Swansea Aquatics Spring Long Course Meet 2023

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 07:30

Lane		1	2	3	4	5	6	7	8
Warm Up 1 07:30-07:48	Club	Nofio Sir Gar (1) Fareham Nomads (4) Haverfordwest Swimming Club (1) The Royal Wolverhampton School (1)	Munster Squad (17)	Swim Ulster (15)	Swansea University (15)	Swansea Aquatics (15)	Portsmouth Northsea Swimming C (16)	Neath ASC (16)	Bristol Penguin Olympic Swimming (7) Celtic Dolphins (1) Trident Swimming Club (1) Heads of the Valley (1)
Warm Up 2 07:48-08:06	Club	Wyre Forest SC (7) Llanelli (2) Penyrheol (2)	Leinster (18)	Swim Ulster (12) Leinster (5)	Swansea University (15)	Swansea Aquatics (14)	Portsmouth Northsea Swimming C (16)	Redditch Swimming Club (14) City of Salford SC (1)	City Of Newport Swimming Club(6) Bridgend County Swim Squad (2) City of Cardiff (1) Holywell Amateur Swimming Club(1)
Warm Up 3 08:06-08:24	Club	Ledbury and Malvern Swimming (6) Carmarthen & District Swimming (3) Celtic Waves (3)	Bridgend Swim Club (16)	Connacht (17)	Swansea University (12) City of Bristol Aquatics (5)	City of Bristol Aquatics (18)	Torfaen Dolphins (17)	Exeter City Swimming Club (10)	Rhondda Cynon Taf Performance (6) Evesham Swimming Club (1) Mount Kelly Swimming (1)

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Session 2 Warm Up 11:30

Lane	Club	1	2	3	4	5	6	7	8
Warm Up 1 11:30-11:50	Club	City of Bristol Aquatics (17)	Bridgend County Swim Squad (19)	Portsmouth Northsea Swimming C (17)	Rhondda Cynon Taf Performance (18)	Swansea Aquatics (17)	Leinster (19)	Evesham Swimming Club (13) Carmarthen & District Swimming (4)	Exeter City Swimming Club (6) City Of Newport Swimming Club (5) Celtic Waves (5)
Warm Up 2 11:50-12:10	Club	Torfaen Dolphins (7) City of Bristol Aquatics (5) Neath ASC (4)	Torfaen Dolphins (17)	Portsmouth Northsea Swimming C (18)	Swansea Uni (17)	Swansea Aquatics (17)	Swim Ulster (15)	Redditch Swimming Club (18)	City Of Newport Swimming Club (5) Exeter City Swimming Club (5) Ledbury and Malvern Swimming C (7)
Warm Up 3 12:10-12:30	Club	Neath ASC (10) Celtic Dolphins (3) Llanelli (3)	Penyrheol ASC (7) Wyre Forest SC (7) Holywell Amateur Swimming Club (2)	Bristol Penguin Olympic Swimmi (9) Nofio Sir Gar (8)	Swansea Uni (16)	Swansea Aquatics (9) Munster (6)	Connacht (14) Munster (5)	Redditch Swimming Club (4) Fareham Nomads (4) Bridgend Swim Club (3) Mount Kelly Swimming (2)	Merthyr Tydfil (2) W. Individual (1) Trident Swimming Club (1) Worcester SC (1) Newton Abbot Swimming and Wate (1) City of Cardiff (1) Heads of the Valley (1)

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Session 3 Warm Up 15:45 – Starts at 16:55

Lane		1	2	3	4	5	6	7	8
Warm Up 1 15:45-16:05	Club	Bridgend County (6) Bridgend Swim Club (3) Llanelli (1)	Leinster (14)	Swansea Uni (6) Leinster (6)	Swansea Uni (14)	Swansea Aquatics (14)	Torfaen Dolphins (16)	Exeter City Swimming Club (10) Fareham Nomads (4)	Bristol Penguins (6) Carmarthen & District (3)
Warm Up 2 16:05–16:25	Club	Rhondda Cynon Taf Performance (6) Celtic Waves (3) Mount Kelly (2)	Connacht (17)	Swim Ulster (14)	Swansea Uni (14)	Swansea Aquatics (14)	Neath (15)	Evesham Swimming Club (8) Trident Swimming Club (1)	Wyre Forest (5) Penyrheol (3) Aberystwyth (1)
Warm Up 3 16:25–16:45	Club	Nofio Sir Gar (5) City of Cardiff (1) City of Salford (1)	Munster (14)	Swim Ulster (14)	Portsmouth Northsea Swimming Club (14)	Portsmouth Northsea Swimming Club (12) City of Bristol (4)	City of Bristol (14)	Ledbury and Malvern (8) Holywell ASC (2)	City of Newport (8) Celtic Dolphins (1) Newton Abbot (1)

