

Thursday - First Session - (Session 1)

Please note that there are no dedicated diving lanes in this warmup. However, if ALL coaches on a lane are in agreement, clubs may use the last few minutes of their allocated warmup for diving practice. NB Swimmers must swim the whole length of the pool and exit the water at the far end via the side of the pool.

Swimmers must not climb over the timing pads.

	7.45 - 8.05		8.05 - 8.25		8.25 - 8.45	
	ALL LANES BOYS ONLY		Lanes 1 - 3 BOYS. Lanes 4 - 8 GIRLS		ALL LANES GIRLS ONLY	
1	Wycombe Dist (4) Chirk (1) Nofio Clwyd (3) Heads Valley (1) Co Bristol (2) Nofio Bangor (1)	12	Co Leeds (5) Exe Masters (1) Co Hereford (3) Leatherhead (2) Droitwich (1)	12	RCT Squad (5) Swim Gwynedd (1) Nofio Bangor (3) Co Leeds (2) Nofio Clwyd (1)	12
2	Swansea Aq (6) Newtown (1) Mount Kelly (3) Penyrheol (1) Co Leicester (1)	12	Pembs Cty (4) Lboro Uni (1) Boldmere (3) RCT Squad (2) Hackney (1)	11	Pembs Cty (8) Wycombe Dist (2) Co Leicester (1) Newtown (1)	12
3	Co Cardiff (4) Bridgend Cty (8)	12	Co Cardiff (12)	12	Bridgend Cty (9) Warrington W (1) Bristol Pen (1)	11
4	Swansea Uni (10) Warrington W (1) AbingdonVale (1)	12	Co Cardiff (13)	13	Co Cardiff (14)	14
5	Torfaen D (9) Bromley (1) Caradon (1)	11	Swansea Uni (11)	11	Torfaen D (7) Deben (1) Cinderford (1) Merthyr Tydf (1) Co South'ton (1)	11
6	Co Newport (7) Redditch (1) Swim Gwynedd (2) Burnley BOBC Co Manch Aq (1)	11	Swansea Aq (12)	12	Co Newport (6) Penyrheol (3) Wigan BEST (2)	11
7	Wrexham (6) Ruthin (1) Neath (2) Millfield (2) Repton (1)	12	Neath (10) Cirencester (2)	12	Wrexham (5) Portsmouth N (1) Heads Valley (3) Orion (1) Plymouth Lea (1)	11
8	Nofio S Gar (3) Staines (1) Conwy (3) Trowbridge ASC (1) Holywell (2) Tadcaster (2)	12	Nofio S Gar (5) C Dolphins (1) Chirk (3) Co Cambridge (2) Carnforth (1)	12	Holywell (4) Sevenoaks (1) Conwy (3) Burnley BOBC Bridgend SC (2) Seagulls SC (1)	11

Session Start: 8.55am

Thursday - Second Session - (Session 2)

Please note that there are no dedicated diving lanes in this warmup. However, if ALL coaches on a lane are in agreement, clubs may use the last few minutes of their allocated warmup for diving practice. NB Swimmers must swim the whole length of the pool and exit the water at the far end via the side of the pool.

Swimmers must not climb over the timing pads.

