

NSG Invitational Meet 2024 - 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) - 3 x 17 mins

	8.00 - 8.17	8.17 - 8.34	8.34 - 8.51			
1	Amman Vall (6)	Nofio S Gar (6)	Aberystwyth (5)			
2	Penyrheol (7)	C Dolphins (4) Pembroke (3)	C Dolphins (7)			
3	Swansea Aq (9)	Swansea Aq (9)	Swansea Aq (9)			
4	Swansea Aq (9)	RCT Squad (9)	RCT Squad (9)			
5	Pembs Cty (9)	Pembs Cty (9)	Pembs Cty (9)			
6	Haverfordwes (8)	Carmarthen (9)	Carmarthen (8)			
7	Neath (7)	Llanelli (7)	Llanelli (8)			
8	Milford Havn (5)	Co Cardiff (4) Torfaen (4)	Fishguard (4) Bridgend SC (1)			
Session Starts: 9.00am						

Session 2 (Mixed Warmup) - 6 x 10 mins

	12.00 - 12.10	12.10 - 12.20	12.20 - 12.30	12.30 - 12.40	12.40 - 12.50	12.50 - 1.00
1	Pembroke (7)	Amman Vall (7)	Amman Vall (7)	RCT Squad (4) Torfaen (2)	RCT Squad (6)	RCT Squad (6)
2	Co Cardiff (8)	Co Cardiff (8)	Co Cardiff (7)	Penyrheol (8)	Penyrheol (8)	Penyrheol (8)
3	Swansea Aq (8)	Swansea Aq (8)	Swansea Aq (8)	Swansea Aq (8)	Swansea Aq (8)	Swansea Aq (8)
4	Swansea Aq (8)	Swansea Aq (8)	Swansea Aq (7)	Carmarthen (8)	Carmarthen (8)	Carmarthen (7)
5	Aberystwyth (7)	Aberystwyth (7)	Llanelli (9)	Llanelli (8)	Llanelli (8)	Llanelli (8)
6	Neath (7)	Neath (8)	Pembs Cty (5) Neath (2)	Pembs Cty (7)	Pembs Cty (7)	Pembs Cty (8)
7	C Dolphins (8)	C Dolphins (8)	C Dolphins (6) Haverfordwe (2)	Haverfordwes (8)	Haverfordwes (8)	Haverfordwes (8)
8	Milford Havn (6)	Milford Havn (7)	Nofio S Gar (6)	Nofio S Gar (3) Fishguard (3)	Fishguard (4) Afan Vall (1)	
Session Starts: 1.10 pm						

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Session 3 (Mixed Warmup) - 5 x 12 mins

	3.50 - 4.02	4.02 - 4.14	4.14 - 4.26	4.26 - 4.38	4.38 - 4.50	
1	Penyrheol (6)	Penyrheol (5)	Neath (6)	Neath (3) Nofio S Gar (2)	Nofio S Gar (6)	
2	Carmarthen (4) Torfaen (1)	Carmarthen (6)	Carmarthen (7)	Aberystwyth (6)	Aberystwyth (6)	
3	Swansea Aq (7)	Swansea Aq (6)	Swansea Aq (6)	Swansea Aq (6)	Swansea Aq (6)	
4	Swansea Aq (6)	Swansea Aq (6)	Swansea Aq (6)	Swansea Aq (6)	Swansea Aq (6)	
5	Pembs Cty (7)	Pembs Cty (7)	Pembs Cty (7)	Pembs Cty (6)	C Dolphins (7)	
6	Llanelli (7)	Llanelli (7)	Llanelli (8)	Milford Havn (7)	Milford Havn (6)	
7	RCT Squad (6)	RCT Squad (6)	Haverfordwe (2) Fishguard (4)	Haverfordwes (6)	Haverfordwes (7)	
8	Amman Vall (6)	Amman Vall (5)	PembrokeDist (6)	Co Cardiff (6)	Co Cardiff (5)	
Session Starts: 5.00pm						

