

# Llanelli Open Meet 2022 - Warmup Arrangements

Please note that all warm-up 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 scoreboard 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 (Mixed Warmup) - 4 x 15 mins

	8.00 - 8.15	8.15 - 8.30	8.30 - 8.45	8.45 - 9.00	
1	Fishguard (5) NSG (2)	NSG (8)	Amman Val (9)	Milford (9)	
2	Carmarthen (7)	Carmarthen (7)	Nexus (7)	Nexus (7)	
3	Swansea Aq (9)	Swansea Aq (9)	Swansea Aq (9)	Swansea Aq (9)	
4	Swansea Aq (9)	Swansea Aq (9)	Swansea Aq (9)	Swansea Aq (9)	
5	Haverfordwest (8)	Haverfordwest (8)	Haverfordwest (8)	Haverfordwest (8)	
6	Llanelli (8)	Llanelli (7)	Llanelli (7)	Llanelli (7)	
7	RCT (9)	RCT (9)	Neath (9)	Neath (8)	
8	Aberystwyth (8)	Pembroke (8)	Penyrheol (7)	Aberavon (4)	
<b>Session Starts: 9.05am</b>					

## Session 2 (Mixed Warmup) - 5 x 12 mins

	11.35 - 11.47	11.47 - 11.59	11.59 - 12.11	12.11 - 12.23	12.23 - 12.35
1	Nexus (7)	Nexus (6)	Pembroke (9)	Carmarthen (7)	Carmarthen (6)
2	Amman Val (7)	Aberystwyth (8)	RCT (6)	RCT (6)	RCT (6)
3	Swansea Aq (8)	Swansea Aq (7)	Swansea Aq (7)	Swansea Aq (7)	Swansea Aq (7)
4	Swansea Aq (8)	Swansea Aq (7)	Swansea Aq (7)	Swansea Aq (7)	Swansea Aq (7)
5	Swansea Aq (7)	Neath (7)	Neath (6)	Neath (6)	Neath (6)
6	Haverfordwest (7)	Haverfordwest (7)	Haverfordwest (7)	Haverfordwest (7)	Haverfordwest (7)
7	Llanelli (7)	Llanelli (6)	Llanelli (6)	Llanelli (6)	Llanelli (6)
8	Fishguard (5) NSG (1) Torfaen (1)	Aberavon (6)	Penyrheol (6)	Penyrheol (3) Milford (3)	Milford (6)
<b>Session Starts: 12.40pm</b>					

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### Session 3 (Mixed Warmup) - 5 x 12 mins

	<b>3.20 - 3.32</b>	<b>3.32 - 3.44</b>	<b>3.44 - 3.56</b>	<b>3.56 - 4.08</b>	<b>4.08 - 4.20</b>
<b>1</b>	RCT (7)	RCT (7)	RCT (6)	Pembroke (8)	Pembroke (7)
<b>2</b>	Llanelli (7)	Llanelli (7)	Llanelli (7)	Llanelli (6)	Amman Val (8)
<b>3</b>	Swansea Aq (8)	Swansea Aq (7)	Swansea Aq (7)	Swansea Aq (7)	Swansea Aq (7)
<b>4</b>	Swansea Aq (8)	Swansea Aq (7)	Swansea Aq (7)	Swansea Aq (7)	Swansea Aq (7)
<b>5</b>	Swansea Aq (7)	Swansea Aq (7)	Nexus (7)	Nexus (7)	Nexus (6)
<b>6</b>	Haverfordwest (8)	Haverfordwest (7)	Haverfordwest (7)	Haverfordwest (7)	Aberystwyth (9)
<b>7</b>	Neath (8)	Neath (7)	Neath (7)	Neath (7)	Milford (9)
<b>8</b>	Carmarthen (7)	Carmarthen (7)	Aberavon (9)	Penyrheol (9)	Fishguard (6) NSG (1) Torfaen (1)
<b>Session Starts: 4.25pm</b>					