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Session 4 Warm Up 7:30

Lane		1	2	3	4	5	6	7	8
Warm Up 1 07:30-07:45	Club	Swansea Aquatics / Swansea Uni (15)	Swansea Aquatics / Swansea Uni (15)	Portsmouth Northsea Swimming (10) City of Bristol Aquatics (8)	Swim Ulster (12)	Munster (13)	Neath ASC (13) Aberystwyth (1) City of Cardiff (1)	Torfaen (15)	Nofio Sir Gar (10) Llanelli (2)
Warm Up 2 07:45-08:00	Club	Swansea Aquatics / Swansea Uni (15)	Swansea Aquatics / Swansea Uni (15)	Portsmouth Northsea Swimming (10) City of Bristol Aquatics (8)	Swim Ulster (11)	Connacht (13)	Redditch Swimming Club (10) Bridgend Swim Club (4)	Bridgend County Swim Squad (9)	City of Newport (8) Penyrheol (6)
Warm Up 3 08:00-08:15	Club	Swansea Aquatics / Swansea Uni (15)	Swansea Aquatics / Swansea Uni (15)	Portsmouth Northsea Swimming (11) City of Bristol Aquatics (7)	Leinster (11)	Rhondda Cynon Taf Performance (10) Individual (1)	Redditch Swimming Club(10) Heads of the Valley(1) Haverfordwest Swimming Club(1)	Bridgend County Swim Squad (9) Holywell (3)	City of Newport (8) Celtic Dolphins (3)
Warm Up 3 08:15-08:30	Club	Exeter City Swimming Club(11) Merthyr Tydfil(2)	Mount Kelly (2) Bristol Penguins (11)	Evesham Swimming Club (13)	Leinster(10) City of Salford SC(1) Newton Abbot Swimming Water (1)	Rhondda Cynon Taf Performance (10) Worcester SC (1)	Ledbury and Malvern Swimming C (10) Fareham Nomads (4)	Wyre Forest (7) Carmarthen & District (3)	Celtic Waves (6) Trident (1) Gosport Dolphins SC (1)

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Session 5 Warm Up 11:50

	Lane	1	2	3	4	5	6	7	8
Warm Up 1 11:50-12:10	Club	City of Newport (11) Wyre Forest (6)	Redditch (16)	Swim Ulster (17)	Portsmouth (17)	Swansea Uni (18)	Swansea Uni (18)	Evesham (15) Holywell ASC (2)	Exeter City (10) Nofio Sir Gar (7)
Warm Up 2 12:10-12:30	Club	Bristol Penguins (7) Carmarthen & District (6) Celtic Waves (3)	Leinster (17)	Swim Ulster (11) Leinster (2)	Portsmouth (17)	Swansea Uni (18)	Swansea Aquatics (17)	Rhondda Cynon Taf (15) Merthyre 2)	Neath (10) Mount Kelly (2) Penyrheol (5)
Warm Up 3 12:30-12:50	Club	Bridgend County(15) Head of Valley (1)	Connacht (14)	Munster (17)	Portsmouth (5) City of Bristol (9) Llanelli (3)	City of Bristol (17)	Torfaen Dolphins (17)	Torfaen Dolphins (5) Fareham Nomads (6) Trident SC (1) City of Cardiff (1)	Ledbury (7) Bridgend Swim Club (1) Celtic Dolphins (3) Individual (1) Worcester (1) Newton Abbot (1)

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Session 6 Warm Up 16:00 – Starts at 17:00

Lane	Club	1	2	3	4	5	6	7	8
Warm Up 1 16:00 - 16:18	Club	Exeter (8) Holywell (3) Trident (2)	Rhondda Cynon Taf (14)	Portsmouth Northsea (14)	Swansea Aquatics (14)	Swansea Uni (17)	Swim Ulster (17)	Bridgend County (14)	Evesham (12) Llanelli (2)
Warm Up 2 16:18 – 16:36	Club	Nofio Sir Gar (8) Penhyreol (6)	City of Newport (12)	Portsmouth Northsea (6) City of Bristol (4)	Swansea Aquatics (14)	Swansea Uni (16)	Leinster (15)	Munster (10) Merthyr (2) Mount Kelly (2)	Ledbury (9) Bridgend Swim Club (4)
Warm Up 3 16:36 – 16:54	Club	Bristol Penguins (9) Wyre Forest (3)	Neath (16)	City Of Bristol (18)	Swansea Aquatics (12)	Torfaen Dolphins (16)	Connacht (10) Gosport(1) Haverford West (1)	Redditch (12) Aberystwyth (1) City of Cardiff (1)	Celtic Waves (5) Carmarthen & District (2) Celtic Dolphins (10 City of Salford (1) Worcester (1)