

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 4 Warm Up 08:00

	1	2	3	4	5	6	7	8
08:00-08:20	Wrexham (6) City of Salford (3) Woking (1) Guildford (1) Aberystwyth (1)	Neath (11)	City of Newport (14)	Swansea University (16)	Swansea Aquatics (15)	Torfaen Dolphins (10) Carmarthen (4)	Pembrokeshire County (10)	Merthyr Tydfil (5) Millfield (2) A.N.T Swimming (1) Bebington (1) Teddington SC (1)
08:20-08:40	Penyrheol (7) Evesham (1) Bridgend Swim Club (2) Wycombe (1)	Leicester Sharks (10) Swim Conwy (4)	City of Newport (10) Irish Uni Team (5)	Swansea University (16)	Swansea Aquatics (14)	Torfaen Dolphins (15)	Pembrokeshire County (13)	RCT (8) Sevenoaks (2) Hucknall (1)
08:40-09:00	Leatherhead(1) Stockport Metro (1) Mount Kelly (3) Nantwich (1) Chirk Dragons (2) City of Southampton (1) City of Peterborough (1)	Leicester Sharks (9) Swim Conwy (5)	Nofio Gwynedd (16)	City of Cardiff (15)	City of Cardiff (10) University of Bath (4)	Bridgend County (15)	Nofio Sir Gar (13)	Amman Valley (3) Llanelli (3) Altrincham (1) Celtic Dolphins (1) Watford (1)
Session Start – 09:05								

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Session 5 Warm Up 12:00

	1	2	3	4	5	6	7	8
12:00-12:20	Aberystwyth (1) Bridgend County (14)	Pembrokeshire County (12)	City of Cardiff (12)	Swansea University (12)	City of Newport (12)	Swansea Aquatics (12)	Nofio Gwynedd (12)	Nofio Sir Gar (11) Hatfield (1)
12:20-12:40	Irish Uni Team (7) Carmarthen (5)	Pembrokeshire County (8) Amman Valley (4)	City of Cardiff (12)	Swansea University (12)	City of Newport (12)	Swansea Aquatics (9) Wigan (2) Woking (1)	Nofio Gwynedd (8) Mount Kelly (4)	Penyrheol (2) Millfield (1) Neath (5) Merthyr Tydfil (2)
12:40-13:00	RCT (7) Teddington (1) Stockport Metro (1) City of Peterborough (1) Nantwich (1)	Torfaen Dolphins (9) City of Salford (3)	Torfaen Dolphins (12)	Swansea University (7) Llanelli (5)	City of Newport (3) Swim Conwy (9)	Leicester Sharks (12)	Leicester Sharks (8) University of Bath (4)	Wrexham (4) Liverpool (1) Bebington (1) Guildford (1) Celtic Dolphins (1) Evesham (1)
Session Start 13.05								

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Session 6 Warm Up 15:20

	1	2	3	4	5	6	7	8
15:20-15:40	Leicester Sharks (7) Mount Kelly (3)	Pembrokeshire County (5) Penyrheol (6)	Nantwich (1) Swim Conwy (7) Haslemere (1) Leatherhead (1)	Swansea University (11)	Swansea Aquatics (10)	City of Newport (5) Llanelli (5)	Torfaen Dolphins (5) Irish Uni Team (3) Chirk Dragons (2)	Neath (9) Bebington (1)
15:40-16:00	Leicester Sharks (7) Bridgend Swim Club (2) Crawley (1)	Pembrokeshire County (5) Carmarthen (4) Bromsgrove (1)	City of Cardiff (10)	Swansea University (11)	Swansea Aquatics (10)	City of Newport (5) RCT (5)	Torfaen Dolphins (5) Irish Uni Team (3) University of Bath (2)	Swim Conwy (7) Nofio Sir Gar (6)
16:00-16:20	Nofio Sir Gar (11)	Pembrokeshire County (5) Merthyr Tydfil (4) Celtic Dolphins (1)	City of Cardiff (7) Evesham (1) Farnham (1) City of Peterborough (1)	Swansea University (4) City of Salford (1) Scunthorpe (1) Torquay (1) Stockport Metro (1) Woking (1)	Bridgend County (10)	City of Newport (7) Carmarthen (4)	Torfaen Dolphins (7) Wrexham (4)	Nofio Sir Gar (10) Wycombe (1)
Start at 16:25								