	11.40 - 12.00			12.00 - 12.20			12.20 - 12.40		
	ALL LANES BOYS ONLY			Lanes 1 - 2 BOYS. Lanes 3 - 8 GIRLS			ALL LANES GIRLS ONLY		
1	RCT Squad (3) Conwy (3) Bridgend SC (2) Chelsea&West (2)	Backwell (1) Boldmere (1)	12	Swansea Aq (4) Newtown (2) Co Bristol (2) Teddington (1)	Tadcaster (1) Sevenoaks (1)	11	Swansea Aq (12)		12
2	Camden Swiss (4) Wrexham (3) Co Coventry (2) Co Leicester (1)	Co South'ton (1) Droitwich (1)	12	Torfaen D (4) Bridgend Cty (2) Co Hereford (2) Rhyl Dolphin (1)	Redditch (1) Penyrheol (1)	11	Camden Swiss (5) Bridgend Cty (5) Wycombe Dist (1) Co Birm'ham (1)		12
3	Co Cardiff (12)		12	Co Cardiff (12)		12	Co Cardiff (7) Torfaen D (2) Buckley (1) Flixton (1)		12
4	Co Leeds (11)		11	Co Leeds (7) Mount Kelly (2) Bridgend SC (1)		11	RCT Squad (9) teamipswich (1) Nofio Clwyd (1)		12
5	Nofio S Gar (6) Wigan BEST (2) Mount Kelly (1)	Portsmouth N (1) Wycombe Dist (1) AST Burnham (1)	12	Nofio S Gar (7) Wigan BEST (2) Soundwell (1)		11	Holywell (4) Rhondda (3) Co Bristol (2)		11
6	Swim Gwynedd (5) Rhondda (2) Neath (2)	Io Man (1) Heads Valley (1) Marlborough (1)	12	Wrexham (8) Portsmouth N (2) Neath (1)		11	Pembs Cty (13)		13
7	Co Newport (5) Nofio Bangor (2) Soundwell (2) Mold (1)	Orion (1) Norwich Swan (1)	12	Swim Gwynedd (7) Chirk (2) Ruthin (2)		11	Co Newport (6) Co Hereford (2) Clevedon (2) TigersharksW (1)		12
8	Pembs Cty (4) Hackney (3) Bristol Pen (2) Caerphilly (1)	Co Peterboro (1) Haslemere (1)	12	Caerphilly (4) C Dolphins (3) Nofio Bangor (2) Caradon (2)		12	Conwy (3) Newtown (3) Merthyr Tydf (3) Winsford (1)		11

Session Start: 12.50pm

Swim Wales Summer Open 2023
Thursday - Finals - Mixed Warmups. (Session 3)

	4.05 - 5.05	
1	4.05 - 4.35 OPEN - MAX 20 SWIMMERS	4.35 - 5.05 Sprint Lane
2	OPEN - MAX 20 SWIMMERS	
3	OPEN - MAX 20 SWIMMERS	
4	OPEN - MAX 20 SWIMMERS	
5	OPEN - MAX 20 SWIMMERS	
6	OPEN - MAX 20 SWIMMERS	
7	OPEN - MAX 20 SWIMMERS	
8	4.05 - 4.35 OPEN - MAX 20 SWIMMERS	4.35 - 5.05 Sprint Lane
Session Start: 5.15pm		

Friday - First Session - (Session 4)

Please note that there are no dedicated diving lanes in this warmup. However, if ALL coaches on a lane are in agreement, clubs may use the last few minutes of their allocated warmup for diving practice. NB Swimmers must swim the whole length of the pool and exit the water at the far end via the side of the pool.

Swimmers must not climb over the timing pads.

	7.45 - 8.15		8.15 - 8.45			
	ALL LANES GIRLS ONLY		ALL LANES BOYS ONLY			
1	Nofio S Gar (4) Conwy (4) Holywell (3) Wycombe Dist (2)	Co Leicester (1) Portsmouth N (1)	15	Nofio Clwyd (4) Nofio S Gar (3) Holywell (3) Conwy (2)	Wycombe Dist (1) Co Leicester (1)	14
2	Bridgend Cty (6) Co Newport (3) Chirk (3) Heads Valley (1)	Warrington W (1) Orion (1)	15	Co Newport (8) Bridgend Cty (3) Chirk (1) Heads Valley (1)	Warrington W (1)	14
3	Swansea Aq (10) Nofio Bangor (2) Deben (2) Merthyr Tydf (1)		15	Swansea Aq (6) Mount Kelly (2) Tadcaster (2) Nofio Bangor (1)		11
4	Co Cardiff (14)		14	Co Cardiff (13)		13
5	Co Cardiff (7) Swansea Uni (7)		14	Co Cardiff (3) Swansea Uni (8)		11
6	Pembs Cty (9) Torfaen D (3) Cirencester (2)	Cinderford (1)	15	Torfaen D (8) Pembs Cty (3) Leatherhead (1)	Newtown (1)	13
7	Neath (9) RCT Squad (4) Team Bath AS (1) Bridgend SC (1)		15	Millfield (3) Swim Gwynedd (3) Neath (1) Boldmere (1)	Connahs Quay (1) Caradon (1) Co Hereford (1) RCT Squad (1)	12
8	Wrexham (5) Penyrheol (4) Co Leeds (2) Caerphilly (2)	Co Cambridge (1) C Dolphins (1)	15	Wrexham (7) Co Leeds (3) Penyrheol (1) Redditch (1)	Repton (1) Co Salford (1)	14

