

## City of Newport Swimming Club's Christmas Cracker

LANE	8	7	6	5	4	3	2	1		
	GIRLS	SESSION 1 WARM UP							BOYS	
08:00 - 08:15	COCY	COCY	COCY	NWMY	NWMY	NWMY	NWMY	NWMY		
08:15 - 08:30	CAPY	CAPY	SSTW	SSTW	CWMY	CWMY	ABTY	ABTY		
08:30 - 08:45	MONY	MONY/MERY	MERY	POPY	POPY/BREY	BREY	ABAY	TREY		
08:45 - 09:00	LYDW/HAVY	COCY	SSTW	SSTW	SSTW/BREY	NWMY	NWMY	NWMY		
09:00 - 09:15	CAPY	CAPY/ABAY	ABTY/TDOY	MERY	POPY	CWMY	MONY	MONY		
	SESSION 2 WARM UP									
11:55 - 12:10	COCY	COCY	COCY	NWMY	NWMY	NWMY	NWMY	NWMY		
12:10 - 12:25	CAPY	CAPY	SSTW	SSTW	CWMY	CMWY	ABTY	ABTY		
12:25 - 12:40	MONY	MONY/MERY	MERY	POPY	POPY/BREY	BREY	ABAY/TDOY	TREY		
12:40 - 12:55	LYDW/HAVY	COCY	SSTW	SSTW	SSTW/BREY	NWMY	NWMY	NWMY		
12:55 - 13:10	CAPY	CAPY/ABAY	ABTY/TDOY	MERY	POPY	CWMY	MONY	MONY		
	SESSION 3 WARM UP									
15:45 - 16:00	COCY	COCY	COCY/POPY	POPY	SSTW	NWMY/SSTW/TDOY	NWMY	NWMY		
16:00 - 16:15	CAPY	CAPY	CAPY/MONY	MONY	BREY	CWMY	CWMY/ABTY	ABTY		
16:15 - 16:30	LYDW/HAVY/ABAY	MERY	TREY	COCY	SSTW	SSTW	NWMY/BREY	NWMY		
16:30 - 16:45	CAPY	CAPY/ABAY	ABTY	MERY	POPY	CWMY	MONY	MONY		
	ABAY	ABERGAVENNY	CAPY	CAERPHILLY	HAVY	HAVERFORDWEST	MONY	MONNOW	SSTW	SEVERNSIDE
	ABTY	ABERTILLERY	COCY	CARDIFF	LYDW	LYDNEY	NWMY	NEWPORT	TDOY	TORFAEN
	BREY	BRECON	CWMY	CWMBRAN	MERY	MERTHYR	POPY	PONTYPRIDD	TREY	TREDEGAR

LYDNEY (BOYS & GIRLS TOGETHER)