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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | lane 8 |
| Start | Session 1 Warm Up | | | | | | | |
| 08.30 | Girls Aged 9 & Girls Aged 10 (excluding Tredegar) | | | | | | | |
| 08.45 | Girls Aged 10 (Tredegar only) & Girls Aged 11 | | | Boys Aged 9-10 & Boys Aged 11 (Abertillery, Blaenafon only) | | | | |
| 09.00 | Girls Aged 8 | | | Girls Aged 12 (Abertillery, Newport, Merthyr only) | Boys Aged 11 (Excluding Abertillery, Blaenafon) & Boys Aged 12 | | | Boys Aged 8 |
| 09.15 | Girls Aged 12 (Excluding Abertillery, Newport, Merthyr) & Girls Aged 13+ | | | | | | Boys Aged 13+ | |
| 09.30 | Session 1 Start 09.30 | | | | | | | |
| Session 2 Warm Up | | | | | | | | |
| 12.00 | Girls Aged 9 & Girls Aged 10 (Excluding Monnow, Tredegar) | | | | | | | |
| 12.15 | Girls Aged 10 (Monnow, Tredegar only) & Girls Aged 11 | | | | Boys Aged 9-10 & Boys Aged 11 (Newport only) | | | |
| 12.30 | Girls Aged 8 | | | Girls Aged 12 (Abertillery, Newport, Merthyr only) | Boys Aged 11 (Excluding Newport) & Boys Aged 12 | | | Boys Aged 8 |
| 12.45 | Girls Aged 12 (Excluding Abertillery, Newport, Merthyr) & Girls Aged 13+ | | | | | | Boys Aged 13+ | |
| 13.00 | Session 2 Start 13.00 | | | | | | | |
| Session 3 Warm Up | | | | | | | | |
| 15.30 | Girls Aged 8-9 | | | | | | Boys Aged 8 & Boys Aged 9 (Excluding Abertillery, Cwmbran) | |
| 15.45 | Girls Aged 10 & Girls Aged 11 (Abertillery, Caerphilly, Newport only) | | | | Boys Aged 9 (Abertillery, Cwmbran Only) & Boys Aged 10-12 | | | |
| 16.00 | Girls Aged 11 (Excluding Abertillery, Caerphilly, Newport) & Girls Aged 12+ | | | | | | Boys Aged 13+ | |
| 16.15 | Session 3 Start 16.15 | | | | | | | |
| **The Last 3 minutes of each warm up sequence will be used for sprint lines.** | | | | | | | | |