



# Torfaen Dolphins – St David’s Day



## Schedule for the day- Sunday 3<sup>rd</sup> March

<u>Session 1</u> Warm up – 7.30 am Start – 8:50am Finish approx. 12pm	<u>Session 2</u> Warm up – 12:15pm Start 1:20pm Finish approx. 4.30pm
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**PLEASE CAN OFFICIALS BE READY TO MARCH ON TO POOLSIDE AT 8.45**

### Session 1:

Lane Number:	7:30 – 7:45am	7:45-8:00am	8:00-8:15am	8:15 – 8:30am	8:30-8:45am
<b>1</b>	Newport	Newport	Newport	Newport	Newport
<b>2</b>	Newport	Newport	Rhondda	Rhondda	Rhondda
<b>3</b>	TD	TD	TD	TD	TD
<b>4</b>	Monnow	Monnow	Monnow	Monnow	FREE
<b>5</b>	Cwmbran Otters	Cwmbran Otters	Merthyr	Merthyr	Merthyr
<b>6</b>	Nexus	Nexus	Afan Valley	Afan V & Chepstow	FREE

**\*\* CAN ALL COACHES ENSURE THAT NO SWIMMERS UNDER THE AGE OF 12 SWIM IN THE LAST WARM UP SESSION SO THAT THE YOUNGER SWIMMERS ARE AVAILABLE FOR MARSHALLING \*\***

**Session 2:**

<b>Lane Number:</b>	<b>12:15 – 12.30pm</b>	<b>12:30 -12:45pm</b>	<b>12:45-1:00pm</b>	<b>1:00 – 1:15pm</b>
<b>1</b>	Newport	Newport	Newport	Newport
<b>2</b>	Newport	Newport	Monnow	Monnow
<b>3</b>	TD	TD	TD	TD
<b>4</b>	TD	Rhondda	Rhondda	Rhondda
<b>5</b>	Cwmbran Otters	Cwmbran & Merthyr (3)	Merthyr	Merthyr
<b>6</b>	Afan Valley	Afan V &Chepstow	Nexus	Nexus

**\*\* CAN ALL COACHES ENSURE THAT NO SWIMMERS UNDER THE AGE OF 12 SWIM IN THE LAST WARM UP SESSION SO THAT THE YOUNGER SWIMMERS ARE AVAILABLE FOR MARSHALLING \*\***