

West Wales Regional LC Championships 2024 - Warm-up Arrangements

Please note that ALL warmup 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 start 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 (Friday Evening – Mixed Warmup)

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-------------------------------|----------------------------------|----------------|-----------------|------------------|------------------|---------------------------|----------------------|------------------------------|
| 4.30 – 4.47 | Carmarthen (9) Pembroke (3) | Pembs Cty (11) | Swansea Aq (13) | Aberystwyth (13) | Swansea Uni (12) | H'west (5) Milford (6) | Neath (4) NSG (8) | Celtic D (11) |
| 4.47 – 5.04 | Amman Val (6) Tenby (5) | Pembs Cty (10) | Swansea Aq (12) | Penyrheol (12) | Swansea Uni (12) | Nexus (10) | Neath (12) | Celtic D (5) Llanelli (5) |
| 5.04 – 5.21 | Fishguard (6) Afan Valley (3) | Pembs Cty (10) | Swansea Aq (12) | Swansea Aq (12) | Swansea Uni (12) | Swansea Uni (12) | Neath (11) | Llanelli (10) |
| Session starts: 5.30pm | | | | | | | | |

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Session 2 (Saturday, First Session - Mixed Warmup)

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-------------------------------|---|---|------------------|------------------|-----------------|----------------|------------------------------|---|
| 8.00 – 8.25 | NSG (8) Fishguard (4) | Llanelli (12) | Swansea Uni (14) | Swansea Uni (14) | Swansea Aq (12) | Pembs Cty (12) | Neath (13) | H'west (8) Penyrheol (4) |
| 8.25 – 8.50 | Celtic D (6) Milford (5) Amman Val. (4) | Llanelli (2) Nexus (9) Averavon (1) | Swansea Uni (14) | Swansea Aq (13) | Swansea Aq (13) | Pembs Cty (12) | Aberystwyth (9) Neath (3) | Tenby (6) Carmarthen (5) Pembroke (3) |
| Session Starts: 9.00am | | | | | | | | |

Session 3 (Saturday, Second Session - Mixed Warmup)

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-------------------------------|---|----------------|------------------|------------------|-----------------|--------------------------------|-----------------------------|-------------------------------|
| 12.00 – 12.25 | Nexus (8) Aberavon (1) Pembroke (1) | Pembs Cty (10) | Swansea Uni (12) | Swansea Uni (11) | Swansea Aq (11) | Swansea Aq (4) Celtic D (7) | Llanelli (13) | Tenby (6) Aberystwyth (4) |
| 12.25 – 12.50 | NSG (6) Penyrheol (4) | Pembs Cty (11) | Swansea Uni (11) | Swansea Uni (11) | Swansea Aq (12) | Neath (12) | H'west (9) Amman Val (3) | Carmarthen (5) Milford (5) |
| Session Starts: 1.00pm | | | | | | | | |

Session 4 (Saturday, Third Session - Mixed Warmup)

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-------------------------------|---|----------------|-----------------|-----------------|------------------|------------|--------------------------------|---|
| 3.30 – 3.55 | Aberystwyth (8) Penyrheol (6) | Pembs Cty (12) | Swansea Aq (13) | Celtic D (13) | Swansea Uni (15) | Neath (14) | H'west (10) Afan Valley (3) | Carmarthen (8) Amman Val (5) Aberavon (1) |
| 3.55 – 4.20 | Milford (7) NSG (6) Fishguard (3) | Pembs Cty (12) | Swansea Aq (13) | Swansea Aq (13) | Swansea Uni (15) | Neath (14) | Llanelli (13) | Nexus (8) Tenby (5) Pembroke (2) |
| Session Starts: 4.30pm | | | | | | | | |

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Session 5 (Sunday, First Session - Mixed Warmup)

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-------------------------------|---|----------------------------|-----------------|-----------------------------------|------------------|-----------------------------|-----------------------------|-----------------------------------|
| 8.00 – 8.25 | Celtic D (12) Pembroke (3) | Llanelli (16) | Swansea Aq (17) | Swansea Aq (16) | Swansea Uni (16) | Pembs Cty (11) Tenby (6) | Neath (10) Amman Val (6) | NSG (9) Milford (8) |
| 8.25 – 8.50 | H'west (10) Carmarthen (5) Aberavon (2) | Llanelli (2) Nexus (14) | Swansea Aq (17) | Aberystwyth (11) Fishguard (6) | Swansea Uni (15) | Pembs Cty (17) | Neath (17) | Penyrheol (10) Afan Valley (5) |
| Session Starts: 9.00am | | | | | | | | |

Session 6 (Sunday, Second Session - Mixed Warmup)

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-------------------------------|--|----------------|-----------------|-----------------|------------|------------------|-----------------------------|---|
| 12.10 – 12.35 | Penyrheol (6) Carmarthen (4) Afan Valley (3) | Pembs Cty (13) | Swansea Aq (14) | Nexus (14) | Neath (15) | Swansea Uni (14) | Llanelli (17) | Tenby (6) NSG (5) Fishguard (3) |
| 12.35 – 1.00 | Aberystwyth (11) Pembroke (3) | Pembs Cty (13) | Swansea Aq (14) | Swansea Aq (13) | Neath (14) | Swansea Uni (15) | H'west (9) Amman Val (6) | Celtic D (9) Milford (4) Aberavon (1) |
| Session Starts: 1.10pm | | | | | | | | |

Session 7 (Sunday, Third Session - Mixed Warmup)

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-------------------------------|---|----------------|------------------|------------------|-----------------|------------|---------------|--|
| 3.45 – 4.10 | H'west (6) Pembroke (3) Fishguard (1) | Pembs Cty (10) | Swansea Uni (10) | Swansea Uni (10) | Swansea Aq (12) | Neath (11) | Nexus (12) | NSG (6) Celtic D (3) |
| 4.10 – 4.35 | Penyrheol (4) Amman Val (2) Aberystwyth (3) | Pembs Cty (10) | Swansea Uni (10) | Swansea Uni (9) | Swansea Aq (12) | Neath (11) | Llanelli (10) | Tenby (5) Carmarthen (3) Milford (2) |
| Session Starts: 4.45pm | | | | | | | | |