TBOM 24 Warm-up Sheet

Session: 4 warm up 08:00 | MIXED WARM UP 1 08:00~08:25 MIXED WARM UP 2 08:30~08:55
Day of Meet: 2 Starts at 09:00 AM
Total Athletes: 441 - Women: 296 - Men: 145

Aberavon Swimming Club	2
Amman Valley	4
Brecon	8
Bridgend County Swim Squad	22
Bridgend Swim Club	14
Caerphilly County Swim Squad	15
Carmarthen	8
Celtic Dolphins	7
Chepstow and District SC	8
City of Cardiff	157
City Of Newport Swimming Club	23
City of Swansea Aquatics Club	21
Cwmbran Swimming Club	9
Heads of the Valley	11
Llanelli ASC	12
Merthyr Tydfil	16
Monnow Swimming Club	10
Nexus Valleys Swimming Club	19
Pontypridd	9
RCT Performance Swim Squad	27
Rhondda Swimming Club	18
Torfaen Dolphins Performance	21

WARM UP 1

0	1	2	3	4	5	6	7	8	9
Amman V 4 Brecon 8 Carmarthen 8	Bridgend Cty 20	Bridgend Cty 2 Llanelli 12 Newport 3 Aberavon 2	Newport 20	Swansea 21	Bridgend Swim 14 Chepstow 8	Torfaen D 21	Co Cardiff	Co Cardiff	Co Cardiff

WARM UP 2

0	1	2	3	4	5	6	7	8	9
Caerphilly 15 Cirencester 1	Nexus 19 Celtic D 7	Cwmbran 9 Heads V 11	Merthyr T 16 Monnow 5	Rhondda 18 Monnow 5	RCT 7 Pontypridd 9	RCT 20	Co Cardiff	Co Cardiff	Co Cardiff

Session: 5 warm up 11:35 | MIXED WARM UP 1 11:35~12:00 MIXED WARM UP 2 12:00~12:25
Day of Meet: 2 Starts at 12:30 PM
Total Athletes: 405 - Women: 270 - Men: 135

Aberavon Swimming Club	3
Amman Valley	3
Brecon	5
Bridgend County Swim Squad	22
Bridgend Swim Club	11
Caerphilly County Swim Squad	16
Carmarthen	10
Celtic Dolphins	9
Chepstow and District SC	7
City of Cardiff	113
City Of Newport Swimming Club	27
City of Swansea Aquatics Club	29
Cwmbran Swimming Club	8
Heads of the Valley	12
Llanelli ASC	17
Merthyr Tydfil	18
Monnow Swimming Club	10
Nexus Valleys Swimming Club	18
Pontypridd	7
RCT Performance Swim Squad	25
Rhondda Swimming Club	15
Torfaen Dolphins Performance	20

WARM UP 1

0	1	2	3	4	5	6	7	8	9
Aberavon 3 Brecon 5 Carmarthen 10	Bridgend Cty 22	Llanelli 17 Amman V 3	Newport 20	Swansea 9 Newport 7 Pontypridd 7	Swansea 20	Torfaen D 20	Co Cardiff	Co Cardiff	Co Cardiff

WARM UP 2

0	1	2	3	4	5	6	7	8	9
Caerphilly 16 Celtic D 9	Nexus 18	Cwmbran 8 Heads V 12	Merthyr T 18	Rhondda 21	RCT 5 Bridgend Swim 11	RCT 20	Co Cardiff 3 Monnow 10 Chepstow 7	Co Cardiff	Co Cardiff

Session: 6 warm up 15:15 | MIXED WARM UP 1 15:15~15:35 MIXED WARM UP 2 15:35 ~15:55
Day of Meet: 2 Starts at 04:00 PM
Total Athletes: 233 - Women: 154 - Men: 79

Amman Valley	1
Bridgend County Swim Squad	12
Bridgend Swim Club	3
Caerphilly County Swim Squad	1
Carmarthen	8
Celtic Dolphins	5
Chepstow and District SC	4
Cirencester SC	1
City of Cardiff	83
City Of Newport Swimming Club	20
City of Stoke SC (Cosacss)	1
City of Swansea Aquatics Club	16
Cwmbran Swimming Club	6
Heads of the Valley	5
Llanelli ASC	11
Merthyr Tydfil	7
Monnow Swimming Club	5
Neath ASC	1
Nexus Valleys Swimming Club	17
Pontypridd	6
RCT Performance Swim Squad	11
Rhondda Swimming Club	9
Tenby & District Swimming Club	1
Torfaen Dolphins Performance	13

WARM UP 1

0	1	2	3	4	5	6	7	8	9
Amman V 1 Celtic D 5 Neath 1 City Stoke 1	Bridgend Cty 12	Llanelli 11	Newport 20	Swansea 16	Nexus 17	Torfaen D 13	Co Cardiff	Co Cardiff	Co Cardiff

WARM UP 2

0	1	2	3	4	5	6	7	8	9
Caerphilly 1 Cirencester 1 Carmarthen 7	Bridgend Swim 3 Tenby 1	Cwmbran 6 Heads V 5	Merthyr T 7 Monnow 5	Rhondda 11 Chepstow 4	Pontypridd 6	RCT 11	Co Cardiff	Co Cardiff	Co Cardiff