

Swansea Aquatics Long Course

Warm Up Arrangements

Session 1	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Warm Up 1 7:55 - 8:10	Wycombe District SC (1)						Chelsea & Westminster SC (10)	Dartmoor Darts Aquatic (1)
	Hackney Aquatics Club (8)	Wigan Best SC (11)	City of Cardiff (14)	Swansea Aquatics (17)	Camden Swiss Cottage SC (13)	Torfaen Dolphins Performance (13)	City of Liverpool SC (3)	Teddington SC (6)
	City of Hereford SC (2)							Mount Kelly Swimming (4)
Warm Up 2 8:10 - 8:25	Exeter City Swimming Club (7)	Poole SC (10)					City of Manchester Aquatics (10)	Penyrheol (3)
	City of Salford SC (7)	Guildford City Swimming Club (1)	City of Cardiff (14)	Swansea Aquatics (17)	Camden Swiss Cottage SC (10)	Swim Gwynedd Performance Club (12)	Crawley SC (3)	City Of Peterborough SC (3)
								Bolton Metro Swimming Squad (2)
								Alfrincham SC (1)
								Cheddar Kingfishers SC (1)
								Newtown SC (1)
Warm Up 3 8:25 - 8:40	Stockport Metro SC (7)	Stretford SC (1)					Brompton SC (9)	Trafford Metro Bor SC (1)
	Oldham Aquatics SC (2)		City of Cardiff (14)	Swansea Aquatics (17)	Pembrokeshire County Swimming (14)	Neath SC (10)	Bromley SC (1)	Nofio Clwyd (3)
	Wrexham (2)	Nofio Sir Gar (10)				Hatfield SC (1)	City of Cambridge SC (1)	Repton Swimming (3)
								Celtic Dolphins (2)
								The University Of Birmingham (1)
								Bridgefield SC (1)
Warm Up 4 8:40 - 8:55	Preston Swimming Club (2)	Ireland University (9)		Swansea Aquatics (14)		Thurrock Swimming Club (1)	Rhondda Cynon Taf Performance (9)	Winsford Swimming Club (3)
	Southport SC (5)	City of Leicester SC (1)	Bridgend County Swim Squad (15)		City Of Newport Swimming Club (13)	Hillingdon Swimming Club (9)	Carmarthen (1)	Anaconda SC (2)
	Sevenoaks SC (2)			Swansea Uni (1)				Burnley Bobcats Adm SC (2)
	City of Bristol SC (1)	Fishguard Flyers (1)				Colchester SC (1)		Gloucester City SC (22)
	Satellite of Macclesfield SC (1)					Merthyr Tydfil (1)	Chirk (1)	City of Coventry SC (1)
							Millfield School (1)	Warrington Warriors SC (1)

Swansea Aquatics Long Course

Warm Up Arrangements

Session 2	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Warm Up 1 11:45 - 12:00	Nofio Sir Gar (7)	Pembrokeshire County Swimming (11)	City of Manchester Aquatics (13)	Swansea Aquatics (13)	City of Cardiff (12)	City of Salford SC (10)	Hillingdon Swimming Club (7)	Neath SC (7)
	Preston Swimming Club (2)						Repton Swimming (2)	Sevenoaks SC (3)
Warm Up 2 12:00 - 12:15	Ireland University (5)	Bridgend County Swim Squad (10)	Torfaen Dolphins Performance (12)	Swansea Aquatics (13)	City of Cardiff (10)	Exeter City Swimming Club (9)	Stockport Metro SC (9)	Bromley SC (1)
	Teddington SC (5)						Bromsgrove SC (1)	Celtic Dolphins (1)
Warm Up 3 12:15 - 12:30	Crawley SC (5)	Hackney Aquatics Club (10)	Wigan Best SC (12)	Swansea Aquatics (13)	City of Cardiff (12)	City Of Newport Swimming Club (9)	Chelsea & Westminster SC (6)	Satellite of Macclesfield SC (1)
	Winsford Swimming Club (2)						Rhondda Cynon Taf Performance (4)	Spenborough SC (1)
Warm Up 4 12:30 - 12:45	Brompton SC (6)	Swim Gwynedd Performance Club (8)	Poole SC (8)	Swansea Aquatics (10)	Camden Swiss Cottage SC (10)	Camden Swiss Cottage SC (8)	City of Liverpool SC (6)	Sprint Lane
	Mount Kelly Swimming (4)	Altrincham SC (2)	The University Of Birmingham (2)	Swansea Uni (1)		City Of Peterborough SC (2)	Southport SC (4)	