Session Start: 8.55am

Friday - Second Session - (Session 5)

Please note that there are no dedicated diving lanes in this warmup. However, if ALL coaches on a lane are in agreement, clubs may use the last few minutes of their allocated warmup for diving practice. NB Swimmers must swim the whole length of the pool and exit the water at the far end via the side of the pool.

Swimmers must not climb over the timing pads.

[illegible]

Swim Wales Summer Open 2023
Friday - Finals - Mixed Warmups. (Session 6)

	3.55 - 4.55	
1	3.55 - 4.25 OPEN - MAX 20 SWIMMERS	4.25 - 4.55 Sprint Lane
2	OPEN - MAX 20 SWIMMERS	
3	OPEN - MAX 20 SWIMMERS	
4	OPEN - MAX 20 SWIMMERS	
5	OPEN - MAX 20 SWIMMERS	
6	OPEN - MAX 20 SWIMMERS	
7	OPEN - MAX 20 SWIMMERS	
8	3.55 - 4.25 OPEN - MAX 20 SWIMMERS	4.25 - 4.55 Sprint Lane
Session Start: 5.05pm		

Saturday - First Session - (Session 7)

Please note that there are no dedicated diving lanes in this warmup. However, if ALL coaches on a lane are in agreement, clubs may use the last few minutes of their allocated warmup for diving practice. NB Swimmers must swim the whole length of the pool and exit the water at the far end via the side of the pool.

Swimmers must not climb over the timing pads.

[illegible]

Saturday - Second Session - (Session 8)

Please note that there are no dedicated diving lanes in this warmup. However, if ALL coaches on a lane are in agreement, clubs may use the last few minutes of their allocated warmup for diving practice. NB Swimmers must swim the whole length of the pool and exit the water at the far end via the side of the pool.

Swimmers must not climb over the timing pads.

[illegible]

Swim Wales Summer Open 2023
Saturday - Finals - Mixed Warmups. (Session 9)

	2.30 - 3.30	
1	2.30 - 3.00 OPEN - MAX 20 SWIMMERS	3.00 - 3.30 Sprint Lane
2	OPEN - MAX 20 SWIMMERS	
3	OPEN - MAX 20 SWIMMERS	
4	OPEN - MAX 20 SWIMMERS	
5	OPEN - MAX 20 SWIMMERS	
6	OPEN - MAX 20 SWIMMERS	
7	OPEN - MAX 20 SWIMMERS	
8	2.30 - 3.00 OPEN - MAX 20 SWIMMERS	3.00 - 3.30 Sprint Lane
Session Start: 3.40pm		

Sunday - First Session - (Session 10)

Please note that there are no dedicated diving lanes in this warmup. However, if ALL coaches on a lane are in agreement, clubs may use the last few minutes of their allocated warmup for diving practice. NB Swimmers must swim the whole length of the pool and exit the water at the far end via the side of the pool.

Swimmers must not climb over the timing pads.

