



SWIM WALES
NOFIO CYMRU

Swim Wales Summer Open 2023

Session Times

		Warm Up	Session Start	Estimated Finish
Day 1 Thursday 3rd August	Session 1	07:45-08:45	08:55	11:30
	Session 2	11:40-12:40	12:50	15:55
	Session 3	16:05-17:05	17:15	19:00
Day 2 Friday 4th August	Session 4	07:45-08:45	08:55	11:25
	Session 5	11:35-12:35	12:45	15:45
	Session 6	15:55-16:55	17:05	19:00
Day 3 Saturday 5th August	Session 7	07:45-08:45	08:55	10:40
	Session 8	10:50-11:50	12:00	14:20
	Session 9	14:30-15:30	15:40	17:40
Day 4 Sunday 6th August	Session 10	07:45-08:45	08:55	11:35
	Session 11	11:45-12:45	12:55	15:50
	Session 12	16:00-17:00	17:10	18:50
Day 5 Monday 7th August	Session 13	07:45-08:45	08:55	11:10
	Session 14	11:20-12:20	12:30	15:20
	Session 15	15:30-16:30	16:40	18:25