

Swim Wales Summer Open 2019
Thursday - First Session - Mixed Warmups. (Session 13)

	7.30 - 7.50		7.50 - 8.10		8.10 - 8.30				
1	Wrexham (6) C Dolphins (5) Soundwell (2) Daventry (1)	Denbig DT (1) Denbigh D (1) Dinnaton (1) Eastleigh (1)	18	Neath (6) Chirk (5) Sevenside (2) Broxburn (1)	Ellesmere Co (1) Flint (1) Harrogate (1) Hatfield (1)	18	Heads Valley (6) Mt Kelly (5) SurreyUni SC (2) RichmondDale (1)	Rushmoor Ryl (1) Royal Wolv (1) Saxon Crown (1) Leamington (1)	18
2	Camden Swiss (6) Weston S M (5) Winchester (2) AbingdonVale (1)	Amman Valley (1) Anaconda (1) Bishop Stort (1) Boldmere SC (1)	18	Co Milton K (6) Bebington (4) Worcester (2) Brecon (1)	Bristol Hen (1) Bromley (1) Co Cambridge (1) Cheshunt (1)	17	Nofio S Gar (7) Buckley (4) Warrington W (2) Hemel Hemp (1)	Hillingdon (1) Horwich (1) Hoddesdon (1) Isle of Man (1)	18
3	Co Bristol (12) Conwy (7)		19	Co Cardiff (17)		17	Co Cardiff (17)		17
4	Co Newport (13) Aberystwyth (5)		18	Co Leeds (8) Swim Gwynedd (10)		18	Co Leeds (19)		19
5	Torfaen D (17)		17	Swansea Aq (4) Swansea Uni (1) Nofio Clwyd (14)		19	Swansea Aq (18)		18
6	RCT Squad (16) Cinderford (1) Co Leicester (1)		18	Pembs Cty (14) S Wilts CC (1) Swindon Dolp (1) TauntonDeane (1)		17	Boldmere (8) Penyrheol (2) Pontypridd (2) Co Salford (2)	Sevenoaks (2)	16
7	Co Peterboro (8) Millfield (2) Street (2) Newtown (2)	Co Oxford (2) Leander (1) Oswestry Ott (1)	18	Co Hereford (8) Llanelli (2) Team Luton (2) Merthyr Tydf (2)	Mold (2) Didcot & Bar (1) Putteridge (1)	18	Bridgend Cty (8) Killerwhales (2) Haringey (2) Hamble Aq (2)	Holywell (2) Reading (1) Rhyl Dolphin (1)	18
8	Chepstow (4) Carmarthen (3) NexusValleys (3) Caerphilly (2)	Carnforth (2) Cirencester (2) Tewkesbury (1) Trafford Met (1)	18	Exeter City (4) Wycombe Dist (4) Ruthin (3) Calne Alpha (2)	Co Coventry (2) Wigan BEST (1) Windsor (1) Witney (1)	18	Leatherhead (4) Staines (4) Co Birm'ham (2) Bo Stockton (2)	Caradon (2) Deben (2) Stockport Mo (1) Wandsworth (1)	18

Session Start: 8.40am

Swim Wales Summer Open 2019
Thursday - Second Session - Mixed Warmups. (Session 14)

	10.25 - 10.45		10.45 - 11.05		11.05 - 11.25		
1	Heads Valley (7) Bromley (2) Warrington W (3) Bristol Hen (1) Team Bath AS (2) Bracknell & Wok (1) Bo Stockton (2)	18	Co Peterboro (7) Co Coventry (2) Carmarthen (2) Caradon (2) Eastleigh (2) Derventio (1) Caerphilly (2)	18	Exeter City (6) DunmowAtlant (1) Aberystwyth (4) Broxburn (1) Mold (2) Gloucester (1) Oswestry Ott (2) Haringey (1)	18	
2	Co Hereford (7) Team Luton (2) Hillingdon (3) Harlow Pen (2) Holywell (2) AbingdonVale (1) Flint (2)	19	Neath (8) Boldmere SC (1) Llanelli (3) Bridgend SC (1) Soundwell (3) Bolton Metro (1) Bebington (1)	18	Co Milton K (7) Carnforth (1) Millfield (3) Chesham (1) Reading (3) Saxon Crown (1) Royal Wolv (3)	19	
3	Co Cardiff (6) Co Newport (14)	20	Co Cardiff (20)	20	Co Cardiff (20)	20	
4	Swansea Aq (20)	20	Swansea Aq (7) Conwy (10) Swansea Uni (3)	20	Nofio Clwyd (11) Camden Swiss (9)	20	
5	RCT Squad (16) Co Leeds (3)	19	Co Leeds (20)	20	Swim Gwynedd (14) Boldmere (6)	20	
6	Torfaen D (18)	18	Pembs Cty (16) Harrogate (1) Hatfield (1) Hemel Hemp (1)	19	Wrexham (14) Cheshunt (1) Co Leicester (1) Didcot & Bar (1) Deben (1)	18	
7	Buckley (3) Hoddesdon (1) Bridgend Cty (13) Welsh Ind (1) Denbigh D (1) Hitchin (1)	20	Nofio S Gar (9) Leander (1) Co Bristol (4) Long Eaton (1) Penyrheol (2) Lichfield (1) Kent Weald (1) Maidenhead (1)	20	Wycombe Dist (9) NexusValleys (1) Leatherhead (4) Newtown (1) RichmondDale (2) Pontypridd (1) Melton M'bry (1) Rhondda (1)	20	
8	Co Oxford (6) Sevenoaks (1) Mt Kelly (5) South Lincs (1) Calne Alpha (3) Severnside (1) Wigan BEST (2) Street (1)	20	C Dolphins (5) Stockport Mo (1) Ellesmere Co (5) TauntonDeane (1) Staines (4) Wandsworth (1) Worcester (2) Welshpool (1)	20	Co Birm'ham (5) Windsor (1) Chirk (5) Witney (1) Weston S M (4) UniOfStirl (1) Rhyl Dolphin (1) Co Salford (1)	19	

Session Start: 11.35am

Swim Wales Summer Open 2019

Thursday - Third Session - Mixed Warmups. (Session 15)

Total of 44. Clubs not allocated specific lanes. MAX of 20 swimmers in a lane at any one time.

	2.25 - 2.45						
1	SPRINT	SPRINT					
2	MAX 20 Swimmers per lane						
3	MAX 20 Swimmers per lane						
4	MAX 20 Swimmers per lane						
5	MAX 20 Swimmers per lane						
6	MAX 20 Swimmers per lane						
7	MAX 20 Swimmers per lane						
8	SPRINT	SPRINT					
Session Start: 2.55pm							

Swim Wales Summer Open 2019
Thursday - Fourth Session (FINALS) - Mixed Warmups. (Session 16)

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		