

Neath Open Meet 2024 – Warm-up 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 their allocated warmup for diving practice. **Important:** Swimmers must swim the whole length of the pool and exit the water at the far end. **Swimmers must NOT cross other lanes. There can only be a maximum of 10 swimmers in each lane during warm up at any one time. Marshals will be present to ensure this is adhered too.**

Saturday 19th October 2024

Session One – Mixed Warm up 8am to 8:20 am

1b	Pembroke		Swansea University	1a
2b	Pembroke		Swansea University	2a
3b	Pembroke		Swansea University	3a
4b	Llanelli		NSG	4a
5b	RCT		NSG	5a
6b	RCT		Swansea Aquatics	6a
7b	Penyrheol, Carmarthen		Torfaen	7a
8b	Bridgend SC, Amman Valley, Merthyr T, Celtic Dolphins		Neath	8a

Saturday 19th October 2024

Session Two – Mixed Warm up 10am to 11.15am

	10.15 to 10:34	10:35 to 10:54	10:55 to 11.15		10.15 to 10:34	10:35 to 10:54	10:55 to 11.15	
1b	Pembroke (10)	Pembroke (9)	Pembroke (9)		Swansea Uni (10)	Swansea Uni (10)	Swansea Uni (8)	1a
2b	Llanelli (8)	Llanelli (8)	Llanelli (8)		Swansea Uni (10)	Swansea Uni (10)	Swansea Uni (8)	2a
3b	Bridgend SC (8)	Bridgend SC (8)	Bridgend SC (7)		Swansea Aq (9)	Swansea Aq (9)	Swansea Aq (8)	3a
4b	Celtic Dolphins (7)	Celtic Dolphins (7)	Celtic Dolphins (7)		Swansea Aq (9)	Swansea Aq (9)	Swansea Aq (8)	4a
5b	Merthyr Tydfil (8)	Merthyr Tydfil (8)	Merthyr Tydfil (7)		NSG (9)	NSG (9)	Amman Valley (8)	5a
6b	Penyrheol (9)	Penyrheol (9)	RCT (7)		Torfaen (8)	Torfaen (8)	Torfaen (7)	6a
7b	RCT (9)	RCT (9)	RCT(8)		Neath (9)	Neath (9)	Neath (8)	7a
8b	Carmarthen (8)	Carmarthen (8)	Aberavon (6)		Neath (9)	Neath (9)	Neath (9)	8a

Session Three – Mixed Warm up – 2.25pm to 3.25pm

	2.25 to 2:44	2:45 to 3:04	3:05 to 3.25		2.25 to 2:44	2:45 to 3:04	3:05 to 3.25	
1b	Pembroke (6)	Pembroke (6)	Pembroke (6)		Swansea Uni (10)	Swansea Uni (10)	Swansea Uni (8)	1a
2b	Bridgend SC (6)	Bridgend SC (6)	Bridgend SC (5)		Swansea Uni (8)	Swansea Aqu (10)	Swansea Aqu (9)	2a
3b	Llanelli (8)	Llanelli (7)	Llanelli (7)		Swansea Aqu (8)	Swansea Aqu (8)	Swansea Aqu (8)	3a
4b	Celtic Dolphins (7)	Celtic Dolphins (7)	Celtic Dolphins (7)		Amman V (6)	NSG (7)	NSG (6)	4a
5b	Aberavon (7)	Penyrheol (6),	Penyrheol (5)		Amman V (6)	Torfaen Dolphins (10)	Torfaen Dolphins (9)	5a
6b	Merthyr Tydfil (9)	Merthyr Tydfil (8)	Merthyr Tydfil (6),		Carmarthen (7)	Carmarthen (7)	Carmarthen (7)	6a
7b	RCT (10)	RCT (10)	RCT(10)		Neath (10)	Neath (10)	Neath (10)	7a
8b	Bridgend County (10)	Bridgend County (10)	Bridgend County (4),		Neath (10)	Neath (10)	Neath (10)	8a

Sunday 20th October 2024

Session Four – Mixed Warm up – 8am to 9am

	8am to 8:19am	8:20 to 8:39	8:40 to 9am		8am to 8:19am	8:20 to 8:39	8:40 to 9am	
1b	Pembroke (10)	Pembroke (10)	Pembroke (9)		Swansea Uni (10)	Swansea Uni (10)	Swansea Uni (10)	1a
2b	Bridgend SC (6)	Bridgend SC (6)	Bridgend SC (6)		Swansea Uni (10)	Swansea Uni (10)	Swansea Uni (8)	2a
3b	Llanelli (7)	Llanelli (7)	Llanelli (7)		Swansea Aqu (10)	Swansea Aqu (10)	Swansea Aqu (10)	3a
4b	Celtic Dolphins (7)	Celtic Dolphins (7)	Celtic Dolphins (6)		Swansea Aqu (10)	NSG (9)	NSG (9)	4a
5b	Penyrheol (6)	Penyrheol (6)	Penyrheol (6)		Torfaen (8)	Torfaen (7)	Amman V (10)	5a
6b	Merthyr Tydfil (9)	Merthyr Tydfil (9)	Merthyr Tydfil (8)		Torfaen (7)	Carmarthen (9)	Carmarthen (9)	6a
7b	RCT (7)	RCT (6)	Aberavon (3)		Neath (10)	Neath (10)	Neath (10)	7a
8b	RCT (7)	RCT (7)	RCT(7)		Neath (10)	Neath (10)	Neath (10)	8a

Session Five – Mixed Warm up – 12.15pm to 1.15pm

	12.15 to 12:34	12:35 to 12:54	12:55 to 13.15		12.15 to 12:34	12:35 to 12:54	12:55 to 13.15	
1b	Pembroke (9)	Pembroke (8)	Pembroke (8)		Swansea Uni (8)	Swansea Uni (8)	Swansea Uni (8)	1a
2b	Bridgend SC (8)	Bridgend SC (7)			Swansea Uni (8)	Swansea Uni (6)	Swansea Aqu (7)	2a
3b	Llanelli (6)	Llanelli (6)	Llanelli (6)		Swansea Aqu (7)	Swansea Aqu (7)	Swansea Aqu (7)	3a
4b	Celtic Dolphins (8)	Celtic Dolphins (7)	Aberavon (4)		NSG (7)	Swansea Aqu (8)	Swansea Aqu (7)	4a
5b	Penyrheol (7)	Penyrheol (6)	Penyrheol (6)		NSG (8)	Torfaen (7)	Torfaen (7)	5a
6b	Merthyr Tydfil (7)	Merthyr Tydfil (7)	Merthyr Tydfil (7)		Carmarthen (6)	Carmarthen (6)	Carmarthen (6)	6a
7b	RCT (8)	Amman V (5)	Amman V (5)		Neath (9)	Neath (9)	Neath (9)	7a
8b	RCT (8)	RCT (8)	RCT(8)		Neath (9)	Neath (9)	Neath (9)	8a