

Swim Wales Summer Open 2019
Tuesday - First Session - Mixed Warmups. (Session 5)

	7.30 - 7.50		7.50 - 8.10		8.10 - 8.30				
1	Weston S M (5) Leatherhead (4) Mt Kelly (4) Pontypridd (2)	AbingdonVale (1) Team Bath AS (1) Bath Univ (1)	18	Bebington (4) Chepstow (2) Co Hereford (4) Co Milton K (2)	Aberystwyth (3) Caerphilly (2) Co Birm'ham (1)	18	Bromley (4) Exeter City (4) Buckley (3) Caradon (2)	Grantham (2) Hamble Aq (2) Brecon (1)	18
2	Neath (6) Chirk (4) Co Oxford (4) Bristol Hen (1)	Bridgwater (1) Calne Alpha (1) Co Cambridge (1)	18	Soundwell (5) Carmarthen (4) Hillingdon (3) Warrington W (3)	Windsor (1) Witney (1) UniOfStirl (1)	18	Staines (5) Llanelli (2) Ellesmere Co (4) Holywell (3)	Killerwhales (2) Team Luton (2)	18
3	Co Cardiff (19)		19	Co Cardiff (19)		19	Torfaen D (19)		19
4	Co Peterboro (11) Conwy (8)		19	Co Leeds (8) Co Bristol (11)		19	Co Leeds (19)		19
5	Nofio Clwyd (15) Wandsworth (1) Wigan BEST (1) Winchester (1)		18	Swansea Aq (5) Swansea Uni (3) Wrexham (11)		19	Swansea Aq (19)		19
6	Co Newport (15) Carnforth (1) C Dolphins (1) Cheshunt (1)	Cinderford (1)	19	RCT Squad (15) Cirencester (1) Clitheroe (1) Co Coventry (1)		18	Bridgend Cty (14) Daventry (1) Denbig DT (1) Dinnaton (1)	Broxburn (1)	18
7	Pembs Cty (13) Merthyr Tydf (2) Flint (1) Haringey (1)	Harrogate (1) Hemel Hemp (1)	19	Swim Gwynedd (13) NexusValleys (2) Hoddesdon (1) Kent Weald (1)	Long Eaton (1) Lichfield (1)	19	Boldmere (8) Heads Valley (3) Co Salford (3) LiverpoolPen (1)	Co Liverpool (1) Maidenhead (1) Melton M'bry (1)	18
8	Camden Swiss (8) Millfield (3) Street (3) Northampton (1)	Northwich (1) Penyrheol (1) Plymouth Lea (1)	18	Nofio S Gar (7) Mold (3) Worcester (3) Tewkesbury (2)	RichmondDale (1) Tunbridge Wells (1) Royal Wolv (1)	18	Wycombe Dist (7) Oswestry Ott (3) Reading (3) Rushmoor Ryl (2)	Saxon Crown (1) Severnside (1) SurreyUni SC (1) S Wilts CC (1)	19

Session Start: 8.40am

Swim Wales Summer Open 2019
Tuesday - Second Session - Mixed Warmups. (Session 6)

	10.50 - 11.10		11.10 - 11.30					
1	RCT Squad (5) Wycombe Dist (4) Team Bath AS (1) Bebington (1)	Boldmere SC (1) Bristol Hen (1) Bridgwater (1) Bromley (1)	15	Swim Gwynedd (5) Chirk (3) Mold (3) Co Birm'ham (2)	Bridgend SC (1) Buckley (1) Calne Alpha (1)	16		
2	Nofio Clwyd (5) Co Oxford (4) Warrington W (2) Wyre Forest (1)	Wigan BEST (1) Witney (1) Worcester (1)	15	Co Peterboro (5) Nofio S Gar (4) Weston S M (2) Carmarthen (1)	Co Coventry (1) Caradon (1) Didcot & Bar (1)	15		
3	Co Cardiff (13)		13	Co Cardiff (14)		14		
4	Co Leeds (6) Torfaen D (9)		15	Co Leeds (16)		16		
5	Pembs Cty (9) Bridgend Cty (7)		16	Swansea Aq (15)		15		
6	Co Hereford (6) Reading (2) RichmondDale (3) Tewkesbury (2)	Deben (1) Derwentio (1) Eastleigh (1)	16	Co Bristol (6) Royal Wolv (3) Winsford (2) Wandsworth (1)	Rugby (1) Soundwell (1) Staines (1)	15		
7	Hillingdon (6) Long Eaton (2) Conwy (3) Mt Kelly (2)	Broxburn (1) Everton (1)	15	Wrexham (6) Harlow Pen (2) Boldmere (2) C Dolphins (2)	Harrogate (1) Hoddesdon (1) Holywell (1)	15		
8	Neath (4) Co Newport (4) Co Leicester (2) Ellesmere Co (2)	Heads Valley (1) Killerwhales (1) Team Luton (1) Maidenhead (1)	16	Co Milton K (4) Camden Swiss (4) Exeter City (2) Grantham (2)	Melton M'bry (1) Millfield (1) Penyrheol (1) Plymouth Lea (1)	16		

Session Start: 11.40pm

Swim Wales Summer Open 2019
Tuesday - Third Session - Mixed Warmups. (Session 7)

	1.40 - 2.00		2.00 - 2.20					
1	Millfield (4) Camden Swiss (2) Bromley (2) C Dolphins (2)	Winsford (1) Worcester (1) Wyre Forest (1)	13	Nofio Clwyd (4) Grantham (2) Caerphilly (2) Co Leicester (2)	13	AbingdonVale (1) Team Bath AS (1) Bishop Stort (1)		
2	Wycombe Dist (6) Tewkesbury (2) Bridgend SC (1) Buckley (1)	Cinderford (1) Daventry (1) Eastleigh (1)	13	Co Bristol (4) Conwy (2) Co Oxford (2) Staines (2)	13	Broxburn (1) Elmbridge (1) Exeter City (1)		
3	Co Cardiff (11)		11	Co Cardiff (11)	11			
4	Swansea Aq (13)		13	Co Leeds (14)	14			
5	Swim Gwynedd (10)		10	Torfaen D (11)	11			
6	Bridgend Cty (9) Co Milton K (4)		13	Wrexham (8) Co Newport (5)	13			
7	Ellesmere Co (7) Haringey (1) Hatfield (1) Hitchin (1)	Holywell (1) Heads Valley (1) Mt Kelly (1)	13	Co Hereford (6) Warrington W (2) Killerwhales (1) Llanelli (1)	13	Merthyr Tydf (1) Mold (1) Pembs Cty (1)		
8	Co Peterboro (3) RCT Squad (3) Bourne End (2) Plymouth Lea (1)	Putteridge (1) Tunbridge Wells (1) Royal Wolv (1) Saxon Crown (1)	13	Hillingdon (3) Boldmere (2) Nofio S Gar (3) S Wilts CC (1)	13	Swindon Dolp (1) Tiverton (1) Wandsworth (1) Winchester (1)		
Session Start: 2.30pm								

Swim Wales Summer Open 2019
Tuesday - Fourth Session (FINALS) - Mixed Warmups. (Session 8)

2	5.30 - 6.00: OPEN - MAX 20 SWIMMERS	6.00 - 6.20: 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	5.30 - 6.00: OPEN - MAX 20 SWIMMERS	6.00 - 6.20: Sprint Lane (From both ends.) Max 20m swim.
8	5.30 - 6.00: OPEN - MAX 20 SWIMMERS	6.00 - 6.20: Sprint Lane (From both ends.) Max 20m swim.
Session Start: 6.30pm		