

**Long Course Championships 2015**

**Warm up Schedule - Session 1**

<b>Lane</b>	<b>08:00 – 08:20</b>	<b>08:20 – 08:40</b>	<b>08:40 – 09:00</b>
<b>1</b>	<b>Cardiff 13</b>	<b>Cardiff 13</b>	<b>Cardiff 13</b>
<b>2</b>	<b>Swansea Aquatics 14</b>	<b>Swansea Aquatics 13</b>	<b>Swansea Aquatics 13</b>
<b>3</b>	<b>Bridgend 20</b>	<b>Pembrokeshire 20</b>	<b>Torfaen 15</b>
<b>4</b>	<b>Wrexham 14</b>	<b>Newport, Coventry 13</b>	<b>Nofio SG, Newtown 13</b>
<b>5</b>	<b>Nofio Clwyd, Llanelli, Isle O Angelsey 13</b>	<b>Llantrisant, Chirk, Abertillery 12</b>	<b>Holywell, Neath, Chepstow 12</b>
<b>6</b>	<b>Heads OV, Carmarthen, Mold, Plymouth L 14</b>	<b>Rhyl D, Celtic D, Gloucester 12</b>	<b>Welshpool, Swim Conwy, Ealing, Northampton 13</b>
<b>7</b>	<b>Redhill, Worcester, Dorking, Hatfield, Ledbury, Maxwell, Millfield, Strat Sharks, Rhyl 15</b>	<b>Rushmoor , Aberystwyth, Blaenavon B, Sheffield, Hereford, Loughboro, Oswestry, Leic P, Stockton 11</b>	<b>Ruthin, Black Lion, Buckley, Exeter, Welsh Ind, Llandudno, Merthyr, Nofio PBP, Potters B, Taunton 11</b>
<b>8</b>	<b>SPRINT LANE</b>		

**Warm up Schedule - Session 2**

<b>Lane</b>	<b>11:00 – 11:25</b>	<b>11:25 – 11:50</b>
<b>1</b>	<b>Cardiff, Rhonnda 15</b>	<b>Cardiff, Sheffield, Ruthin 15</b>
<b>2</b>	<b>Swansea Aquatics, Coventry, Gloucester, Nofio PBP 16</b>	<b>Swansea Aquatics, Dorking, Isle o Angelsey, Penyrheol 15</b>
<b>3</b>	<b>Bridgend, Chirk, Modernians 15</b>	<b>Swim Gwynedd, Ellesmere, Oxford 15</b>
<b>4</b>	<b>Swim Gwynedd, Flint, Merthyr Tydfil 15</b>	<b>Nofio Clwyd, Abertillery, Millfield 15</b>
<b>5</b>	<b>Pembrokeshire, Exeter, Maxwell 15</b>	<b>Newport, Holywell, Swindon D 16</b>
<b>6</b>	<b>Swim Conwy, Llantrisant, Mold, Leamington 16</b>	<b>Torfaen D, Rhyl D, Celtic D, Long Eaton 15</b>
<b>7</b>	<b>Wrexham, Welshpool, Aberystwyth, Alton, Harrogate 15</b>	<b>Carmarthen, Heads OV , Nofio SG, Llanelli, Worcester, Hereford 15</b>
<b>8</b>	<b>SPRINT LANE</b>	

