

Swansea University LC Sprint 2026 - 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.

Warm-up Summary - Session 1

Please note that the color allocated to each club is completely 'random' and is of no significance.

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1 08:00–08:17 17 min	Carmarthen (6)	Pembs Cty (11)	Pembs Cty (11)	Swansea Uni (13)	Swansea Aq (12)	C Dolphins (10)	Cwmbran (12)	Bridgend Cty (12)
	Llanelli (6)					Neath (2)		
2 08:17–08:34 17 min	Carmarthen (12)	Pembs Cty (11)	Pembs Cty (11)	Swansea Uni (13)	Swansea Aq (12)	Neath (14)	Penyrheol (7)	Co Bristol (5)
								Bridgend Cty (5)
3 08:34–08:51 17 min	Pembroke (1)	Pembs Cty (11)	Pembs Cty (10)	Swansea Uni (13)	Swansea Aq (13)	Neath (14)	Nofio Sir Gar (11)	Co Bristol (10)
	Aberystwyth (1)							
	Repton (1)							
	Aberavon (7)							
Session Starts: 09:00								

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Warm-up Summary - Session 2

Please note that the color allocated to each club is completely 'random' and is of no significance.

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1 11:50–12:07 17 min	Co Bristol (10)	Pembs Cty (11)	Pembs Cty (11)	Swansea Uni (12)	Swansea Aq (12)	Neath (8)	Penyrheol (9)	Carmarthen (6)
	Aberystwyth (1)					Llanelli (5)	Nofio Sir Gar (5)	Repton (1)
								Aberavon (3)
2 12:07–12:24 17 min	Bridgend Cty (7)	Pembs Cty (11)	Pembs Cty (11)	Swansea Uni (12)	Swansea Aq (12)	Neath (12)	Nofio Sir Gar (10)	Carmarthen (12)
	Co Bristol (5)							
3 12:24–12:41 17 min	Bridgend Cty (12)	Pembs Cty (11)	Pembs Cty (10)	Swansea Uni (13)	Swansea Aq (12)	Neath (11)	C Dolphins (11)	Cwmbran (12)
Session Starts: 12:50								

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Warm-up Summary - Session 3

Please note that the color allocated to each club is completely 'random' and is of no significance.

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1 15:35 - 15:52 17 min	Carmarthen (14)	Pembs Cty (11)	Pembs Cty (10)	Swansea Aq (14)	Neath (12)	Swansea Uni (12)	Bridgend Cty (13)	Nofio Sir Gar (15)
2 15:52 - 16:09 17 min	Repton (1)	Pembs Cty (11)	Pembs Cty (10)	Swansea Aq (13)	Neath (11)	Swansea Uni (13)	Penyrheol (11)	Co Bristol (13)
	Carmarthen (7)							
	C Dolphins (4)							
3 16:09 - 16:26 17 min	C Dolphins (12)	Pembs Cty (10)	Pembs Cty (10)	Swansea Aq (14)	Neath (11)	Swansea Uni (13)	Cwmbran (9)	Aberavon (8)
							Pembroke (1)	Llanelli (6)
							Aberystwyth (1)	
Session Starts: 16:35								