TBOM 24 Warm-up Sheet

Session: 1 warm up 08:00 | MIXED WARM UP 1 08:00~08:25 MIXED WARM UP 2 08:30~08:55
Day of Meet: 1 Starts at 09:00 AM
Total Athletes: 430 - Women: 281 - Men: 149

Aberavon Swimming Club	2
Amman Valley	4
Brecon	2
Bridgend County Swim Squad	26
Bridgend Swim Club	16
Caerphilly County Swim Squad	19
Carmarthen	11
Celtic Dolphins	3
Chepstow and District SC	5
Cirencester SC	1
City of Cardiff	149
City Of Newport Swimming Club	21
City of Swansea Aquatics Club	24
Cwmbran Swimming Club	7
Heads of the Valley	10
Llanelli ASC	14
Merthyr Tydfil	15
Monnow Swimming Club	9
Nexus Valleys Swimming Club	18
RCT Performance Swim Squad	34
Rhondda Swimming Club	16
Torfaen Dolphins Performance	24

WARM UP 1

0	1	2	3	4	5	6	7	8	9
Aberavon 2 Amman V 4 Brecon 2 Carmarthen 11	Bridgend Cty 20	Bridgend Cty 6 Llanelli 14	Newport 21	Swansea 20	Swansea 4 Bridgend Swim 16	Torfaen D 24	Co Cardiff	Co Cardiff	Co Cardiff

WARM UP 2

0	1	2	3	4	5	6	7	8	9
Caerphilly 19 Cirencester 1	Nexus 18 Celtic D 3	Cwmbran 7 Heads V 10	Merthyr T 15 Monnow 5	Rhondda 16 Monnow 4	RCT14 Chepstow 5	RCT 20	Co Cardiff	Co Cardiff	Co Cardiff

Session: 2 warm up 11:40 | MIXED WARM UP 1 11:40~12:00 MIXED WARM UP 2 12:00~12:25
Day of Meet: 1 Starts at 12:30 PM
Total Athletes: 412 - Women: 265 - Men: 147

Aberavon Swimming Club	3
Aberystwyth and District SC	1
Amman Valley	2
Brecon	2
Bridgend County Swim Squad	19
Bridgend Swim Club	13
Caerphilly County Swim Squad	15
Carmarthen	13
Celtic Dolphins	4
Chepstow and District SC	5
City of Cardiff	125
City Of Newport Swimming Club	19
City of Swansea Aquatics Club	39
Cwmbran Swimming Club	8
Fishguard Flyers SC	1
Heads of the Valley	11
Llanelli ASC	18
Merthyr Tydfil	12
Monnow Swimming Club	8
Nexus Valleys Swimming Club	19
RCT Performance Swim Squad	29
Rhondda Swimming Club	21
Torfaen Dolphins Performance	25

WARM UP 1

0	1	2	3	4	5	6	7	8	9
Aberavon 3 Amman V 2 Brecon 2 Carmarthen 13	Bridgend Cty 19 Abertystwth 1	Llanelli 18 Fishguard 1	Newport 19	Swansea 20	Swansea 19	Torfaen D 25	Co Cardiff	Co Cardiff	Co Cardiff

WARM UP 2

0	1	2	3	4	5	6	7	8	9
Caerphilly 15 Cirencester 1 Celtic D 4	Nexus 18	Cwmbran 8 Heads V 11	Merthyr T 12 Monnow 8	Rhondda 21 Chepstow 5	RCT9 Bridgend Swim 13	RCT 20	Co Cardiff	Co Cardiff	Co Cardiff

Session: 3 warm up 15:15 | MIXED WARM UP 1 15:15~15:40 MIXED WARM UP 2 15:40 ~16:05
Day of Meet: 1 Starts at 04:15 PM
Total Athletes: 263 - Women: 184 - Men: 79

Aberavon Swimming Club	2
Aberystwyth and District SC	1
Bridgend County Swim Squad	12
Bridgend Swim Club	10
Caerphilly County Swim Squad	9
Carmarthen	7
Celtic Dolphins	5
Chepstow and District SC	3
City of Cardiff	83
City Of Newport Swimming Club	16
City of Swansea Aquatics Club	17
Cwmbran Swimming Club	4
Heads of the Valley	5
Llanelli ASC	6
Merthyr Tydfil	12
Monnow Swimming Club	7
Nexus Valleys Swimming Club	18
RCT Performance Swim Squad	21
Rhondda Swimming Club	11
Torfaen Dolphins Performance	14

WARM UP 1

0	1	2	3	4	5	6	7	8	9
Aberavon 2 Celtic D 5	Bridgend Cty 12 Abertystwth 1	Llanelli 6 Carmarthen 7	Newport 19	Swansea 17	Bridgend Swim 10	Torfaen D 14	Co Cardiff	Co Cardiff	Co Cardiff

WARM UP 2

0	1	2	3	4	5	6	7	8	9
Caerphilly 9	Nexus 18	Cwmbran 4 Heads V 5	Merthyr T 12 Monnow 7	Rhondda 11 Chepstow 3		RCT 21	Co Cardiff	Co Cardiff	Co Cardiff