



SWIM WALES
NOFIO CYMRU



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Swim Wales Masters LC Championships 2023 - Warm-up Arrangements

Please note that there should be a **MAXIMUM** of 20 swimmers in a lane at any time

Saturday 4th March

Session 1

	1	2	3	4	5	6	7	8
08:00 – 08:25	Dive/Sprint Lane	Men (Slow)	Men (Slow)	Men (Medium)	Men (Medium)	Men (Fast)	Men (Fast)	Dive/Sprint Lane
08:25 – 08:50	Dive/Sprint Lane	Women (Slow)	Women (Slow)	Women (Medium)	Women (Medium)	Women (Fast)	Women (Fast)	Dive/Sprint Lane
Session Starts: 09:00								

Session 2

	1	2	3	4	5	6	7	8
11:55 – 12:20	Dive/Sprint Lane	Men (Slow)	Men (Slow)	Men (Medium)	Men (Medium)	Men (Fast)	Men (Fast)	Dive/Sprint Lane
12:20 – 12:45	Dive/Sprint Lane	Women (Slow)	Women (Slow)	Women (Medium)	Women (Medium)	Women (Fast)	Women (Fast)	Dive/Sprint Lane
Session Starts: 12:55								

Session 3

	1	2	3	4	5	6	7	8
14:45 – 15:10	Dive/Sprint Lane	Men (Slow)	Men (Slow)	Men (Medium)	Men (Medium)	Men (Fast)	Men (Fast)	Dive/Sprint Lane
15:10 – 15:35	Dive/Sprint Lane	Women (Slow)	Women (Slow)	Women (Medium)	Women (Medium)	Women (Fast)	Women (Fast)	Dive/Sprint Lane
Session Starts: 15:45								



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Sunday 5th March

Session 4

	1	2	3	4	5	6	7	8
08:00 – 08:25	Dive/Sprint Lane	Men (Slow)	Men (Slow)	Men (Medium)	Men (Medium)	Men (Fast)	Men (Fast)	Dive/Sprint Lane
08:25 – 08:50	Dive/Sprint Lane	Women (Slow)	Women (Slow)	Women (Medium)	Women (Medium)	Women (Fast)	Women (Fast)	Dive/Sprint Lane
Session Starts: 09:00								

Session 5

	1	2	3	4	5	6	7	8
11:15 – 11:40	Dive/Sprint Lane	Men (Slow)	Men (Slow)	Men (Medium)	Men (Medium)	Men (Fast)	Men (Fast)	Dive/Sprint Lane
11:40 – 12:05	Dive/Sprint Lane	Women (Slow)	Women (Slow)	Women (Medium)	Women (Medium)	Women (Fast)	Women (Fast)	Dive/Sprint Lane
Session Starts: 12:15								

Session 6

	1	2	3	4	5	6	7	8
14:10 – 14:40	Dive/Sprint Lane	Men (Slow)	Men (Medium)	Men (Fast)	Women (Fast)	Women (Medium)	Women (Slow)	Dive/Sprint Lane
Session starts: 14:50								