

Swansea Aquatics Spring Long Course 2024

Warm Up Arrangements

Please note that all warmups are mixed and that coaches should monitor their swimmers/lane during warm up.

Session 1 Warm Up

	1	2	3	4	5	6	7	8
08:00-08:20	Munster (11) Team Bath (1)	Munster (12)	Swansea University (12)	Swansea Aquatics (12)	Leinster (12)	Soundwell (13)	Ledbury (8) Llanelli (3) Aberystwyth (1)	Wrexham (1) Briston Pen (11)
08:20-08:40	Connacht (11) Bracknell (1)	Swim Ulster (12)	Swansea University (12)	Swansea Aquatics (12)	Leinster (12)	Soundwell (13)	Neath (8) Carmarthen (2)	Sevenside (1) Nexus Valleys (1) Monnow (1) Cirencester (1) Nofio Sir Gar (7)
08:40-09:00	Bridgend County (13)	Swim Ulster (13)	Swansea University (11)	Swansea Aquatics (5)	Leinster (6)	Redditch (13)	Evesham (7) Merthyr (1) Fareham Nomads (4)	RCT Squad (6) Bridgend SC (5) Bristol North (1)
Session Start – 09:05								

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Session 2 Warm Up 11:30

	1	2	3	4	5	6	7	8
11:30-11:50	Llanelli (4) Wrexham (1) Severnside (1) Nexus Valleys (1) Merthyr (5)	Connacht (5) Munster (8)	Leinster (14)	Swansea University (14)	RCT Squad (14)	Soundwell (13)	Bristol Pen (13)	Nofio Sir Gar (11) Monnow (1) Cardiff Masters (1)
11:50-12:10	Bristol North (3) Fareham Nomads (8) Bridgen SC (2)	Munster (9) Connacht (5)	Leinster (14)	Swansea University (14)	Swansea Aquatics (14)	Soundwell (13)	Neath (13)	Bridgend County (9) Carmarthen (3) Bracknell (1)
12:10-12:30	Redditch (15)	Munster (6) Swim Ulster(9)	Leinster (3) Swim Ulster (11)	Swansea University (4) Swansea Aquatics (3) Ledbury (7)	Swansea Aquatics (14)	Soundwell (3)	Evesham (13)	Bridgend County (10) Cirencester (1) Aberystwyth (1) Team Bath (1)
Session Start 13.30								

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Session 3 Warm Up 15:15

	1	2	3	4	5	6	7	8
15:15-15:35	Neath (8) Cirencester (1)	Munster (11)	Swim Ulster (11)	Leinster (13)	Swansea University	Swansea University Swansea Aquatics (9)	Ledbury (9) Redditch (2)	Fareham Nomads (7) Bridgend SC (3) Cardiff Masters (1)
15:35-15:55	Team Bath (1) Monnow (1) Nofio Sir Gar (8)	Munster (4) Connacht (6)	Swim Ulster (11)	Leinster (13)	Swansea University	Swansea University Swansea Aquatics (9)	Redditch (11) Team Bath (1)	Bridgend SC (3) Aberystwyth (1) Bristol Pen (7)
15:55-16:15	RCT Squad (6) Wrexham (1)	Connacht (6) Llanelli (3)	Soundwell (13)	Soundwell (13)	Swansea University	Bridgend County (10)	Evesham (6) Sevenside (1) Carmarthen (2)	Bristol Pen (7) Merthyr (2)
Start at 16:20								