

	Girls							Boys
Lane	1	2	3	4	5	6	7	8
Session 1								
08:30-08:50	Newport	Newport	Newport	Caerphilly	Cardiff	Cardiff	Cardiff	Cardiff
08:50-09:10	Bridgend County	Bridgend County	RCT	RCT	Torfaen	Merthyr/Bridgend SC	Celtic Dolphins	Abertillery/Brecon/ Lydney/ Pontypridd/ Wootton Bassett
09:10-09:30	Newport	Newport	Bridgend County/ Celtic Dolphins	Lydney/Torfaen	Penyrheol	Cardiff	Cardiff	Brecon/Bridgend SC/ Caerphilly/Merthyr/ Wootton Bassett
Session 2								
11:15-11:35	Newport	Newport	Newport	Celtic Dolphins	Cardiff	Cardiff	Cardiff	Cardiff
11:35-11:55	Bridgend County	Bridgend County	Pontypridd	Brecon/ RCT	Torfaen	Bridgend SC	Merthyr	Abertillery/Caerphilly/ Lydney/Penyrheol/ Wootton Bassett
11:55-12:15	Newport	Abertillery/ Caerphilly	Bridgend County	Pontypridd/ Torfaen	RCT	Bridgend SC	Cardiff	Celtic Dolphins/ Lydney/Penyrheol
Session 3								
14:25-14:45	Newport	Newport	RCT	RCT	Cardiff	Cardiff	Cardiff	Cardiff
14:45-15:05	Bridgend County	Bridgend County	Caerphilly	Merthyr	Torfaen	Bridgend SC/ Caerphilly	Celtic Dolphins	Abertillery/Gloucester/ Lydney/ Wootton Bassett
15:05-15:25	Newport	Newport	Bridgend County/ Celtic Dolphins/ Lydney	RCT/ Torfaen	Cardiff	Cardiff	Cardiff	Bridgend SC/ Merthyr/Penyrheol/ Wootton Bassett
Session 4								
08:30-08:50	Newport	Newport/ RCT	RCT	Celtic Dolphins/ Caerphilly	Bridgend County	Cardiff	Cardiff	Abertillery/ Bridgend SC/ Torfaen
08:50-09:10	Newport	Newport	Bridgend County/ Torfaen	Lydney/ RCT	Cardiff	Cardiff	Merthyr	Bridgend SC/ Celtic Dolphins/ Merthyr/Penyrheol
Session 5								
10:35-10:55	Newport	Newport	Newport	Bridgend SC	Pontypridd	Cardiff	Cardiff	Cardiff
10:55-11:15	Celtic Dolphins	Bridgend County	Bridgend County	RCT	Torfaen	Torfaen	Merthyr	Abertillery/Caerphilly/ Penyrheol
11:15-11:35	Newport	Newport/ Bridgend County	Penyrheol/ Torfaen	RCT	Lydney/Merthyr/ Pontypridd	Abertillery/Caerphilly/ Cardiff	Cardiff	Bridgend SC/ Celtic Dolphins
Session 6								
13:40-14:00	Abertillery/Gloucester/Newport	Newport	Celtic Dolphins/ Caerphilly	Bridgend County/Merthyr	Bridgend County	Cardiff/Torfaen	Cardiff	Cardiff
14:00-14:20	Newport	Newport	Bridgend County/ Torfaen	Bridgend SC/ Lydney/ RCT	RCT	RCT/ Bridgend SC	Cardiff	Caerphilly/ Celtic Dolphins/Cardiff/ Merthyr/Penyrheol

Each Warm up Session will be 20 minutes long with the last 5 minutes open for sprint starts within allocated lanes.