

Swim Wales Summer Open 2019
Wednesday - First Session - Mixed Warmups. (Session 9)

	7.30 - 7.50		7.50 - 8.10		8.10 - 8.30				
1	Neath (6) Staines (5) Leatherhead (3) Team Luton (2)	AbingdonVale (1) Bishop Stort (1) Bourne End (1) Bo Stockton (1)	20	Co Bristol (7) Chirk (4) Millfield (3) Street (3)	Tewkesbury (1) Wigan BEST (1) Windsor (1)	20	Co Milton K (7) Heads Valley (4) Oswestry Ott (3) Mold (2)	Brecon (1) Bristol Hen (1) Bassetlaw (1) Co Cambridge (1)	20
2	Wrexham (12) Co Salford (3) Pontypridd (2) LiverpoolPen (1)	Co Liverpool (1) Maidenhead (1)	20	Co Peterboro (8) Co Oxford (3) Worcester (3) NexusValleys (2)	Carnforth (1) C Dolphins (1) Cirencester (1) Clitheroe (1)	20	Boldmere (7) Penyrheol (3) Royal Wolv (3) Warrington W (3)	Co Coventry (1) Daventry (1) Denbig DT (1) Deben (1)	20
3	Co Cardiff (7) Conwy (13)		20	Co Cardiff (20)		20	Co Cardiff (20)		20
4	Swansea Aq (15) Bromley (5)		20	Swansea Aq (20)		20	Wycombe Dist (11) Camden Swiss (9)		20
5	Bridgend Cty (17) Aberystwyth (3)		20	Pembs Cty (18) Team Bath AS (2)		20	Co Leeds (17) Bebington (3)		20
6	Co Hereford (16) Denbigh D (1) Dinnaton (1) Eastleigh (1)	Gloucester (1)	20	Nofio Clwyd (16) Newbury (1) Northwich (1) Plymouth Lea (1)	RichmondDale (1)	20	Co Newport (16) Rushmoor Ryl (1) Ruthin (1) Saxon Crown (1)	Sevenoaks (1)	20
7	Torfaen D (16) Haringey (1) Harlow Pen (1) Hamble Aq (1)	Harrogate (1)	20	Swim Gwynedd (15) Hemel Hemp (1) Hillingdon (1) Hoddesdon (1)	SurreyUni SC (1) Swansea Uni (1)	20	RCT Squad (12) Hatfield (2) Holywell (2) Llanelli (2)	South Lincs SC (1) Sevenside (1)	20
8	Calne Alpha (5) Soundwell (5) Weston S M (4) Putteridge (2)	Killerwhales (1) Kent Weald (1) Long Eaton (1) Lichfield (1)	20	Ellesmere Co (5) Nofio S Gar (5) Co Birm'ham (3) Buckley (2)	Caerphilly (2) Reading (2)	19	Exeter City (5) Mt Kelly (5) Carmarthen (3) Cheshunt (2)	Flint (2) Wandsworth (2)	19

Session Start: 8.40am

Swim Wales Summer Open 2019
Wednesday - Second Session - Mixed Warmups. (Session 10)

