

# Carmarthen Summer Sizzler - July 5<sup>th</sup> 2026

## **CONFIRMED** Session Times

Please note that due to the number of officials available for this competition, the session programmes have been seeded to use 6 lanes instead of 8. To accommodate the additional heats this creates there is a 'knock-on' effect on the session timings so there are changes to the times shown below compared to the provisional times sent out previously.

<b>Date</b>	<b>Session</b>	<b>Warm-up Time</b>	<b>Start Time</b>	<b>Events</b>	<b>Estimated Finish</b>
Sun. 5 <sup>th</sup> July	1	8.30 am – 9.20 am	9.30 am	101 – 104	10.45 am
	2	11.00 am – 12.00 pm	12.10 pm	201 - 204	1.40 pm
	3	1.55 pm – 2.55 pm	3.05 pm	301 - 305	5.00 pm

The session times provided are as accurate as possible. However, there are swimmers in the meet who have entered with 'NT' and this sometimes causes sessions to overrun. Please be aware that these session times are for guidance only and may vary slightly on the day.