

Swansea Festival of Swimming 2021 - Warmup Schedule For Sunday 8th August

Please note that specific diving lanes have not been allocated. Coaches (in agreement with other clubs sharing their lane) may allow their swimmers to practise diving in their allocated lanes. However, swimmers must NOT cross other lanes to exit the pool. Swimmers must leave the water at either end of the pool.

Session 4A - Sunday 8th August								
Lane:	1	2	3	4	5	6	7	8
8.00 - 8.30	Swim Gwynedd (6)	Conwy (9)	Swansea Aq (15)	Swansea Aq (6)	Pembrokeshire (14)	Bridgend (12)	Wrexham (11)	Nofio SG (7)
	Torfaen (5)	C. Dolphins (3)		Nexus (8)		Bangor (3)	Co Newport (4)	Neath (4)
	Newtown (1)	Aberavon (1)						Welshpool (2)
	Penyrheol (1)	Llanelli (1)						

Session 4B - Sunday 8th August								
Lane:	1	2	3	4	5	6	7	8
10.20 - 10.50	Nexus (7)	Swim Gwynedd (9)	Swansea Aq (15)	Swansea Aq (4)	Pembrokeshire (13)	Wrexham (13)	Bridgend (12)	Nofio SG (6)
	Conwy (4)	Neath (4)		Torfaen (10)	Aberavon (1)	C. Dolphins (1)	Co Newport (2)	Welshpool (5)
	Holywell (3)	Bangor (2)						Nofio Clwyd (1)
								RCT Squad (1)
								Newtown (1)

Session 5 - Sunday 8th August								
Lane:	1	2	3	4	5	6	7	8
12.45 - 1.15	Conwy(6)	Wrexham (7)	Swansea Aq (12)	Swansea Aq (4)	Torfaen (9)	Neath (7)	Pembrokeshire (7)	Bridgend (6)
	Penyrheol (3)	Nofio SG (4)		C. Dolphins (4)	Nexus (3)	Co Newport (4)	Welshpool (3)	Swim Gwynedd (6)
	Buckley (1)			Holywell (4)			Bangor (1)	
	Co Cardiff (1)						Llanelli (1)	

Session 6A - Sunday 8th August								
Lane:	1	2	3	4	5	6	7	8
3.10 - 3.50	Holywell (6)	Wrexham (14)	Swansea Aq+Uni (16)	Swansea Aq+Uni (7)	Co Cardiff (15)	Torfaen (15)	Bridgend (6)	Nofio SG (5)
	Bangor (3)	RCT Squad (2)		Co Newport (7)			Nofio Clwyd (4)	C. Dolphins (4)
	Llanelli (3)						Swim Gwynedd (3)	Pembrokeshire (3)
	Nexus (2)						Heads of Val (1)	Penyrheol (2)
	Merthyr (1)						Newtown (1)	Neath (1)

Session 6B - Sunday 8th August								
Lane:	1	2	3	4	5	6	7	8
4.55 - 5.35	Co Newport (4)	Torfaen (8)	Co Cardiff (10)	Co Cardiff (5)	Swansea Aq+Uni (10)	Swansea Aq+Uni (10)	Wrexham (7)	Bridgend (3)
	RCT Squad (3)	Swim Gwynedd (1)		Nofio Clwyd (4)			Merthyr (1)	Holywell (3)
	Brompton (1)	Welshpool (1)					Nofio SG (1)	Llanelli (2)
	Chirk (1)							Pembrokeshire (1)
	Heads of Val (1)							

