

Warm Up & Session Times

All Warm Up sessions end 5/10 minutes before the commencement of each Session.

NOTE max 16 swimmers/lane – as required by Legacy Leisure. There is NO warm down pool available.

All Clubs must ensure that their swimmers are supervised during warm up in their allocated lanes. All lanes will be swim lanes until sprint lanes are announced for each session. Please ensure your swimmers exit the pool at the side and do not climb out over the timing pads as this can cause damage to the pads and lead to delays to the meet. Sprint lanes will be opened by the announcer.

Warm up Marshals will be used. Swimmers disregarding health + safety instructions and ignoring the direction of the Marshals will be not be tolerated and thus will be excluded from Warm Up.

Boys are to access/exit pool from Toys R Us end and Girls access/exit from the car park end

| Session 1 | SATURDAY | Session 4 | SUNDAY |
|--|---|-----------|---|
| Girls | 10:00 - 10:35 (sprint lanes from 10:30) | Boys | 08:30 - 08:50 (Sprint lanes from 08:45) |
| Boys | 10:35 - 10:55 (sprint lanes from 11:50) | Girls | 08:50 - 09:25 (Sprint lanes from 09:20) |
| Session 2 | | Session 5 | |
| Boys | 13:00 - 13:20 (sprint lanes from 13:15) | Girls | 11:15 - 11:50 (Sprint lanes from 11:45) |
| Girls | 13:20 - 13:55 (sprint lanes from 13:50) | Boys | 11:50 - 12:10 (Sprint lanes from 12:05) |
| NOTE | | Session 6 | |
| GIRLS 8-10yrs are to warm up in first 15 mins then | | Boys | 14:30 - 14:50 (Sprint lanes from 14:45) |
| 11-13yrs can warm up in remainder of each session | | Girls | 14:50 - 15:10 (Sprint lanes from 15:05) |

| LANE ALLOCATION FOR ALL SESSIONS | | | |
|----------------------------------|--------------------------------|--|------------|
| | Sprint lanes 0 1 2 3 & 6 7 8 9 | Lanes 4&5 to remain swimming lanes for all clubs | |
| 0* | MERTHYR TYDFIL & NEATH * | 5 | RCT |
| 1* | CAERPHILLY * | 6 | CO OXFORD |
| 2 | TORFAEN DOLPHINS | 7 | CO CARDIFF |
| 3 | CELTIC DOLPHINS | 8 | CO CARDIFF |
| 4 | SEVERNSIDE TRITONS | 9 | CO NEWPORT |

NB on SUNDAY Lane 0 will be a permanent sprint lane with L1 used by Merthyr Tydfil, Neath & Caerphilly