

Amman Valley Open Meet 2023 - Warmup Arrangements

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 (4) Aberystwyth (1) Brecon (1)	Fishguard (7)	Fishguard (6)	Fishguard (6)
2	Penyrheol (6)	Penyrheol (6)	Penyrheol (6)	Penyrheol (6)
3	Llanelli (7)	Llanelli (6)	Llanelli (6)	Llanelli (6)
4	Llanelli (6)	Llanelli (6)	Milford (7)	Milford (7)
5	Celtic Dolphins (4) Port Talbot (2)	Celtic Dolphins (7)	Celtic Dolphins (7)	Celtic Dolphins (7)
6	Pembroke (7)	Pembroke (6)	Pembroke (4) Haverfordwest (2)	Haverfordwest (7)
7	Tenby (7)	Carmarthen (8)	Carmarthen (7)	Carmarthen (7)
8	Tenby (5) Ammav Val (2)	Amman Valley (6)	Amman Valley (6)	Amman Valley (6)
Session Starts: 9.10am				

Session 2 (Mixed Warmup) - 4 x 15 mins

	11.05 - 11.20	11.20 - 11.35	11.35 - 11.50	11.50 - 12.05
1	Carmarthen (8)	Carmarthen (7)	Pembroke (8)	Pembroke (8)
2	Llanelli (7)	Llanelli (7)	Llanelli (7)	Port Talbot (5) Aberystwyth (1) Brecon (1)
3	Llanelli (7)	Llanelli (7)	Llanelli (7)	Llanelli (7)
4	Penyrheol (7)	Penyrheol (7)	Penyrheol (7)	Penyrheol (6)
5	Celtic Dolphins (7)	Celtic Dolphins (7)	Celtic Dolphins (6)	Celtic Dolphins (6)
6	Amman Valley (7)	Amman Valley (6)	Amman Valley (6)	Amman Valley (6)
7	Milford (7)	Fishguard (8)	Fishguard (8)	Fishguard (7)
8	Milford (8)	Tenby (8)	Tenby (5) Haverfordwest (2)	Haverfordwest (7)
Session Starts: 12.15pm				

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Session 3 (Mixed Warmup) - 4 x 15 mins

	2.05 - 2.20	2.20 - 2.35	2.35 - 2.50	2.50 - 3.05
1	Port Talbot (8)	Pembroke (6)	Pembroke (7)	Pembroke (7)
2	Llanelli (7)	Llanelli (7)	Llanelli (7)	Llanelli (7)
3	Llanelli (7)	Llanelli (7)	Milford (8)	Milford (7)
4	Celtic Dolphins (7)	Celtic Dolphins (7)	Celtic Dolphins (6)	Celtic Dolphins (6)
5	Penyrheol (6)	Penyrheol (6)	Penyrheol (7)	Penyrheol (7)
6	Fishguard (6)	Fishguard (6)	Fishguard (6)	Fishguard (6)
7	Haverfordwest (9)	Amman Valley (8)	Amman Valley (7)	Amman Valley (7)
8	Tenby (6) Brecon (1)	Tenby (7)	Carmarthen (9)	Carmarthen (9)
Session Starts: 3.15pm				