**Session 3 – Finals warm up – 3 x 20 minute session – Max 20 swimmers per lane**

**Warm up Schedule - Session 4**

<b>Lane</b>	<b>08:00 – 08:20</b>	<b>08:20 – 08:40</b>	<b>08:40 – 09:00</b>
<b>1</b>	<b>Swansea Aquatics, Worcester 16</b>	<b>Swansea Aquatics, Coventry, Hatfield 15</b>	<b>Swansea Aquatics, Aberystwyth, Rhondda 16</b>
<b>2</b>	<b>Cardiff, Buckley, Harrogate 15</b>	<b>Cardiff, Abertillery, Hereford 15</b>	<b>Cardiff, Dorking, Guildford, Nofio PBP 16</b>
<b>3</b>	<b>Bridgend, Flint, Dulwich D 15</b>	<b>Bridgend, Plymouth, Ledbury, Stockton 16</b>	<b>Swim Gwynedd 17</b>
<b>4</b>	<b>Pembrokeshire, Penyrheol, Connahs Q 14</b>	<b>Pembrokeshire, Chirk, Long Eaton, Swindon D 16</b>	<b>Torfaen D, Loughboro, Redhill 16</b>
<b>5</b>	<b>Newport, Carmarthen, Exeter, Llanelli 15</b>	<b>Newport, Chepstow, Millfield, Northampton, Taunton 16</b>	<b>Llantrisant, Mold, Oxford 16</b>
<b>6</b>	<b>Nofio Clwyd, Rushmoor, Gloucester, Llandudno 15</b>	<b>Swim Conwy, Rhyl, Ealing, Merthyr Tydfil, St Ives 16</b>	<b>Wrexham, Newtown, Oswestry 16</b>
<b>7</b>	<b>Neath, Heads OV, Isle O Anglesey 15</b>	<b>Welshpool, Nofio SG, Alton, Nofio Harlec 15</b>	<b>Holywell, Celtic D, Ruthin, Cardigan 15</b>
<b>8</b>	<b>SPRINT LANE</b>		

**Warm up Schedule - Session 5**

<b>Lane</b>	<b>11:15 – 11:40</b>	<b>11:40 – 12:05</b>
<b>1</b>	<b>Cardiff 16</b>	<b>Cardiff 16</b>
<b>2</b>	<b>Swansea Aquatics 17</b>	<b>Swansea Aquatics 16</b>
<b>3</b>	<b>Bridgend, Gloucester, Abertillery, Dulwich D, Maxwell 16</b>	<b>Bridgend , Neath, Cardigan, Sheffield, Millfield, Swindon D 17</b>
<b>4</b>	<b>Pembrokeshire, Holywell, Mold, Ellesmere, Oxford 16</b>	<b>Pembrokeshire, Heads OV, Coventry, Harrogate, Redhill 16</b>
<b>5</b>	<b>Wrexham , Nothampton, Exeter, Nofio PBP 16</b>	<b>Swim Gwynedd, Dorking, Aberystwyth, Hatfield, Ruthin 16</b>
<b>6</b>	<b>Torfaen D, Welshpool, Worcester, Isle O Anglesey 16</b>	<b>Nofio Clwyd, Llantrisant, Ealing, Celtic D, Leamington 16</b>
<b>7</b>	<b>Newport, Swim Conwy, Plymouth, Hereford, Stratford Sharks 17</b>	<b>Nofio SG, Rhyl D, Carmarthen, Newtown, Llanelli 16</b>
<b>8</b>	<b>SPRINT LANE</b>	

**Session 6 – Finals warm up – 3 x 20 minute session – Max 20 swimmers per lane**

**Warm up Schedule - Session 7**

<b>Lane</b>	<b>08:00 – 08:20</b>	<b>08:20 – 08:40</b>	<b>08:40 – 09:00</b>
<b>1</b>	<b>Cardiff, Worcester 16</b>	<b>Cardiff, Ruthin 16</b>	<b>Cardiff, Rhondda 16</b>
<b>2</b>	<b>Swansea Aquatics, Isle O Anglesey, Caerphilly 16</b>	<b>Swansea Aquatics, Merthyr Tydfil, Cardigan 16</b>	<b>Swansea Aquatics, Gloucester, Hatfield, Celtic D, Nofio Harlec 16</b>
<b>3</b>	<b>Pembrokeshire, Neath, Coventry 16</b>	<b>Pembrokeshire, Heads OV, Corwen S 16</b>	<b>Pembrokeshire, Holywell, Durham 16</b>
<b>4</b>	<b>Newport, Newtown, Plymouth, Ealing 16</b>	<b>Newport, Chepstow 16</b>	<b>Llantrisant, Exeter, Millfield, Redhill, Flint 16</b>
<b>5</b>	<b>Bridgend, Rhyl, Guildford 16</b>	<b>Bridgend, Chirk, Harrogate, Hart, Woking 17</b>	<b>Swim Conwy, Abertillery, Mold, Hereford, Long Eaton 16</b>
<b>6</b>	<b>Swim Gwynedd, Penyrheol, Llandudno, Modernians 16</b>	<b>Swim Gwynedd, Llanelli, Buckley, Northampton 16</b>	<b>Nofio Clwyd, Rushmoor, Welshpool, Nofio PBP 16</b>
<b>7</b>	<b>Wrexham, Leic P, St Ives, Taunton 17</b>	<b>Torfaen D, Dorking, Leamington, Swindon D 17</b>	<b>Carmarthen, Nofio SG, Aberystwyth, Stockton 16</b>
<b>8</b>	<b>SPRINT LANE</b>		

