City of Newport (12)	Irish University Team (9)	Swansea University (15)	Swim Conwy (8) RCT (4)	Nofio Gwynedd (15)	Merthyr Tydfil (3) Carmarthen (3) Atlantis SC (1) Celtic Dolphins (1)	Wrexham (2) Crawley (1) Guildford City (1) Hucknall SC (1) Millfield (1) Wycombe District (1)
<b>Session Start – 09:05</b>								

# Swansea Aquatics May Long Course 2024

## Warm Up Arrangements

Please note that all warmups are mixed and that coaches should monitor their swimmers/lane during warm up.

### Session 2 Warm Up 11:45

	1	2	3	4	5	6	7	8
11:45-12:05	Swim Conwy (8) Merthyr Tydfil (3) Crawley (1) Woking (1) Aberystwyth (1)	Bridgend County (9) City of Newport (5)	Pembrokeshire County (14)	Swansea University	Neath (11) Amman Valley (3)	Swansea Aquatics (14)	Leicester Sharks (16)	Leicester Sharks (5) Irish Uni Team Hatfield SC (2) Millfield (1)
12:05-12:25	RCT (9) Carmarthen (2) Celtic Dolphins (1) City of Liverpool (1)	Bridgend County (9) City of Newport (5)	Pembrokeshire County (14)	Swansea University	City of Cardiff (16)	Swansea Aquatics (14)	Torfaen Dolphins (12) Guildford (2)	Nofio Gwynedd (9) Mount Kelly (3) Evesham (1)
12:25-12:45	Leatherhead (1) Llanelli (7) Altrincham (1) Bridgend Swim Club (1) Sevenoaks (1)	City of Newport (13) Wigan Best(2)	Nofio Sir Gar (11) University of Bath (2)	Swansea University	City of Cardiff (16)	Penyrheol (6) Wrexham (3) Stockport Metro (1)	Torfaen Dolphins (14)	Nofio Gwynedd (8) City of Salford (3) Nantwich Seals (1) Scunthorpe Anchor (1)
<b>Session Start 12.50</b>								

# Swansea Aquatics May Long Course 2024

## Warm Up Arrangements

Please note that all warmups are mixed and that coaches should monitor their swimmers/lane during warm up.

### Session 3 Warm Up 15:20

	1	2	3	4	5	6	7	8
15:20-15:40	Wrexham (5) Amman Valley (1) Millfield (1) Wycombe (5)	Bridgend County (8)	City of Cardiff (10)	Swansea University	Swansea Aquatics (7) Watford (1)	Swansea Aquatics (7) Reading (1)	Llanelli (6) City of Salford (2)	Neath (6) Penyrheol (2) Wigan Best (1)
15:40-16:00	Pembrokeshire County (11)	Nofio Gwynedd (9)	City of Cardiff (13)	Swansea University	Leicester Sharks (11)	Torfaen Dolphins (8)	Irish Uni Team (7) City of Liverpool (1)	University of Bath (5) Mount Kelly (2) Guildford (1) Woking (1)
16:00-16:20	Bromsgrove (1) Carmarthen (2) Chirk Dragons (2) Elmbridge (1) Nantwich (1) RCT (3)	City of Newport (10)	City of Newport (10)	Swansea University	Leicester Sharks (11)	Torfaen Dolphins (8)	Nofio Sir Gar (8)	Swim Conwy (5) Hatfield (2) Farnham (1) Merthyr Tydfil (1) Aberystwyth (1)
<b>Start at 16:25</b>								