

Swansea University LC Sprint 2024 - Warmup Arrangements

Please note that all warm-up sessions will be MIXED gender

Please note that there are no dedicated Sprint Lanes. However, if ALL coaches on a lane are in agreement, clubs may use the last couple of minutes of their allocated warmup for diving practice. Diving is only allowed from the scoreboard end of the pool. NB Swimmers must swim the whole length of the pool and exit the water at the far end. Swimmers must NOT cross other lanes.

Session 1 (Mixed Warmup) - 2 x 25 mins

	8.00 - 8.25	8.25 - 8.50		
1	Pembrokeshire (5) Aberavon (5)	Penyrheol (9)		
2	Pembrokeshire (12)	Pembrokeshire (12)		
3	Swanswa Uni (11)	Swansea Uni (10)		
4	Swanswa Uni (10)	Swansea Uni (10)		
5	Swansea Aq (10)	Swansea Aq (10)		
6	Swansea Aq (11)	C. Dolphins (11)		
7	Neath (12)	Neath (13)		
8	Nexus (12)	Nexus (3) Carmarthen (8) Amman Val (1) Merthyr (1)		
Session Starts: 9.00am				

Session 2 (Mixed Warmup) - 2 x 25 mins

	10.45 - 11.10	11.10 - 11.35		
1	Pembrokeshire (6) Carmarthen (6)	C. Dolphins(13)		
2	Pembrokeshire (12)	Pembrokeshire (11)		
3	Swansea Uni (12)	Swansea Uni (12)		
4	Swansea Uni (12)	Swansea Uni (11)		
5	Swansea Aq (11)	Swansea Aq (11)		
6	Nexus (13)	Swansea Aq (10)		
7	Neath (12)	Neath (11)		
8	Aberavon (5) Amman Val (3) Cwmbran (1) Merthyr (1)	Penyrheol (9)		
Session Starts: 11.45am				

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Session 3 (Mixed Warmup) - 2 x 25 mins

	1.25 - 1.50	1.50 - 2.15	z	
1	C. Dolphins (5) Amman Val (2) Cwmbran (1) Merthyr (1)	C. Dolphins (10)		
2	Swansea Aq (13)	Swansea Aq (13)		
3	Swansea Uni (12)	Swansea Uni (12)		
4	Swansea Uni (12)	Swansea Uni (11)		
5	Pembrokeshire (10)	Pembrokeshire (10)		
6	Pembrokeshire (11)	Nexus (11)		
7	Neath (11)	Neath (11)		
8	Penyrheol (9)	Carmarthen (10)		
Session Starts: 2.25pm				