	7.45 - 8.15			8.15 - 8.45				
	ALL LANES BOYS ONLY			ALL LANES GIRLS ONLY				
1	Nofio S Gar (3) Co Newport (3) RCT Squad (2)	Neath (1) Chirk (1) Wycombe Dist (1) Droitwich (1)	12	Nofio S Gar (5) Wrexham (4) Penyrheol (2) Chirk (1)	Wycombe Dist (1) Cinderford (1) Nofio Clwyd (1)	15		
2	Torfaen D (4) Co Leeds (3) Holywell (2) Ruthin (2)	Lboro Uni (1)	12	Bridgend Cty (8) Holywell (3) Orion (1) Portsmouth N (1)	Wigan BEST (1) C Dolphins (1)	15		
3	Wrexham (7) Swim Gwynedd (2) Newtown (1) RTW Monson (1)	Co Salford (1)	12	Swansea Aq (7) RCT Squad (4) Bristol Pen (1) Deben (1)	Rhyl Dolphin (1) Seagulls SC (1)	15		
4	Co Cardiff (17)		17	Co Cardiff (16)		16		
5	Swansea Aq (7) Co Hereford (2) Penyrheol (1)	Heads Valley (1) Co Manch Aq (1)	12	Co Cardiff (6) Torfaen D (9)		15		
6	Swansea Uni (6) Nofio Clwyd (3) Nofio Bangor (1)	Hackney (1) Millfield (1)	12	Swansea Uni (8) Nofio Bangor (3) Caerphilly (2)	Carnforth (1) Co Leeds (1) Plymouth Lea (1)	16		
7	Pembs Cty (5) Mount Kelly (3) Warrington W (1) Co Leicester (1)	Redditch (1) Royal Wolv (1)	12	Pembs Cty (8) Swim Gwynedd (2) Co Cambridge (2) Warrington W (1)	Co Leicester (1) Cirencester (1) Merthyr Tydf (1)	16		
8	Bridgend Cty (4) Conwy (3) Leatherhead (2) Co Bristol (1)	Tiverton (1)	11	Neath (6) Co Newport (4) Conwy (4) Worcester (1)	Heads Valley (1)	16		
Session Start: 8.55am								

Sunday - Second Session - (Session 11)

Please note that there are no dedicated diving lanes in this warmup. However, if ALL coaches on a lane are in agreement, clubs may use the last few minutes of their allocated warmup for diving practice. NB Swimmers must swim the whole length of the pool and exit the water at the far end via the side of the pool.

Swimmers must not climb over the timing pads.

	11.45 - 12.15			12.15 - 12.45				
	ALL LANES BOYS ONLY			ALL LANES GIRLS ONLY				
1	Pembs Cty (3) Co Newport (3) Nofio Bangor (2) Wycombe Dist (1)	Caerphilly (1) Boldmere (1)	11	Nofio S Gar (4) RCT Squad (4) Nofio Bangor (1) Caerphilly (1)	Guildford Ct (1) RTW Monson (1)	12		
2	Nofio S Gar (4) RCT Squad (2) Co Hereford (2) Marlborough (1)	Co Peterboro (1) Soundwell (1)	11	Pembs Cty (6) Co Bristol (2) Holywell (2) Co Hereford (1)	Nofio Clwyd (1)	12		
3	Swim Gwynedd (4) Bridgend Cty (2) Rhondda (2) Portsmouth N (1)	Redditch (1) Teddington (1)	11	Swim Gwynedd (7) Bridgend Cty (3) Rhondda (1) Portsmouth N (1)		12		
4	Co Cardiff (12)		12	Co Cardiff (15)		15		
5	Co Leeds (7) Hackney (2) Mount Kelly (1)	Haslemere (1)	11	Co Leeds (6) Mount Kelly (2) Haslemere (1)	Bristol Pen (1) TigersharksW (1) Winsford (1)	12		
6	Swansea Aq (4) Chelsea&West (3) Neath (1)	Blythe Barra (1) Co Leicester (1) Orion (1)	11	Swansea Aq (6) Neath (2) Ruthin (2)	Co Salford (1) Trafford Met (1)	12		
7	Torfaen D (4) Conwy (3) Co Bristol (1) AST Burnham (1)	Penyrheol (1) Rhyl Dolphin (1)	11	Camden Swiss (4) Co Newport (3) Caradon (2) Torfaen D (1)	Co Birm'ham (1) Merthyr Tydf (1)	12		
8	Wrexham (3) Camden Swiss (3) Wigan BEST (2) Co Coventry (1)	Droitwich (1) Sevenoaks (1)	11	Wrexham (5) Wycombe Dist (3) Wigan BEST (1) Co Coventry (1)	Repton (1) Warrington W (1)	12		
Session Start: 12.55pm								