Swansea Aquatics Long Course

Warm Up Arrangements

Session 4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Warm Up 1 7:55 - 8:10	Hillingdon Swimming Club (10) Crawley SC (5)	Bridgend County Swim Squad (16)	City of Cardiff (15)	Swansea Aquatics (17)	Pembrokeshire County Swimming (9) Dartmoor Darts Aquatic (1) Nova Centurion SC (1) Newtown SC (1)	City Of Newport Swimming Club (17)	Rhondda Cynon Taf Performance (12) Altrincham SC (2) The University Of Birmingham (1)	Neath SC (9) City of Hereford SC (3) Bexley SC (1) City of Cambridge SC (1) Chirk (1)
Warm Up 2 8:10 - 8:25	Stockport Metro SC (10) Penyrheol (4)	Torfaen Dolphins Performance (16)	City of Cardiff (15)	Swansea Aquatics (15)	Pembrokeshire County Swimming (15)	Swim Gwynedd Performance Club (13) Fishguard Flyers (1)	City of Salford SC (12) Wrexham (2) Burnley Bobcats Adm SC (1)	Poole SC (9) Southport SC (3) Satellite of Macclesfield SC (2) Millfield School (1)
Warm Up 3 8:25 - 8:40	Hackney Aquatics Club (9) Teddington SC (6)	City of Manchester Aquatics (16)	City of Cardiff (15)	Swansea Aquatics (17)	Camden Swiss Cottage SC (15)	Ireland University (12) Chelsea & Westminster SC (1) Guildford City Swimming Club (1)	Brompton SC (10) Nofio Clwyd (5)	Anaconda SC (4) Sevenoaks SC (4) Gloucester City SC (2) Bromsgrove SC (1) Cheddar Kingfishers SC (1) Holywell SC (1)
Warm Up 4 8:40 - 8:55	Celfic Dolphins (3) City Of Peterborough SC (3) Repton Swimming (2) Winsford Swimming Club (1) City of Coventry SC (1)	Chelsea & Westminster SC (14)	Wigan Best SC (16)	Swansea Aquatics (15)	Camden Swiss Cottage SC (9) Winchester City Penguins (1) Spensborough SC (1) Trafford Metro Bor SC (1)	Nofio Sir Gar (12) Bromley SC (1) Merthyr Tydfil (1) Oldham Aquatics SC	Exeter City Swimming Club (10) Warrington Warriors SC (2) Bridgefield SC (1) Preston Swimming Club (1) City of St Albans SC (1)	Mount Kelly Swimming (4) City of Liverpool SC (3) Carmarthen (2) Colchester SC (1) Hatfield SC (1)

Swansea Aquatics Long Course

Warm Up Arrangements

Session 5	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Warm Up 1 12:15 - 12:30	Teddington SC (10) Wrexham (2) Colchester SC (1) Trafford Metro Bor SC (1)	Poole SC (12) Spenborough SC (1) Strefford SC (1)	Chelsea & Westminster SC (15)	Swansea Aquatics (16)	City of Cardiff (15)	Ireland University (13) Holywell SC (1)	City Of Newport Swimming Club (13) Hounslow Jets (1)	Swim Gwynedd Performance Club (10) Altrincham SC (3) Preston Swimming Club (1)
	Warm Up 2 12:30 - 12:45	Brompton SC (9) Winsford Swimming Club (4)	Hackney Aquatics Club (10) Warrington Warriors SC (2) Chelsea & Westminster SC (1)	Bridgend County Swim Squad (16)	Swansea Aquatics (16)	City of Cardiff (15)	Hatfield SC (1) City of Manchester Aquatics (12)	Crawley SC (6) Millfield School (1) Newtown SC (1) Greenwich Royals SC (1) Merthyr Tydfil (1) Nova Centurion SC (1)
Warm Up 3 12:45 - 13:00	Penyrheol (4) Gloucester City SC (3) Satellite of Macclesfield SC (3) Oldham Aquatics SC (2) Fishguard Flyers (1)	Rhondda Cynon Taf Performance (12) Dartmoor Darts Aquatic (1)	Wigan Best SC (15)	Swansea Aquatics (16)	City of Cardiff (9) Pembrokeshire County Swimming (6)	Pembrokeshire County Swimming (13)	Torfaen Dolphins Performance (12) Sevenoaks SC (3)	City of Liverpool SC (7) The University Of Birmingham (2) City Of Peterborough SC (1) Bexley SC (1) Carmarthen (1)
	Warm Up 4 13:00 - 13:15	Southport SC (4) Nofio Clwyd (3) Anaconda SC (2) Bolton Metro Swimming Squad (1) Guildford City Swimming Club (1)	Thurrock Swimming Club (2) Exeter City Swimming Club (11)	Hillingdon Swimming Club (14)	Swansea Aquatics (15) Swansea University SC (1)	Camden Swiss Cottage SC (13) Knutsford Amateur Swimming Clu (1)	Camden Swiss Cottage SC (10) Bury and Elton SC (1) City of Cambridge SC (1) City of Bristol SC (1)	Nofio Sir Gar (10) Repton Swimming (3)

