

Swim Wales Summer Open 2019
Friday - First Session - Mixed Warmups. (Session 17)

	7.30 - 7.50		7.50 - 8.10		8.10 - 8.30		
1	Chirk (6) Broxburn (1) Chepstow (3) Hoddesdon (1) Millfield (3) Street (2)	16	Mt Kelly (6) Cirencester (1) Calne Alpha (3) Hatfield (1) Reading (3) Warrington W (2)	16	Aberystwyth (5) Merthyr Tydf (1) Buckley (3) Pontypridd (1) Royal Wolv (3) Putteridge (1) Bolton Metro (1) Rhyl Dolphin (1)	16	
2	Boldmere (6) Rushmoor Ryl (1) Newtown (3) Ruthin (1) Winchester (2) Saxon Crown (1) Co Coventry (1) Sevenoaks (1)	16	Co Peterboro (7) Isle of Man (1) Oswestry Ott (3) Kent Weald (1) Worcester (2) Leander (1) Southport (1)	16	Wycombe Dist (7) Deben (1) Penyrheol (3) DunmowAtlant (1) Sevenside (2) Staines (2)	16	
3	Co Cardiff (6) Nofio S Gar (11)	17	Co Cardiff (16)	16	Co Cardiff (16)	16	
4	Co Leeds (6) Co Hereford (9)	15	Co Leeds (16)	16	Nofio Clwyd (17)	17	
5	RCT Squad (12) Caerphilly (4)	16	Co Newport (12) Camden Swiss (4)	16	Swansea Aq (13) Swansea Uni (3)	16	
6	Swim Gwynedd (12) Cardiff Met (1) Harlow Pen (1) Hamble Aq (1) Harrogate (1)	16	Torfaen D (12) Long Eaton (1) Hemel Hemp (1) Hillingdon (1) Horwich (1)	16	Pembs Cty (9) Anaconda (1) Carmarthen (1) Bo Stockton (1) Carnforth (1) Bristol Hen (1) Cheshunt (1)	15	
7	Wrexham (9) Bridgwater (1) SurreyUni SC (2) Bromley (1) Lichfield (1) Bassetlaw (1) Llanelli (1)	16	Co Bristol (8) March (1) RichmondDale (2) Melton M'bry (1) Co Salford (2) Soundwell (2)	16	Bridgend Cty (7) Llandudno (1) Weston S M (3) Team Luton (1) Bath Univ (2) Co Birm'ham (2)	16	
8	Exeter City (4) Denbigh D (2) Bebington (3) Stockport Mo (1) C Dolphins (2) S Wilts CC (1) Co Milton K (2) Swindon Dolp (1)	16	Heads Valley (4) Haringey (2) Conwy (4) TauntonDeane (1) Ellesmere Co (2) Trafford Met (1) Gloucester (2)	16	Leatherhead (4) Co Oxford (2) Neath (4) Wandsworth (1) Holywell (2) Wigan BEST (1) NexusValleys (2)	16	

Session Start: 8.40am

Swim Wales Summer Open 2019
Friday - Second Session - Mixed Warmups. (Session 18)

