

Amman Valley Open Meet 2024 - Warm-up Arrangements

Please note that ALL warmup sessions will be MIXED gender.

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 Mixed Warmup

	1	2	3	4	5	6	7	8
8.00 – 8.12	Amman Val (6)	Nexus (7)	Swansea Aq (7)	Swansea Aq (7)	Aberystwyth (7)	Pembroke (7)	Penyrheol (6)	Milford (7)
8.12 – 8.24	Amman Val (6)	Nexus (6)	Swansea Aq (7)	Swansea Aq (7)	Aberystwyth (3) Neath (4)	Pembroke (4) Llanelli (3)	Penyrheol (6)	Milford (8)
8.24 – 8.36	Celtic D. (7)	H'west (8)	Swansea Aq (7)	Carmarthen (7)	Neath (7)	Llanelli (7)	Penyrheol (6)	Fishguard (8)
8.36 – 8.48	Celtic D. (7)	H'west (7)	Swansea Aq (7)	Carmarthen (7)	Neath (7)	Llanelli (7)	Afan Valley (8)	Fishguard (3) Tenby (4)
8.48 – 9.00	Celtic D. (6)	H'west (7)	Swansea Aq (7)	Carmarthen (7)	Neath (7)	Llanelli (7)	Afan Valley (7)	Tenby (8)
Session Starts: 9.05 am								

Session 2 Mixed Warmup

	1	2	3	4	5	6	7	8
11.45 – 11.57	H'west (8)	Carmarthen (9)	Swansea Aq (9)	Swansea Aq (8)	Neath (9)	Celtic D. (9)	Fishguard (8)	Nexus (8)
11.57 – 12.09	H'west (8)	Carmarthen (8)	Swansea Aq (9)	Llanelli (9)	Neath (9)	Celtic D. (9)	Fishguard (8)	Nexus (5) Tenby (3)
12.09 – 12.21	H'west (4) Milford (2) Bridgend (2)	Carmarthen (4) Afan Valley (4)	Swansea Aq (9)	Llanelli (8)	Neath (9)	Celtic D. (8)	Fishguard (2) Penyrheol (5)	Tenby (9)
12.21 – 12.33	Milford (7)	Afan Valley (8)	Swansea Aq (9)	Llanelli (9)	Neath (6) Aberystwyth (3)	Celtic D. (4) Pembroke (4)	Penyrheol (8)	Amman Val (6) Tenby (2)
12.33 – 12.45	Milford (8)	Afan Valley (9)	Swansea Aq (9)	Llanelli (8)	Aberystwyth (9)	Pembroke (9)	Penyrheol (8)	Amman Val (8)
Session Starts: 12.50 pm								

Session 3 Mixed Warmup

	1	2	3	4	5	6	7	8
3.25 – 3.37	Afan Valley (7)	Penyrheol (6) Bridgend (1)	Swansea Aq (7)	Swansea Aq (7)	Llanelli (7)	Milford (8)	Tenby (7)	Aberystwyth (8)
3.37 – 3.49	Afan Valley (7)	Penyrheol (7)	Swansea Aq (7)	Neath (8)	Llanelli (7)	Milford (8)	Tenby (5) H'west (2)	Aberystwyth (2) Nexus (5)
3.49 – 4.01	Afan Valley (6)	Celtic D. (7)	Swansea Aq (7)	Neath (7)	Llanelli (7)	Pembroke (7)	H'west (7)	Carmarthen (2) Nexus (5)
4.01 – 4.13	Amman Val (6)	Celtic D. (7)	Swansea Aq (7)	Neath (7)	Llanelli (7)	Pembroke (7)	H'west (7)	Carmarthen (8)
4.13 – 4.25	Amman Val (6)	Celtic D. (7)	Swansea Aq (7)	Neath (7)	Fishguard (7)	Fishguard (8)	H'west (7)	Carmarthen (8)
Session Starts: 4.30 pm								