Swansea Aquatics Long Course

Warm Up Arrangements

Session 7	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Warm Up 1 7:55 - 8:10	Ireland University (7) Nofio Clwyd (3) Bexley SC (1)	Hillingdon Swimming Club (11)	City of Cardiff (13)	Swansea Aquatics (13)	Camden Swiss Cottage SC (13)	Chelsea & Westminster SC (11) Spenborough SC (1)	Nofio Sir Gar (10) Bromley SC (1) Warrington Warriors SC (1)	Neath (8) Anaconda SC (2) Colchester SC (1)
Warm Up 2 8:10 - 8:25	Winsford Swimming Club (1) City of Liverpool SC (5) Penyrheol (3) Burnley Bobcats Adm SC (1) City of Hereford SC (1)	Bridgend County Swim Squad (14)	City of Cardiff (13)	Swansea Aquatics (13)	Camden Swiss Cottage SC (11) Torfaen Dolphins Performance (4)	Torfaen Dolphins Performance (13)	Hackney Aquatics Club (9) Crawley SC (4)	Rhondda Cynon Taf Performance (8) Gloucester City SC (2) Dartmoor Darts Aquatic (1)
Warm Up 3 8:25 - 8:40	Southport SC (5) Satellite of Macclesfield SC (3) Wrexham (2) Holywell SC (1)	Wigan Best SC (14)	City of Cardiff (13)	Swansea Aquatics (13)	Pembrokeshire County Swimming (13)	City of Manchester Aquatics (13)	City Of Newport Swimming Club (9) Mount Kelly Swimming (4)	City of Salford SC (8) Oldham Aquatics SC (2) Guildford City Swimming Club (1)
Warm Up 4 8:40 - 8:55	Teddington SC (5) Sevenoaks SC (3) Repton Swimming (2) Merthyr Tydfil (1)	Poole SC (10) Nova Centurion SC (1)	Swim Gwynedd Performance Club (11)	Swansea Aquatics (12) Swansea University SC (1)	Pembrokeshire County Swimming (7) Preston Swimming Club (2) City of St Albans SC (1)	Brompton SC (10) Carmarthen (1)	Exeter City Swimming Club (8) Altrincham SC (3) Winchester City Penguins (1)	Stockport Metro SC (5) City Of Peterborough SC (2) Greenwich Royals SC (1) Hatfield SC (1) Thurrock Swimming Club (2) Trafford Metro Bor SC (1)

Swansea Aquatics Long Course

Warm Up Arrangements

Session 8	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Warm Up 1 12:15 - 12:30	Exeter City Swimming Club (6) Bridgefield SC (1) Spenborough SC (1) Oldham Aquatics SC (1) Merthyr Tydfil (1)	City Of Newport Swimming Club (11)	Pembrokeshire County Swimming (12)	Swansea Aquatics (12)	Neath SC (11)	Hillingdon Swimming Club (12)	Brompton SC (9) Burnley Bobcats Adm SC (1) Millfield School (1)	Hackney Aquatics Club (7) Satellite of Macclesfield SC (2) Bromley SC (1)
Warm Up 2 12:30 - 12:45	Ireland University (6) Warrington Warriors SC (2) Thurrock Swimming Club (1)	Nofio Sir Gar (8) Gloucester City SC (3)	Pembrokeshire County Swimming (11)	Swansea Aquatics (12)	City of Cardiff (11)	Bridgend County Swim Squad (11)	Rhondda Cynon Taf Performance (11)	Stockport Metro SC (4) Greenwich Royals SC (2) Altrincham SC (1) Cheddar Kingfishers SC (1) Hatfield SC (1)
Warm Up 3 12:45 - 13:00	Teddington SC (4) Nofio Clwyd (2) City Of Peterborough SC (1) Wirral Metro SC (1)	Swim Gwynedd Performance Club (10)	Camden Swiss Cottage SC (12)	Swansea Aquatics (12)	City of Cardiff (11)	Bridgend County Swim Squad (6) City of Manchester Aquatics (5)	Poole SC (8) Penyrheol (3)	Mount Kelly Swimming (4) Anaconda SC (2) Bexley SC (1) Chirk (1) City of Hereford SC (1)
Warm Up 4 13:00 - 13:15	City of Salford SC (6) Winchester City Penguins (2) Wycombe District SC (1)	Wigan Best SC (10) Wrexham (1)	Camden Swiss Cottage SC (6) Southport SC (3)	Swansea Aquatics (12) Swansea University SC (1)	City of Cardiff (10) Bury and Elton SC (1)	Torfaen Dolphins Performance (10) Bolton Metro Swimming Squad (1)	Chelsea & Westminster SC (7) Carmarthen (2) City of Cambridge SC (1)	Crawley SC (4) Repton Swimming (2) Colchester SC (1) Guildford City Swimming Club (1) Hounslow Jets (1) Leicester Sharks Swimming Club (1)