

Swim Wales Summer Open 2019
Monday - First Session - Mixed Warmups. (Session 1)

	7.30 - 7.50		7.50 - 8.10		8.10 - 8.30		8.30 - 8.50	
1	Caerphilly (7) Amman Valley (1) Bromley (3) Team Bath AS (1) Buckley (3) Co Birm'ham (1) AbingdonVale (1)	17	Chirk (7) Wigan BEST (1) Bebington (7) Trafford Met (1) Witney (1) Winchester (1)	18	Calne Alpha (5) Kent Weald (1) Llanelli (4) Isle of Man (1) Mold (4) Hoddesdon (1) Cheshunt (2)	18	Chepstow (5) Bishop Stort (1) Leatherhead (4) Bridgwater (1) NexusValleys (4) Daventry (2)	17
2	Conwy (10) Co Liverpool (1) Warrington W (2) Melton M'bry (1) Long Eaton (1) Newtown (1) Llandudno (1)	17	Wycombe Dist (10) Royal Wolv (1) Bo Stockton (2) Severnside (1) SurreyUni SC (1) Stockport Mo (1) TauntonDeane (1)	17	Weston S M (9) Co Coventry (1) Rushmoor Ryl (2) Didcot & Bar (1) Co Leicester (2) Deben (1) Cardiff Met (1)	17	Camden Swiss (8) Plymouth Lea (1) Caradon (2) Rhyl Dolphin (1) Worcester (3) RichmondDale (1) Paignton (1)	17
3	Pembs Cty (18)	18	Co Cardiff (13) Co Oxford (5)	18	Co Cardiff (18)	18	Co Cardiff (19)	19
4	Co Leeds (10) Co Milton K (9)	19	Co Leeds (19)	19	Swansea Aq (13) Swansea Uni (4)	17	Swansea Aq (18)	18
5	Torfaen D (5) Nofio S Gar (13)	18	Torfaen D (19)	19	Bridgend Cty (17)	17	Co Newport (17)	17
6	RCT Squad (17)	17	Swim Gwynedd (17)	17	Co Hereford (14) Wandsworth (2) Rugby (1) Ruthin (1)	18	Nofio Clwyd (14) Soundwell (2) Royal Tunbridge (1) Hemel Hemp (1)	18
7	Wrexham (14) Haringey (1) Harlow Pen (1) Harrogate (1) Hatfield (1)	18	Boldmere (11) Broxburn (1) Holywell (2) Team Luton (2) Everton (1)	17	Neath (11) Flint (1) Carmarthen (3) Millfield (2) Gloucester (1)	18	Co Peterboro (10) Denbigh D (1) Pontypridd (2) DunmowAtlant (1) Reading (2) Eastleigh (1)	17
8	Hillingdon (5) Brack & Wok (1) Aberystwyth (4) Bridgend SC (1) Oswestry Ott (4) C Dolphins (3)	18	Heads Valley (5) Co Cambridge (1) Co Bristol (4) Carnforth (1) Penyrheol (4) Grantham (3)	18	Mt Kelly (5) Chesham (1) Ellesmere Co (4) Cinderford (1) Co Salford (4) Street (3)	18	Merthyr Tydf (5) Cirencester (1) Exeter City (4) Clitheroe (1) Staines (4) Tewkesbury (3)	18

Session Start: 9.00am

Swim Wales Summer Open 2019
Monday - Second Session - Mixed Warmups. (Session 2)

	11.30 - 11.50		11.50 - 12.10		12.10 - 12.30		
1	Co Milton K (8) Bishop Stort (1) Nofio S Gar (5) Bo Stockton (1) NexusValleys (3) Co Birm'ham (1)	19	Wycombe Dist (7) Wigan BEST (1) Penyrheol (5) Winchester (1) Ellesmere Co (3) Winsford (1) Warrington W (1)	19	Boldmere (6) Bracknell & Wok (1) Buckley (3) Bassetlaw (1) Mt Kelly (5) Co Cambridge (1) Worcester (2)	19	
2	Chirk (9) Kent Weald (1) C Dolphins (3) Long Eaton (1) Holywell (3) Co Liverpool (1) Hoddesdon (1)	19	Wrexham (10) Hatfield (1) Co Bristol (3) Hitchin (1) Leatherhead (3) Team Luton (1)	19	Neath (9) Merthyr Tydf (1) Co Oxford (4) Oswestry Ott (1) Mold (3) Melton M'bry (1)	19	
3	Co Cardiff (5) Co Peterboro (8) Weston S M (6)	19	Co Cardiff (19)	19	Co Cardiff (19)	19	
4	Swansea Aq (14) Exeter City (5)	19	Swansea Aq (19) Swansea Uni (1)	20	Torfaen D (19)	19	
5	Co Leeds (19)	19	Pembs Cty (2) RCT Squad (17)	19	Pembs Cty (19)	19	
6	Co Newport (13) Clitheroe (1) Boldmere SC (2) Cardiff Met (1) Chepstow (1) Cirencester (1)	19	Bridgend Cty (12) Gloucester (1) Cheshunt (2) Harlow Pen (1) Denbigh D (2) Harrogate (1)	19	Swim Gwynedd (13) Daventry (1) Grantham (2) Deben (1) Co Coventry (1) Caradon (1)	19	
7	Co Hereford (12) Pontypridd (1) Haringey (2) Putteridge (1) Hillingdon (2) Plymouth Lea (1)	19	Nofio Clwyd (12) RichmondDale (1) Llanelli (2) Tunbridge Wells (1) Millfield (2) Rhyl Dolphin (1)	19	Conwy (12) Eastleigh (1) Reading (2) Broxburn (1) Rugby (2) Derventio (1)	19	
8	Camden Swiss (8) Royal Wolv (1) Calne Alpha (4) Severnside (1) Street (3) Ruthin (2)	19	Aberystwyth (5) Trafford Met (1) Bromley (5) Wandsworth (1) Carmarthen (4) Co Salford (2)	18	Heads Valley (6) Staines (2) Caerphilly (5) Everton (1) Team Bath AS (2) Flint (1) Bebington (2)	19	

Session Start: 12.40pm

Swim Wales Summer Open 2019
Monday - Third Session - Mixed Warmups. (Session 3)

2.40 - 3.00							
1	SPRINT	SPRINT					
2	Mold (2) Nofio S Gar (1) Tewkesbury (1) Warrington W (1)	Reading (1)	6				
3	Co Leeds (4) Swansea Aq (3)		7				
4	Co Cardiff (3) Ellesmere Co (3)		6				
5	Team Bath AS (1) Bridgend SC (1) Caerphilly (1) Chirk (1)	Co Milton K (1) Co Bristol (1)	6				
6	Elmbridge (1) Exeter City (1) Grantham (1) Gwich Royals (1)	Haringey (1) Heads Valley (1)	6				
7	Mt Kelly (1) Merthyr Tydf (1) Nofio Clwyd (1) NexusValleys (1)	Co Newport (1) Co Peterboro (1) RCT Squad (1)	7				
8	SPRINT	SPRINT					
Session Start: 3.10pm							

Swim Wales Summer Open 2019
Monday - Fourth Session (FINALS) - Mixed Warmups. (Session 4)

2	5.05 - 5.35: OPEN - MAX 20 SWIMMERS	5.35 - 5.55: 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	5.05 - 5.35: OPEN - MAX 20 SWIMMERS	5.35 - 5.55: Sprint Lane (From both ends.) Max 20m swim.
8	5.05 - 5.35: OPEN - MAX 20 SWIMMERS	5.35 - 5.55: Sprint Lane (From both ends.) Max 20m swim.
Session Start: 6.05pm		