

NSG Development Meet 2023 - 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	Llanelli (6)	Llanelli (6)	Amman Valley (6)	Amman Valley (6)
2	Llanelli (6)	Llanelli (6)	Llanelli (6)	Llanelli (6)
3	Swansea Aq (5)	Swansea Aq (6)	Swansea Aq (6)	Swansea Aq (6)
4	Swansea Aq (5)	Swansea Aq (6)	Swansea Aq (6)	Swansea Aq (6)
5	Haverfordwest (5)	Haverfordwest (6)	Haverfordwest (6)	Haverfordwest (6)
6	Haverfordwest (6)	Neath (8)	Neath (8)	Neath (8)
7	Aberystwyth (8)	Carmarthen (6)	Carmarthen (6)	Carmarthen (5)
8	Fishguard (3) NSG (1)	Milford (5)	Milford (6)	Milford (6)
Session Starts: 9.10am				

Session 2 (Mixed Warmup) - 4 x 15 mins

	10.45 - 11.00	11.00 - 11.15	11.15 - 11.30	11.30 - 11.45
1	Llanelli (7)	Milford (6)	Milford (6)	Milford (6)
2	Llanelli (7)	Llanelli (7)	Llanelli (7)	Llanelli (7)
3	Swansea Aq (5)	Swansea Aq (6)	Swansea Aq (6)	Swansea Aq (6)
4	Swansea Aq (6)	Swansea Aq (6)	Swansea Aq (6)	Swansea Aq (6)
5	Haverfordwest (7)	Haverfordwest (7)	Haverfordwest (6)	Haverfordwest (6)
6	Haverfordwest (6)	Carmarthen (6)	Carmarthen (6)	Carmarthen (6)
7	Neath (7)	Neath (6)	Neath (6)	Neath (6)
8	Amman Valley (7)	Amman Valley (3) Aberystwyth (3)	Aberystwyth (6)	Fishguard (3) NSG (2)
Session Starts: 11.55pm				

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Session 3 (Mixed Warmup) - 4 x 15 mins

	1.45 - 2.00	2.00 - 2.15	2.15 - 2.30	2.30 - 2.45
1	Carmarthen (7)	Carmarthen (6)	Carmarthen (7)	Carmarthen (6)
2	Haverfordwest (7)	Haverfordwest (7)	Haverfordwest (7)	Haverfordwest (7)
3	Swansea Aq (7)	Swansea Aq (7)	Swansea Aq (6)	Swansea Aq (7)
4	Fishguard (3) NSG (3)	Swansea Aq (6)	Swansea Aq (7)	Swansea Aq (6)
5	Llanelli (7)	Llanelli (7)	Llanelli (6)	Llanelli (6)
6	Llanelli (6)	Llanelli (6)	Aberystwyth (6)	Aberystwyth (6)
7	Amman Valley (6)	Milford (6)	Milford (6)	Milford (6)
8	Amman Valley (3) Neath (4)	Neath (6)	Neath (6)	Neath (6)
Session Starts: 2.55pm				