

Swim Wales Development Meet 2023

Session 1 Warmup

[illegible]

Swim Wales Development Meet 2023

Session 2 Warmup

	11.40 - 12.00		12.00 - 12.20		12.20 - 12.40	
1	C Dolphins (13)	13	Rhondda (3) Fishguard (10)	13	Rhondda (14)	14
2	C Dolphins (3) Co Cardiff (1) Pontypridd (3) Hackney (1) Bridgend Cty (1) Bridgend SC (1)	10	Torfaen D (6) Abertillery (7)	13	Torfaen D (14)	14
3	Swansea Aq (14)	14	Swansea Aq (13)	13	Swansea Aq (13)	13
4	Swansea Aq (7) Merthyr Tydf (7)	14	Llanelli (14)	14	Llanelli (14)	14
5	Amman Valley (13)	13	RCT Squad (15)	15	RCT Squad (15)	15
6	Milford Havn (15)	15	NexusValleys (9) Aberystwyth (3)	12	NexusValleys (14)	14
7	Nofio Clwyd (2) Denbigh D (1) Co Newport (2) Ruthin (2) Denbig DT (1)	8	Haverfordwes (4) Aberavon (10)	14	Haverfordwes (14)	14
8	Neath (13)	13	Neath (4) Carmarthen (4) Wrexham (1) RomseyTotton (1)	10	Carmarthen (13)	13

Session Start: 12.50pm

Swim Wales Development Meet 2023

Session 3 Warmup

[illegible]