

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 4 Warm Up

	1	2	3	4	5	6	7	8
08:00-08:20	Wrexham (1) Connacht (13) Leamington (1)	Redditch (9) Bridgend (6)	Soundwell (15)	Swansea Aquatics (15)	Swansea University (15)	Leinster (15)	Swim Ulster (15)	Nofio Sir Gar (6) Fareham Nomads (9)
08:20-08:40	Evesham (8) Bristol Pen (7)	Redditch (9) Merthyr (6)	Soundwell (15)	Swansea Aquatics (15)	Swansea University (15)	Leinster (15)	Swim Ulster (14) Team Bath (1)	Neath (6) Nofio Sir Gar (6) Cirencester (1) Celtic Dolphins (1)
08:40-09:00	Evesham (8) Bristol North (7)	RCT Squad (15)	Soundwell (4) Bridgend County (11)	Swansea Aquatics (13) Amman Valley (2)	Swansea University (5) Nexus Valleys (3) Ledbury (7)	Leinster (4) Munster (6) Aberystwyth (1) Afan Valley (1)	Munster (15)	Neath (6) Llanelli (4) Carmarthen (2) Cardiff Masters (1)
Session Start – 09:05								

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 5 Warm Up 12:30

	1	2	3	4	5	6	7	8
12:30-12:50	Fareham Nomads (9) Merthyr	Neath (7) Soundwell (5)	Swansea Aquatics (12)	Swansea University (12)	Connacht (12)	Munster (12)	Bridgend County (8) Bristol North (4)	Evesham (10) Aberystwyth (1)
12:50-13:10	Nofio Sir Gar (11) Leamington (1)	Soundwell (12)	Swansea Aquatics (12)	Swansea University (12)	Leinster (12)	Munster (8) Amman Valley (4)	Bridgend County (8) Carmarthen (4)	Evesham (5) Bristol Pen (5)
13:10-13:30	Ledbury (4) Llanelli (4) Nexus Valleys (1)	Soundwell (12)	Swansea Aquatics (6) Bridgend SC (6)	Swansea University (12)	Leinster (12)	Swim Ulster (15)	Redditch (13)	RCT Squad(12)
Session Start 13.35								

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 6 Warm Up 16:00

	1	2	3	4	5	6	7	8
16:00-16:20	Neath (10) Cardiff Masters (1) Leamington (1)	Swansea Aquatics (13)	Swansea University (12)	Soundwell (7) Ledbury (5)	Swim Ulster (12)	Leinster (4) Llanelli (6) Portsmouth Northsea (2)	Munster (12)	Connacht (10) Bridgend County (2)
16:20-16:40	Bridgend SC (7) Celtic Dolphins (1) Wrexham (1)	Swansea Aquatics (13)	Swansea University (12)	Soundwell (12)	Swim Ulster (12)	Leinster (12)	Munster (5) Bristol Pen (5)	Bridgend County (11)
16:40-17:00	Nofio Sir Gar (11) Amman Valley (1)	Evesham (12)	Swansea University (7) Bristol North (5)	Soundwell (12)	Redditch (12)	Leinster (12)	Bristol Pen (5) Aberystwyth (1) Torquay (1)	Merthyr (4) Fareham Nomads (4) Nexus Valleys (3)
Start at 17:05								