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Session 4 (Mixed Warmup) - 3 x 15 mins

	8.00 - 8.15	8.15 - 8.30	8.30 - 8.45			
1	Carmarthen (5)	Carmarthen (2) C Dolphins (2)	C Dolphins (5)			
2	Nofio S Gar (3) Cardiff (3)	Nofio S Gar (6)	Amman Vall (4)			
3	Swansea Aq (6)	Swansea Aq (6)	Swansea Aq (5)			
4	Swansea Aq (6)	Swansea Aq (5)	Swansea Aq (5)			
5	Pembs Cty (5)	Pembs Cty (6)	Pembs Cty (6)			
6	Penyrheol (5)	Pembs Cty (6)	Pembs Cty (5)			
7	Aberystwyth (6)	Llanelli (5)	Llanelli (6)			
8	Fishguard (2) Haverfordwe(2)	Milford Havn (2) Bridgend SC (1) RCT Squad (1)	Neath (2) PembrokeDist (1) Torfaen (1)			
Session Starts: 8.55am						

Session 5 (Mixed Warmup) - 6 x 10 mins

	11.35 - 11.45	11.45 - 11.55	11.55 - 12.05	12.05 - 12.15	12.15 - 12.25	12.25 - 12.35
1	Amman Vall (7)	Amman Vall (2) Haverfordwe (5)	Haverfordwe (7)	Penyrheol (7)	Penyrheol (7)	Penyrheol (6)
2	Milford Havn (8)	Milford Havn (8)	Pembs Cty (7)	Pembs Cty (6)	Pembs Cty (7)	Pembs Cty (6)
3	Swansea Aq (6)	Swansea Aq (6)	Swansea Aq (7)	Swansea Aq (7)	Swansea Aq (7)	Swansea Aq (7)
4	Fishguard (7)	Fishguard (7)	Swansea Aq (7)	Swansea Aq (7)	Swansea Aq (7)	Swansea Aq (7)
5	PembrokeDist (5)	C Dolphins (7)	C Dolphins (7)	C Dolphins (7)	C Dolphins (7)	C Dolphins (7)
6	Co Cardiff (8)	Llanelli (6)	Llanelli (7)	Llanelli (7)	Llanelli (7)	Llanelli (7)
7	Co Cardiff (8)	Carmarthen (7)	Carmarthen (6)	Carmarthen (7)	Carmarthen (6)	Carmarthen (6)
8	Aberystwyth (8)	Aberystwyth (8)	Nofio S Gar (7)	Neath (3) Nofio S Gar (2) Swansea Uni (1) Torfaen (1)	Neath (7)	Neath (7)
Session Starts: 12.45pm						

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Session 6 (Mixed Warmup) - 5 x 12 mins

	3.15 - 3.27	3.27 - 3.39	3.39 - 3.51	3.51 - 4.03	4.03 - 4.15	
1	Fishguard (6)	Fishguard (5)	Haverfordwes (6)	Haverfordwes (5)	Haverfordwes (5)	
2	Amman Vall (7)	C Dolphins (5)	C Dolphins (5)	C Dolphins (5)	C Dolphins (5)	
3	Swansea Aq (6)	Swansea Aq (6)	Swansea Aq (6)	Swansea Aq (6)	Swansea Aq (6)	
4	Neath (6)	Swansea Aq (6)	Swansea Aq (6)	Swansea Aq (5)	Swansea Aq (6)	
5	Co Cardiff (6)	Pembs Cty (7)	Pembs Cty (6)	Pembs Cty (7)	Pembs Cty (6)	
6	Penyrheol (6)	Carmarthen (6)	Carmarthen (7)	Carmarthen (6)	Carmarthen (6)	
7	PembrokeDist (5)	Llanelli (6)	Llanelli (6)	Llanelli (6)	Llanelli (6)	
8	Milford Havn (6)	Milford Havn (6)	Nofio S Gar (5)	Nofio S Gar (3) Aberystwyth (2)	Aberystwyth (6)	
Session Starts: 4.25pm						