



SWIM WALES
NOFIO CYMRU

Swim Wales Development Meet 2023 – Session Times

Session	Warm Up	Session Start	Estimated Finish
1	07:45 – 08:45	08:55	11:30
2	11:40 - 12:40	12:50	15:30
3	15:40 – 16:40	16:50	18:55