

Neath Open Meet 2025 – Warm-up 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 their allocated warmup for diving practice. **Important:** Swimmers must swim the whole length of the pool and exit the water at the far end. **Swimmers must NOT cross other lanes. There can only be a maximum of 10 swimmers in each lane during warm up at any one time. Marshals will be present to ensure this is adhered too.**

Saturday 18th October 2025

Session One – Mixed Warm up 8am to 8:20 am

1b	Pembroke		Swansea University	1a
2b	Pembroke		Swansea University	2a
3b	Pembroke, Haverfordwest		Swansea University	3a
4b	Swansea Aquatics		Swansea University	4a
5b	RCT (8)		Torfaen	5a
6b	RCT (3), Bridgend SC, Merthyr,		Torfaen	6a
7b	Penyrheol, Carmarthen, Llanelli		Neath	7a
8b	NSG		Neath	8a

Saturday 18th October 2025

Session Two – Mixed Warm up 10.15am to 11.15am

	10.15 to 10:34	10:35 to 10:54	10:55 to 11.15		10.15 to 10:34	10:35 to 10:54	10:55 to 11.15	
1b	Pembroke (10)	Pembroke (10)	Pembroke (9), Burnham (1)		Swansea Uni (10)	Swansea Uni (10)	Swansea Uni (10)	1a
2b	Llanelli (10)	Celtic Dolphins (5) Amman Valley (5)	Celtic Dolphins (10)		Swansea Uni (10)	Swansea Uni (10)	Swansea Uni (10)	2a
3b	Carmarthen (8), Llanelli (2)	Carmarthen (10)	Carmarthen (4) Haverfordwest (6)		NSG (6), Bridgend County (4)	Swansea Uni (10)	Swansea Uni (6) Swansea Aqu (4)	3a
4b	Bridgend SC (10)	Bridgend SC (10)	Haverfordwest (10)		Swansea Aqu (10)	Swansea Aqu (10)	Swansea Aqu (10),	4a
5b	Merthyr Tydfil (10)	Merthyr Tydfil (7) Bridgend County (3)	Bridgend County (9)		Torfaen (8), IOM (1), Caernarfon (1)	Torfaen (10)	Torfaen (10)	5a
6b	Penyrheol (10)	Penyrheol (8) Fishguard (2)	Fishguard (9) Aberavon (2)		Torfaen (10)	Torfaen (10)	Torfaen (10)	6a
7b	RCT (10)	RCT (10)	RCT (10)		Neath (10)	Neath (10)	NSG (10)	7a
8b	RCT (10)	RCT (10)	RCT (10)		Neath (10)	Neath (10)	Neath (10)	8a

Session Three – Mixed Warm up – 2.45pm to 3.45pm

	2.45 to 3:04	3:05 to 3:24	3:25 to 3.45		2.45 to 3:04	3:05 to 3:24	3:25 to 3.45	
1b	Haverfordwest (10)	Pembroke (10)	Pembroke (9)		Swansea Uni (9)	Swansea Uni (9)	Swansea Uni (9)	1a
2b	Bridgend SC (10)	Bridgend SC (9)	Haverfordwest (6)		Swansea Uni (9)	Swansea Uni (9)	Swansea Uni (9)	2a
3b	Carmarthen (10)	Carmarthen (10)	Aberavon (3)		Bridgend County (10)	Bridgend County (9)	Swansea Aqu (6)	3a
4b	Celtic Dolphins (10)	Celtic Dolphins (10)	Llanelli (7)		Swansea Aqu (9)	Swansea Aqu (9)	NSG (4), IOM (1)	4a
5b	Merthyr Tydfil (10)	Merthyr Tydfil (10)	Amman Valley (6)		Torfaen (9)	NSG (7)	Torfaen (9)	5a
6b	Penyrheol (9)	Penyrheol (2), Fishguard (8)	Fishguard (3), Burnham (1)		Torfaen (9)	Torfaen (9)	Torfaen (8)	6a
7b	RCT (9)	RCT (9)	RCT(9)		Neath (9)	Neath (9)	Neath (9)	7a
8b	RCT (10)	RCT (9)	RCT(9)		Neath (9)	Neath (9)	Neath (9)	8a

Sunday 19th October 2025

Session Four – Mixed Warm up – 8am to 9am

	8am to 8:19am	8:20 to 8:39	8:40 to 9am		8am to 8:19am	8:20 to 8:39	8:40 to 9am	
1b	Pembroke (10)	Pembroke (10)	Pembroke (9)		Swansea Uni (10)	Swansea Uni (10)	Swansea Uni (10)	1a
2b	Llanelli (10)	Bridgend County (10)	Bridgend County (10)		Swansea Uni (10)	Swansea Uni (10)	Swansea Uni (9), Caernarfon (1)	2a
3b	Carmarthen (3), Fishguard (4), Llanelli (2), Pontypridd (1)	Carmarthen (10)	Carmarthen (10)		Swansea Uni (10)	Swansea Uni (10)	Swansea Aqu (10)	3a
4b	Bridgend SC (10)	Bridgend SC (10)	Celtic Dolphins (9), Aberavon (1)		Swansea Aqu (10)	Swansea Aqu (10)	Swansea Aqu (4), Haverfordwest (5), IOM (1)	4a
5b	Amman Valley (10)	Merthyr Tydfil (9)	Celtic Dolphins (9)		Torfaen (10)	Torfaen (10)	Haverfordwest (10)	5a
6b	Penyrheol (10)	Penyrheol (9)	Merthyr Tydfil (8), Burnham (1)		Torfaen (10)	Torfaen (10)	Torfaen (10)	6a
7b	NSG (10)	RCT (3), NSG (7)	RCT(10)		Neath (10)	Neath (10)	Neath (10)	7a
8b	RCT (10)	RCT (10)	RCT(10)		Neath (10)	Neath (10)	Neath (10)	8a

Session Five – Mixed Warm up – 12.30pm to 1.30pm

	12.30 to 12:49	12:50 to 13:09	13:10 to 13.30		12.30 to 12:49	12:50 to 13:09	13:10 to 13.30	
1b	Pembroke (9)	Pembroke (9)	Pembroke (8)		Swansea Uni (8)	Swansea Uni (8)	Swansea Uni (9)	1a
2b	Llanelli (10)	Llanelli (5), Haverfordwest (5)	Haverfordwest (9)		NSG (9)	Swansea Uni (8), Caernarfon (1)	Swansea Uni (8)	2a
3b	Carmarthen (4), Fishguard (5)	Carmarthen (9)	Carmarthen (9)		Bridgend County (7), NSG (3)	Bridgend County (9)	Bridgend County (9)	3a
4b	Bridgend SC (9)	Celtic Dolphins (9)	Celtic Dolphins (9)		Swansea Aqu (10)	Swansea Aqu (10)	Swansea Aqu (10)	4a
5b	Amman Valley (8)	Merthyr Tydfil (9)	Merthyr Tydfil (8)		Torfaen (8)	Torfaen (8)	Torfaen (7)	5a
6b	Penyrheol (9)	Penyrheol (9)	Aberavon (1), Pontypridd (1)		Torfaen (8)	Torfaen (8)	Torfaen (7)	6a
7b	RCT (8)	RCT (8)	Burnham (1)		Neath (10)	Neath (10)	Neath (9)	7a
8b	RCT (8)	RCT (8)	RCT (9)		Neath (10)	Neath (10)	Neath (9)	8a