

Swim Wales Legends Meet 2016 - Warm-up Arrangements
Please note that ALL warmup sessions will be MIXED gender.

Session 1 (Friday Evening – Mixed Warmup)

	1	2	3	4	5	6	7	8
4.30 – 4.55	Aberaeron (5) Llanelli (5)	Swansea (14)	Swansea (14)	Rhondda (14)	Torfaen (13)	Neath (10)	Aberystwyth (8) Abertillery (1) Aberavon (1)	H'west (5) Caerphilly (2) Mold (1) Newtown (1)
4.55 – 5.20	Bridgend (5) Nexus (5)	Swansea (14)	Celtic Dolphins (13)	Rhondda (13)	Torfaen (12)	Neath (9)	Penyrheol (6) Merthyr (4)	Head of Val (5) Newport (2) Pembroke (2) Stingrays (1)

Session starts: 5.30pm

Session 2 (Saturday, First Session - Mixed Warmup)

	1	2	3	4	5	6	7	8
8.00 – 8.25	Penyrheol (8) Bridgend (2) Caerphilly (2)	Rhondda (13)	Rhondda (14)	Swansea (16)	Torfaen (16)	Neath (13)	Aberystwyth (9) Llanelli (3)	Aberaeron (8) Head of Val (4)
8.25 – 8.50	H'west (7) Newtown (4) Mold (1)	Rhondda (13)	Celtic Dolphins (11)	Swansea (17)	Torfaen (16)	Neath (12)	Nexus (9) Aberavon (2)	Newport (8) Merthyr (4)

Session starts: 9.00am

Session 3 (Saturday, Second Session - Mixed Warmup)

	1	2	3	4	5	6	7	8
12.00 – 12.25	Aberystwyth (7) Blaenafon (1) Mold (1) Pembroke (1)	Swansea (13)	Swansea (13)	Rhondda (17)	Torfaen (16)	Neath (6) H'west (7)	Newport (10)	Aberaeron (7) Llanelli (3)
12.25 – 12.50	Bridgend (5) Penyrheol (5)	Swansea (13)	Celtic Dolphins (13)	Rhondda (16)	Torfaen (15)	Neath (13)	Nexus (8) Newtown (2)	Head of Val. (6) Merthyr (2) Stingrays (1) SW Titans (1)

Session Starts: 1.00pm

Session 4 (Saturday, Third Session - Mixed Warmup)

	1	2	3	4	5	6	7	8
3.45 – 4.35	H'west (5) Bridgend (3) Caerphilly (2) Merthyr (2) SW Titans (2) Aberavon (1) Blaenafon (1) Stingrays (1)	Rhondda (18)	Rhondda (12) Celtic Dolphins (6)	Swansea (18)	Swansea (7) Aberystwyth (7) Aberaeron (3)	Torfaen (17)	Neath (12) Nexus (2) Newtown (2) Abertillery (1)	Newport (6) Penyrheol (3) Heads of Val (5)
Session Starts: 4.45pm								

Session 5 (Sunday, First Session - Mixed Warmup)

	1	2	3	4	5	6	7	8
8.00 – 8.25	Head of Val (7) Abertillery (1) Aberavon (1) Caerphilly (1) Newtown (1)	Rhondda (12)	Rhondda (13)	Swansea (16)	Torfaen (12)	Bridgend (14)	Neath (8) Newport (4)	Aberaeron (7) Penyrheol (5)
8.25 – 8.50	Llanelli (5) Pembroke (1) Nexus (5) Mold (1)	Rhondda (12)	Celtic Dolphins (11)	Swansea (16)	Torfaen (13)	H'west (8) Merthyr (4)	Neath (12)	Aberystwyth (7) Cardigan (1) Stingrays (1) SW Titans (1)
Session Starts: 9.00am								

Session 6 (Sunday, Second Session - Mixed Warmup)

	1	2	3	4	5	6	7	8
12.15 – 12.40	H'west (8) Pembroke (2)	Rhondda (15)	Rhondda (10) Aberaeron (6)	Swansea (18)	Torfaen (16)	Celtic Dolphins (17)	Newport (8) Newtown (2)	Head of Val (7) Llanelli (3)
12.40 – 1.05	Nexus (8) Abertillery (1) Cardigan (1)	Rhondda (15)	Penyrheol (9) Merthyr (6)	Swansea (18)	Torfaen (16)	Bridgend (13)	Aberystwyth (7) Aberavon (2) Abertillery (1)	SW Titans (3) Stingrays (1) Newtown (2)
Session Starts: 1.15pm								