	11.15 - 11.35		11.35 - 11.55		11.55 - 12.15		12.15 - 12.35					
1	Exeter City (6) Soundwell (4) Flint (2) Warrington W (2)	Anaconda (1) Boldmere SC (1)	16	Heads Valley (6) Royal Wolv (4) Haringey (2) UniOfStirl (1)	Welshpool (1) Witney (1) West Suffolk (1)	16	Co Birm'ham (5) Leatherhead (4) Hillingdon (3) Cirencester (1)	Clitheroe (1) Cardiff Met (1) Co Leicester (1)	16	Calne Alpha (5) Co Oxford (4) Penyrheol (3) Co Coventry (1)	Didcot & Bar (1) Derwentio (1) DunmowAtlant (1)	16
2	Chirk (7) Winchester (3) Bo Stockton (2) Co Cambridge (1)	Chesham (1) Cheshunt (1) Cinderford (1)	16	Wycombe Dist (8) Carmarthen (2) Caradon (2) Rhondda (1)	Rhyl Dolphin (1) Rushmoor Ryl (1) Ruthin (1)	16	Co Peterboro (8) Denbigh D (2) Bristol Hen (1) Bridgwater (1)	Bracknell & Wok (1) Bassetlaw (1)	14	Boldmere (6) Staines (4) Eastleigh (2) Oswestry Ott (1)	Paignton (1) Pontypridd (1) Putteridge (1)	16
3	Co Newport (17)		17	Co Cardiff (17)		17	Co Cardiff (17)		17	Co Cardiff (17)		17
4	Swansea Aq (17)		17	Swansea Aq (12) Co Leeds (3) Swansea Uni (3)		18	Co Leeds (18)		18	Torfaen D (17)		17
5	Nofio Clwyd (12) Sevenoaks (1) South Lincs (1)		14	Bridgend Cty (14)		14	Swim Gwynedd (15)		15	RCT Squad (14)		14
6	Conwy (11) Broxburn (1) Gloucester (1) Harlow Pen (1)	Harrogate (1)	15	Wrexham (12) TauntonDeane (1) Wandsworth (1) Wigan BEST (1)		15	Co Hereford (13) Hemel Hemp (1) Horwich (1)		15	Pembs Cty (13) Welsh Ind (1) Isle of Man (1)		15
7	Co Bristol (6) Worcester (4) Hatfield (2) Stockport Mo (1)	Kent Weald (1) Leander (1)	15	Nofio S Gar (9) Long Eaton (2) Lichfield (2) Co Liverpool (1)	Maidenhead (1)	15	Camden Swiss (9) Llanelli (2) Team Luton (2) SurreyUni SC (1)		14	Neath (11) Mold (2) Melton M'bry (1)		14
8	Weston S M (5) Aberystwyth (4) Bromley (3) NexusValleys (2)	Millfield (1)	15	Bebington (5) Buckley (4) Chepstow (3) Reading (2)	Newtown (1)	15	C Dolphins (5) Caerphilly (4) Deben (3) Sevenside (2)		14	Mt Kelly (5) Co Milton K (4) Ellesmere Co (3) Street (2)		14

Session Start: 12.45pm

Swim Wales Summer Open 2019
Wednesday - Third Session - Mixed Warmups. (Session 11)

3.00 - 3.20							
1	Co Peterboro (4) Camden Swiss (2) Wrexham (3) Conwy (2)	Aberystwyth (1) Team Bath AS (1)	13				
2	Nofio Clwyd (4) Bromley (2) Chirk (2) Nofio S Gar (2)	Bourne End (1) Buckley (1) Calne Alpha (1)	13				
3	Co Cardiff (10) Co Milton K (3)						
4	Swansea Aq (8) Pembs Cty (2) Caerphilly (1) C Dolphins (1)	Co Bristol (1)	13				
5	Torfaen D (8) Co Newport (2) Co Leicester (1) Denbigh D (1)	Ellesmere Co (1)	13				
6	Bridgend Cty (5) Daventry (2) Leatherhead (2) Elmbridge (1)	Mt Kelly (1) Mold (1) NexusValleys (1)	13				
7	Co Leeds (5) Heads Valley (2) Exeter City (2) Oswestry Ott (1)	Co Oxford (1) Rhyl Dolphin (1) Staines (1)	13				
8	Swim Gwynedd (3) Co Birm'ham (2) Haringey (2) Holywell (2)	Swindon Dolp (1) Wigan BEST (1) Weston S M (1) Wycombe Dist (1)	13				
Session Start: 3.30pm							

Swim Wales Summer Open 2019
Wednesday - Fourth Session (FINALS) - Mixed Warmups. (Session 12)

2	5.35 - 6.05: OPEN - MAX 20 SWIMMERS	6.05 - 6.25: 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	5.35 - 6.05: OPEN - MAX 20 SWIMMERS	6.05 - 6.25: Sprint Lane (From both ends.) Max 20m swim.
8	5.35 - 6.05: OPEN - MAX 20 SWIMMERS	6.05 - 6.25: Sprint Lane (From both ends.) Max 20m swim.
Session Start: 6.35pm		