NSG Development 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 20 mins

	8.00 - 8.20	8.20 - 8.40	8.40 - 9.00
1	Amman Valley (8)	Amman Valley (2) Nexus (7)	Nexus (8)
2	Fishguard (3) NSG (2) Milford (3)	Milford (8)	Milford (8)
3	Carmarthen (7)	Carmarthen (7)	Carmarthen (7)
4	Carmarthen (6)	Pembroke (8)	Pembroke (8)
5	Afan Valley (7)	Afan Valley (7)	Afan Valley (6)
6	Afan Valley (6)	Aberystwyth (7)	Aberystwyth (8)
7	Llanelli (8)	Llanelli (8)	Llanelli (7)
8	Haverfordwest (8)	Haverfordwest (3) Tenby (4)	Tenby (7)
	Session Starts: 9.10am		

Session 2 (Mixed Warmup) - 3 x 20 mins

	11.05 - 11.25	11.25 - 11.45	11.45 - 12.05
1	Haverfordwest (7)	Haverfordwest (3) Tenby (4)	Tenby (7)
2	Pembroke (6)	Pembroke (7)	Pembroke (7)
3	Llanelli (8)	Llanelli (8)	Llanelli (7)
4	Afan Valley (8)	Afan Valley (8)	Afan Valley (8)
5	Carmarthen (8)	Carmarthen (8)	Carmarthen (8)
6	Aberystwyth (5) Fishguard (3)	Aberystwyth (7)	Aberystwyth (8)
7	Milford (3) NSG (5)	Milford (8)	Milford (8)
8	Amman Valley (7)	Amman Valley (2) Nexus (5)	Nexus (8)
	Session Starts: 12.10pm		

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Session 3 (Mixed Warmup) - 3 x 20 mins

	2.15 - 2.35	2.35 - 2.55	2.55 - 3.15
1	Afan Valley (4) Pembroke (4)	Afan Valley (8)	Afan Valley (8)
2	Pembroke (8)	Pembroke (8)	Amman Valley (8)
3	Llanelli (8)	Llanelli (8)	Llanelli (8)
4	Carmarthen (7)	Carmarthen (8)	Carmarthen (7)
5	Carmarthen (8)	Haverfordwest (4) NSG (4)	Haverfordwest (8)
6	Aberystwyth (7)	Aberystwyth (7)	Aberystwyth (7)
7	Milford (6) Fishguard (1)	Milford (7)	Milford (6)
8	Nexus (8)	Nexus (5) Tenby (3)	Tenby (8)
Session Starts: 3.25pm			