

# Swansea University LC Sprint 2025 - 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	Carmarthen (7) Cwmbran (7)	Carmarthen (13)	Rhondda (10)	
2	Pembs Cty (12)	NSG (11)	C Dolphins (13)	
3	Pembs Cty (13)	Pembs Cty (13)	Pembs Cty (13)	
4	Swansea Aq (13)	Swansea Aq (13)	Swansea Aq (13)	
5	Swansea Aq (13)	Swansea Uni (13)	Swansea Uni (13)	
6	Neath (13)	Neath (13)	Neath (14)	
7	Bridgend Cty (10)	Bridgend Cty (11)	Bridgend Cty (11)	
8	Caerphilly (9) Pontypridd (3)	Penyrheol (9) Caernarfon (2)	NexusValleys (8) Brecon (6)	
Session Starts: 9.00am				

## Session 2 (Mixed Warmup) - 3 x 17 mins

	12.00 - 12.17	12.17 - 12.34	12.34 - 12.51	
1	Neath (6) Cwmbran (8)	Neath (16)	Neath (16)	
2	Bridgend Cty (6) NexusValleys (8)	Bridgend Cty (16)	Bridgend Cty (16)	
3	Pembs Cty (14)	Pembs Cty (13)	Pembs Cty (14)	
4	Pembs Cty (13)	Carmarthen (4) Rhondda (9)	Carmarthen (14)	
5	Swansea Aq (14)	Swansea Aq (13)	Swansea Aq (14)	
6	Swansea Aq (13)	Caerphilly (14)	C Dolphins (12) Caernarfon (2)	
7	Swansea Uni (13)	Swansea Uni (13)	Swansea Uni (13)	
8	Brecon (8) Pontypridd (3)	NSG (12)	Penyrheol (11)	
Session Starts: 1.00pm				

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### Session 3 (Mixed Warmup) - 3 x 17 mins

	3.45 - 4.02	4.02 - 4.19	4.19 - 4.36	
<b>1</b>	C Dolphins (3) NexusValleys (6) Pontypridd (3)	C Dolphins (13)	Penyrheol (10) Caernarfon (2)	
<b>2</b>	Neath (7) Cwmbran (7)	Neath (15)	Neath (15)	
<b>3</b>	Bridgend Cty (13)	Bridgend Cty (13)	Bridgend Cty (13)	
<b>4</b>	Pembs Cty (13)	Pembs Cty (13)	Pembs Cty (13)	
<b>5</b>	Pembs Cty (13)	Carmarthen (5) Brecon (9)	Carmarthen (14)	
<b>6</b>	Swansea Aq (16)	Swansea Aq (16)	Swansea Aq (15)	
<b>7</b>	Swansea Uni (12)	Swansea Uni (12)	Swansea Uni (12)	
<b>8</b>	NSG (13)	Caerphilly (12)	Rhondda (11)	
<b>Session Starts: 4.45pm</b>				