

Swansea Aquatics Long Course

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 at 3 pm - Starts at 4 pm

	Lane	1	2	3	4	5	6	7	8
Warm Up 1 3:00 – 3:18	Club	Swansea Uni (9) Wexford (4)	Bridgend County (8) Chirk Dragons (5)	Bridgend County (13)	Swansea Aquatics (!2)	Swansea Aquatics (13)	New Ross (17)	Shark (17)	Llanelli (9) Celtic Dolphins (3)
Warm Up 2 3:18 – 3:36	Club	Heads of Valley (6) Penyrheol (6)	Neath (16)	Torfaen Dolphins	Swansea Aquatics (13)	Swansea Aquatics (13)	Pembrokeshire County Swimming (17)	Newport (12)	Carmarthen & District (11)
Warm Up 3 3:36 – 3:54	Club	Sprint Lane	Enniscorthy (2) Courtown (1) Portsmouth Northsea (1) Street & District (1) Nexus Valley (1)	Torfaen Dolphins	City of Cardiff (11)	City of Cardiff (11)	City of Hereford (16)	Swim Gwynedd (7) Aberystwyth (2)	Sprint Lane

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Session 4 – Warm up at 8 am - Starts at 9 am

	Lane	1	2	3	4	5	6	7	8
Warm Up 1 8:00 – 8:18	Club	Newport (20)	City of Cardiff (9) Head of Valley (9)	City of Cardiff (18)	Swansea Aquatics (19)	Swansea Aquatics (18)	New Ross (19)	Pembrokeshire County (18)	Pembrokeshire (7) Nexus Valley (5) Celtic Dolphins (3) Penyrheol (3)
Warm Up 2 8:18 – 8:36	Club	Llanelli (8) Severnside (1) Street & District (1) Worcester (1) Weston-Super-Mare (1)	Neath (19)	City of Cardiff (18)	Swansea Aquatics (18)	City of Hereford (15) Courtown (1)	Bridgend (18)	Bridgend (10) Chirk Dragons (8)	Swim Gwynedd (8) Enniscorthy (3) Aberystwyth (2) Fishguard Flyers (1) Portsmouth (1) Brecon (1)
Warm Up 3 8:36 – 8:54	Club	Shark (20)	Torfaen (19)	Torfaen (19)	Swansea Aquatics (18)	City of Hereford (15) Halesowen (1) Mount Kelly (1)	Carmarthen (17)	Rhondda Cynon Taf (18)	Rhondda Cynon Taf (6) Swansea Uni (6) Wexford (6)

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Session 5 – Warm up at 12.20 pm - Starts at 1.20 pm

	Lane	1	2	3	4	5	6	7	8
Warm Up 1 12:20 - 12:33	Club	New Ross (14)	Pembrokeshire County (11) Weston Super- mare (1)	Pembrokeshire County (14)	Swansea Aquatics (14)	Swansea Aquatics (16)	Torfaen Dolphins (14)	Torfaen Dolphins (10) Bridgend County (6)	Head of Valley (7) Nexus (7)
Warm Up 2 12:33 - 12:46	Club	New Ross (5) Chirk Dragon (5)	Rhondda Cynon Taf (8)	Rhondda Cynon Taf (14)	Swansea Aquatics (14)	City of Cardiff (15)	Torfaen Dolphins (14)	Bridgend County (14)	Llanelli (11)
Warm Up 3 12:46 - 12:59	Club	Penyrheol (4) Wantage (1) Fishguard (3) Aberystwyth (2)	Neath (17)	Newport (18)	Swansea Aquatics (14)	City of Cardiff (15)	City of Hereford (13)	Bridgend County (14)	Swansea University (9) Wexford (5)
Warm Up 4 12:59 -13:12	Club	Head of Valley (7) Nexus (7)	Llanelli (11)	Wexford ()	Swansea Aquatics (14)	City of Cardiff (15)	City of Hereford (13)	Carmarthen & District (14)	Portsmouth (2) Enniscorthy (2) Brecon (1) Courtown (1) Halesowen (1) Mount Kelly (1) Worcester (1)

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Session 7 – Warm up at 8 am - Starts at 9 am

	Lane	1	2	3	4	5	6	7	8
Warm Up 1 8:00 – 8:18	Club	Celtic Dolphins (7) Nexus (5) Aberystwyth (2)	Bridgend (6) Swansea Uni (10)	Bridgend (16)	Swansea Aquatics (16)	Swansea Aquatics (14)	City of Hereford (16)	City of Hereford (8) Pembroke (8)	Pembroke (16)
Warm Up 2 8:18 – 8:36	Club	Llanelli (7) Fishguard (2) Bristol (1) Courtown (1) Penyrheol (2)	Neath (19)	Shark (16)	Swansea Aquatics (16)	City of Cardiff (17)	Rhondda Cynon Taf (16)	Carmarthen (16)	Newport (17)
Warm Up 3 8:36 – 8:54	Club	Chirk Dragons (6) Enniscorthy (3) Severnside (1) Halesowen (1) Mount Kelly (1) Portsmouth (1)	New Ross (19)	Shark (4) Swim Gwynedd (11)	Swansea Aquatics (14)	City of Cardiff (17)	Torfaen Dolphins (17)	Torfaen Dolphins (16)	Heads of the Valley (7) Wexford (6) Worcester (1) Western Super Mare (1)

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Session 8 – Warm up at 12.15 pm - Starts at 1.15 pm

	Lane	1	2	3	4	5	6	7	8
Warm Up 1 12:15 - 12:33	Club	Swansea Uni (8) Enniscorthy (3)	Neath (13)	New Ross (18)	Swansea Aquatics (13)	Swansea Aquatics (14)	Torfaen Dolphins (14)	Torfaen Dolphins (5) Swim Gwynedd (9)	Carmarthen (10) Penybreol (1)
Warm Up 2 12:33 - 12:51	Club	Celtic Dolphins (3) Chirk Dragons (1) Halesowen (1) Worcester (1) Bristol (1) Brecon (1)	Shark (13)	Bridgend County (19)	Swansea Aquatics (13)	City of Cardiff (15)	Torfaen Dolphins (14)	Rhondda Cynon Taf (11)	Llanelli (6) Nexus (3) Mount Kelly (1) Sevenside (1)
Warm Up 3 12:51 - 1:09	Club	Wexford (4) Aberystwyth (2) Fishguard (2) Courtown (1)	City of Hereford (7) Heads of the Valley (7)	City of Hereford (14)	Swansea Aquatics (13)	City of Cardiff (15)	Newport (16)	Pembroke (18)	Sprint Lane