



SWIM WALES
NOFIO CYMRU



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Swim Wales Masters Long Course
Championships 2023
Session Times

Day	Session	Warm up	Start	Est Finish
Saturday	1	08:00-08:50	09:00	11:40
	2	11:55-12:45	12:55	14:30
	3	14:45-15:35	15:45	18:40
Sunday	4	08:00-08:50	09:00	11:00
	5	11:15-12:05	12:15	13:55
	6	14:10-14:40	14:50	16:40