Swim Wales Summer Open 2023
Sunday - Finals - Mixed Warmups. (Session 12)

	4.00 - 5.00	
1	4.00 - 4.30 OPEN - MAX 20 SWIMMERS	4.30 - 5.00 Sprint Lane
2	OPEN - MAX 20 SWIMMERS	
3	OPEN - MAX 20 SWIMMERS	
4	OPEN - MAX 20 SWIMMERS	
5	OPEN - MAX 20 SWIMMERS	
6	OPEN - MAX 20 SWIMMERS	
7	OPEN - MAX 20 SWIMMERS	
8	4.00 - 4.30 OPEN - MAX 20 SWIMMERS	4.30 - 5.00 Sprint Lane
Session Start: 5.10pm		

Swim Wales Summer Open 2023

Monday - First Session - (Session 13)

Please note that there are no dedicated diving lanes in this warmup. However, if ALL coaches on a lane are in agreement, clubs may use the last few minutes of their allocated warmup for diving practice. NB Swimmers must swim the whole length of the pool and exit the water at the far end via the side of the pool.

Swimmers must not climb over the timing pads.

	7.45 - 8.05		8.05 - 8.25		8.25 - 8.45	
	ALL LANES GIRLS ONLY		Lanes 1 - 7 GIRLS. Lane 8 BOYS.		ALL LANES BOYS ONLY	
1	Wrexham (3) Millfield (1) Penyrheol (3) Nofio Clwyd (1) Boldmere (1)	9	Co Leeds (3) Seagulls SC (1) Teddington (3) Portsmouth N (1) Rhyl Dolphin (1)	9	Co Leeds (4) Teddington (1) Boldmere (2) Tadcaster (1) RTW Monson (2) Penyrheol (1)	11
2	Neath (6) Soundwell (2) Conwy (2)	10	Nofio S Gar (5) Co Cambridge (2) NexusValleys (1) Plymouth Lea (1)	9	Nofio S Gar (3) Co Bristol (1) Conwy (2) Lboro Uni (1) Co Hereford (2) Co Salford (1) Neath (1)	11
3	Swansea Aq (11)	11	Swansea Uni (10)	10	Wrexham (5) Co Leicester (1) Swansea Uni (2) Hackney (1) Heads Valley (1) Tiverton (1) Bristol Pen (1)	12
4	Co Cardiff (14)	14	Co Cardiff (14)	14	Co Cardiff (11)	11
5	Bridgend Cty (12)	12	Pembs Cty (10)	10	Co Cardiff (4) Bridgend Cty (8)	12
6	Torfaen D (9)	9	RCT Squad (6) Chirk (2) Merthyr Tydf (1)	9	Pembs Cty (5) Droitwich (1) RCT Squad (2) Redditch (1) Ruthin (2) TauntonDeane (1)	12
7	Co Newport (5) Caerphilly (2) Swim Gwynedd (1) Heads Valley (1)	9	Nofio Bangor (4) Maidenhead (1) Bridgend SC (2) Cinderford (1) Deben (1)	9	Nofio Clwyd (3) Exe Masters (1) Millfield (2) Newtown (1) Swim Gwynedd (2) Sevenoaks (2)	11
8	Wycombe Dist (3) C Dolphins (1) Holywell (3) Warrington W (1) Carnforth (1)	9	Torfaen D (6) Swansea Aq (3) Co Newport (2)	11	Mount Kelly (3) Warrington W (1) Wycombe Dist (2) Gloucester (1) Co Manch Aq (2) Holywell (1)	10
Session Start: 8.55am						

Monday - Second Session - (Session 14)

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Swimmers must not climb over the timing pads.