	10.20 - 10.40		10.40 - 11.00				
1	RCT Squad (7) Hillingdon (1) Huddersfield (4) Leatherhead (3) Hatfield (2) Lichfield (1)	20	Conwy (5) Eastleigh (1) Chirk (4) Broxburn (1) Camden Swiss (3) Gloucester (1) Soundwell (3) Haringey (1) Derwent (1)	20			
2	Co Bristol (6) Co Birm'ham (3) Bo Stockton (3) Severnside (2) Holywell (3)	20	Cirencester (1) Co Leicester (1) Denbigh D (1) Exeter City (7) Bassetlaw (1) Boldmere (3) Caerphilly (1) Buckley (3) C Dolphins (1) Halesowen (2) Cinderford (1) Team Bath AS (1)	20			
3	Co Cardiff (20)	20	Co Cardiff (20)	20			
4	Co Leeds (4) Wycombe Dist (10) Co Hereford (6)	20	Co Leeds (20)	20			
5	Torfaen D (13) Co Milton K (7)	20	Swansea Aq (20)	20			
6	Pembs Cty (12) Co Peterboro (5) Bebington (3)	20	Bridgend Cty (11) Co Newport (9)	20			
7	Nofio Clwyd (9) Ellesmere Co (3) Aberystwyth (2) Mt Kelly (2)	20	Bristol Hen (1) Harrogate (1) LiverpoolPen (1) Team Luton (1) Swim Gwynedd (10) Mold (1) Royal Wolv (3) Northwich (1) Bromley (2) Oswestry Ott (1) Merthyr Tydf (1) Penyrheol (1)	20			
8	Street (5) Millfield (2) Nofio S Gar (4) Staines (3) Co Oxford (2)	20	AbingdonVale (1) Putteridge (1) Prescot (1) Ruthin (1) Wrexham (5) Saxon Crown (1) Calne Alpha (4) SurreyUni SC (1) Neath (4) Wigan BEST (1) Co Coventry (2) Winchester (1) Warrington W (1)	20			
Session Start: 11.10pm							

Swim Wales Summer Open 2019
Friday - Third Session - Mixed Warmups. (Session 19)

	1.40 - 2.00		2.00 - 2.20				
1	Mt Kelly (4) Hitchin (1) Exeter City (3) Hoddesdon (1) Bo Stockton (2) Long Eaton (1) Daventry (1)	13	Pembs Cty (4) Leatherhead (1) RCT Squad (4) Merthyr Tydf (1) Caerphilly (1) Co Oxford (1) C Dolphins (1)	13			
2	Ellesmere Co (4) Bebington (1) Millfield (3) Co Peterboro (3) Putteridge (1)	12	Co Hereford (4) Aberystwyth (1) Mold (3) Nofio S Gar (3) Bristol Hen (1)	12			
3	Co Leeds (12)	12	Co Leeds (12)	12			
4	Co Cardiff (4) Bridgend Cty (9)	13	Co Cardiff (13)	13			
5	Torfaen D (12)	12	Swim Gwynedd (7) Nofio Clwyd (6)	13			
6	Wycombe Dist (7) Co Newport (5)	12	Swansea Aq (6) Swansea Uni (2) Boldmere (5)	13			
7	Conwy (5) Broxburn (1) Co Milton K (2) Haringey (1) Co Bristol (2) Carmarthen (1)	12	Wrexham (5) Harlow Pen (1) Oswestry Ott (2) Hatfield (1) RichmondDale (2) Reading (1)	12			
8	Chirk (4) Rushmoor Ryl (1) Holywell (3) Royal Wolv (1) Warrington W (2) Saxon Crown (1) Rhyl Dolphin (1)	13	Camden Swiss (4) Wigan BEST (1) Heads Valley (3) Weston S M (1) Team Luton (2) Wyre Forest (1) Sevenside (1)	13			
Session Start: 2.30pm							

Swim Wales Summer Open 2019
Friday - Fourth Session (FINALS) - Mixed Warmups. (Session 20)

2	5.10 - 5.40: OPEN - MAX 20 SWIMMERS	5.40 - 6.00: Sprint Lane (From both ends.) Max 20m swim.
3	OPEN - MAX 20 SWIMMERS	
4	OPEN - MAX 20 SWIMMERS	
5	OPEN - MAX 20 SWIMMERS	
6	OPEN - MAX 20 SWIMMERS	
7	5.10 - 5.40: OPEN - MAX 20 SWIMMERS	5.40 - 6.00: Sprint Lane (From both ends.) Max 20m swim.
8	5.10 - 5.40: OPEN - MAX 20 SWIMMERS	5.40 - 6.00: Sprint Lane (From both ends.) Max 20m swim.
Session Start: 6.10pm		