

West Wales Regional LC Championships 2025 - Warm-up Arrangements

Please note that ALL warmup 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 start 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 (Friday Evening – Mixed Warmup)

	1	2	3	4	5	6	7	8
4.30 – 4.47	H'west (9) Pembroke (1)	Pembs Cty (10)	Neath (12)	Swansea Aq (11)	Swansea Aq (12)	Swansea Uni (10)	Celtic D. (10)	Penyrheol (13)
4.47 – 5.04	Aberystwyth (8) Fishguard (4)	Pembs Cty (10)	Neath (11)	Swansea Aq (12)	Carmarthen (11)	Swansea Uni (11)	Celtic D. (5) Llanelli (5)	Nexus (10)
5.04 – 5.21	Afan Valley (6) Milford (5)	Pembs Cty (11)	Neath (11)	Swansea Aq (11)	Carmarthen (12)	Swansea Uni (11)	Llanelli (10)	Amman Val. (9) Tenby (2)
Session starts: 5.30pm								

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Session 2 (Saturday, First Session - Mixed Warmup)

	1	2	3	4	5	6	7	8
8.00 – 8.25	Neath (7) Aberystwyth (7)	Carmarthen (7) Milford (5)	Swansea Aq (14)	Pembs Cty (12)	Pembs Cty (13)	Swansea Uni (13)	Swansea Uni (5) H'west (8)	Amman Val. (7) Celtic D. (2) Fishguard (2)
8.25 – 8.50	Neath (13)	Carmarthen (13)	Swansea Aq (13)	Pembs Cty (12)	Nexus (13)	Swansea Uni (13)	Llanelli (12)	Afan Valley (3) Pembroke (3) Penyrheol (2) Aberavon (1) Tenby (1)
Session Starts: 9.00am								

Session 3 (Saturday, Second Session - Mixed Warmup)

	1	2	3	4	5	6	7	8
11.50 – 12.15	Amman Val. (4) Milford (4) Fishguard (3)	Neath (10)	Nexus (13)	Pembs Cty (11)	Pembs Cty (5) H'west (6)	Swansea Uni (12)	Swansea Aq (11)	Carmarthen (9)
12.15 – 12.40	Aberystwyth (6) Pembroke (2) Tenby (2) Afan Valley (1)	Neath (10)	Llanelli (13)	Pembs Cty (11)	Celtic D. (8) Penyrheol (2)	Swansea Uni (12)	Swansea Aq (12)	Carmarthen (9)
Session Starts: 12.50pm								

Session 4 (Saturday, Third Session - Mixed Warmup)

	1	2	3	4	5	6	7	8
3.30 – 3.55	Carmarthen (4) Afan Valley (6) H'west (4)	Neath (5) Amman Val. (8)	Neath (13)	Pembs Cty (13)	Pembs Cty (10) Aberystwyth (4)	Swansea Uni (13)	Swansea Uni (5) Swansea Aq (8)	Penyrheol (5) Milford (4) Fishguard (2) Pembroke (1) Tenby (1)
3.55 – 4.20	Carmarthen (13)	Celtic D. (15)	Neath (13)	Pembs Cty (14)	Llanelli (14)	Swansea Uni (13)	Swansea Aq (14)	Nexus (13)
Session Starts: 4.30pm								

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Session 5 (Sunday, First Session - Mixed Warmup)

	1	2	3	4	5	6	7	8
8.00 – 8.17	Nexus (11)	Penyrheol (12)	Neath (12)	Pembs Cty (11)	Pembs Cty (7) Swansea Uni (4)	Swansea Aq (13)	Amman Val. (10)	Celtic D. (11)
8.17 – 8.34	Nexus (4) Aberystwyth (7)	Llanelli (10)	Neath (12)	Pembs Cty (11)	Swansea Uni (11)	Swansea Aq (13)	Carmarthen (11)	Celtic D. (4) Afan Valley (7)
8.34 – 8.51	H'west (7) Fishguard (3)	Llanelli (10)	Neath (12)	Pembs Cty (11)	Swansea Uni (11)	Swansea Aq (13)	Carmarthen (11)	Milford (7) Pembroke (1) Tenby (1)
Session Starts: 9.00am								

Session 6 (Sunday, Second Session - Mixed Warmup)

	1	2	3	4	5	6	7	8
12.00 – 12.25	Carmarthen (3) Afan Valley (7) Milford (4)	Pembs Cty (5) Swansea Uni (8)	Pembs Cty (15)	Swansea Aq (15)	Swansea Aq (6) Amman Val. (9)	Neath (15)	Neath (3) Celtic D. (12)	Llanelli (3) H'west (6) Fishguard (2) Pembroke (2) Aberavon (1)
12.25 – 12.50	Carmarthen (15)	Swansea Uni (15)	Pembs Cty (15)	Swansea Aq (15)	Penyrheol (10) Aberystwyth (5)	Neath (15)	Nexus (13)	Llanelli (15)
Session Starts: 1.00pm								

Session 7 (Sunday, Third Session - Mixed Warmup)

	1	2	3	4	5	6	7	8
3.35 – 4.00	Carmarthen (10)	Neath (12)	Swansea Aq (11)	Swansea Uni (10)	Swansea Uni (10)	Pembs Cty (11)	Pembs Cty (6) Llanelli (5)	Amman Val. (4) Celtic D. (2) Milford (2) Fishguard (1) Tenby (1)
4.00 – 4.25	Carmarthen (9)	Neath (12)	Swansea Aq (11)	Swansea Uni (10)	Nexus (9) Afan Valley (3)	Pembs Cty (11)	Llanelli (11)	H'west (3) Pembroke (3) Penyrheol (2) Aberystwyth (1) Aberavon (1)
Session Starts: 4.35pm								