	11.20 - 11.40		11.40 - 12.00		12.00 - 12.20	
	ALL LANES GIRLS ONLY		Lanes 1 - 6 GIRLS. Lanes 7 - 8 BOYS.		ALL LANES BOYS ONLY	
1	Co Bristol (3) C Dolphins (1) Co Coventry (3) Chelsea&West (1) Conwy (1)	9	Wycombe Dist (3) Newtown (1) Caerphilly (2) Co Birm'ham (2) Bristol Pen (1)	9	Chelsea&West (3) Caerphilly (1) Newtown (1) Sevenoaks (1) Bristol Pen (2) Wycombe Dist (1)	9
2	Wrexham (5) Millfield (1) Soundwell (2) Nofio Bangor (1) Chirk (1)	10	Nofio S Gar (4) Tadcaster (1) Mount Kelly (2) Caradon (2) Neath (1)	10	Nofio S Gar (6) Co Bristol (2) Mount Kelly (1) Neath (1) Rhyl Dolphin (1)	11
3	Camden Swiss (7) Trafford Met (2) Nofio Clwyd (1) Warrington W (1)	11	RCT Squad (7) Teddington (1) Haslemere (1) TigersharksW (1)	10	RCT Squad (3) Camden Swiss (3) Hackney (3) Haslemere (1) Io Man (1)	11
4	Co Cardiff (7) Co Newport (3)	10	Co Cardiff (10)	10	Co Cardiff (13)	13
5	Pembs Cty (8) Flixton (1) Guildford Ct (1)	10	Co Leeds (11)	11	Co Leeds (11)	11
6	Swansea Aq (7) Ruthin (2) Co Manch Aq (1)	10	Swim Gwynedd (6) Clevedon (2) Co Hereford (1) Winsford (1)	10	Swim Gwynedd (4) Redditch (1) Teddington (2) Co Hereford (1) L Typhoon (1)	9
7	Bridgend Cty (4) Repton (1) Rhondda (2) Holywell (2) Portsmouth N (1)	10	Bridgend Cty (2) Pembs Cty (3) Rhondda (2) Portsmouth N (1) AST Burnham (1)	9	Co Newport (4) Penyrheol (1) Wrexham (2) Droitwich (1) Marlborough (1)	9
8	Wigan BEST (4) Co Salford (1) Torfaen D (2) Merthyr Tydf (2) Co Peterboro (1)	10	Wigan BEST (2) Swansea Aq (3) Torfaen D (2) Co Peterboro (1) Boldmere (1)	9	Conwy (3) Gloucester (1) Nofio Bangor (2) Norwich Swan (1) Soundwell (1) Bridgend SC (1)	9

Session Start: 12.30pm

Swim Wales Summer Open 2023
Monday - Finals - Mixed Warmups. (Session 15)

	3.30 - 4.30	
1	3.30 - 4.00 OPEN - MAX 20 SWIMMERS	4.00 - 4.30 Sprint Lane
2	OPEN - MAX 20 SWIMMERS	
3	OPEN - MAX 20 SWIMMERS	
4	OPEN - MAX 20 SWIMMERS	
5	OPEN - MAX 20 SWIMMERS	
6	OPEN - MAX 20 SWIMMERS	
7	OPEN - MAX 20 SWIMMERS	
8	3.30 - 4.00 OPEN - MAX 20 SWIMMERS	4.00 - 4.30 Sprint Lane
Session Start: 4.40pm		