**Warm up Schedule - Session 8**

<b>Lane</b>	<b>11:00 – 11:25</b>	<b>11:25 – 11:50</b>
<b>1</b>	<b>Swansea Aquatics 17</b>	<b>Swansea Aquatics 17</b>
<b>2</b>	<b>Cardiff, Holywell, Swindon 16</b>	<b>Cardiff, Ruthin, Taunton 16</b>
<b>3</b>	<b>Bridgend, Abertillery, Llanelli, Carmarthen 16</b>	<b>Bridgend, Llandudno, Welshpool, Sheffield, Worcester 16</b>
<b>4</b>	<b>Pembrokeshire, Swim Conwy, Plymouth, Rushmoor 16</b>	<b>Pembrokeshire, Wrexham 17</b>
<b>5</b>	<b>Swim Gwynedd, Llantrisant, Rhyl D, Redhill 16</b>	<b>Swim Gwynedd, Alton, Dorking, Dulwich, Ellesmere, Harrogate, Hatfield, Loughboro, Merthyr 15</b>
<b>6</b>	<b>Torfaen D, Ealing, Celtic D, Nofio PBP 16</b>	<b>Newport, Heads OV, Oswestry 16</b>
<b>7</b>	<b>Nofio Clwyd, Mold, Exeter, Hereford, Newtown 16</b>	<b>Nofio SG, Neath, Guildford, Nothampton 16</b>
<b>8</b>	<b>SPRINT LANE</b>	

**Session 9 – Finals warm up – 3 x 20 minute session – Max 20 swimmers per lane**

**Warm up Schedule - Session 10**

<b>Lane</b>	<b>08:00 – 08:20</b>	<b>08:20 – 08:40</b>	<b>08:40 – 09:00</b>
<b>1</b>	<b>Cardiff 16</b>	<b>Cardiff 16</b>	<b>Cardiff 16</b>
<b>2</b>	<b>Swansea Aquatics, Aberystwyth, Hatfield 14</b>	<b>Swansea Aquatics, Celtic D, Isle O Anglesey, Abertillery 14</b>	<b>Swansea Aquatics, Chirk, Plymouth, Black Lion 14</b>
<b>3</b>	<b>Pembrokeshire, Penyrheol, Rhondda, Blaenavon B 14</b>	<b>Pembrokeshire, Chepstow, Gloucester, Caerphilly, Coventry 14</b>	<b>Pembrokeshire, Heads OV, Worcester 14</b>
<b>4</b>	<b>Bridgend, Newtown, Corwen S, Guildford 13</b>	<b>Bridgend, Neath, Harrogate 13</b>	<b>Newport, Hereford, Potters B 14</b>
<b>5</b>	<b>Swim Gwynedd, Mold, Durham, Ledbury 13</b>	<b>Swim Gwynedd, Rushmoor, Loughboro 13</b>	<b>Torfaen D, Millfield 13</b>
<b>6</b>	<b>Wrexham, Ealing, Modernians 13</b>	<b>Nofio Clwyd, Merthyr, Ruthin 14</b>	<b>Llantrisant, Dorking, Exeter, Nothampton 13</b>
<b>7</b>	<b>Nofio SG, Rhyl D, Oswestry, Stockton 14</b>	<b>Carmarthen, Welshpool, Nofio PBP 13</b>	<b>Swim Conwy, Holywell, Llanelli, Leic P 14</b>
<b>8</b>	<b>SPRINT LANE</b>		

**Warm up Schedule - Session 11**

<b>Lane</b>	<b>10:45 – 11:10</b>	<b>11:10 – 11:35</b>
<b>1</b>	<b>Swansea Aquatics 18</b>	<b>Swansea Aquatics 18</b>
<b>2</b>	<b>Cardiff, Aberystwyth 17</b>	<b>Cardiff, Carmarthen 16</b>
<b>3</b>	<b>Pembrokeshire, Chepstow, Mold, Ledbury, Redhill 17</b>	<b>Pembrokeshire, Dorking, Neath, Oxford, Swindon D 17</b>
<b>4</b>	<b>Bridgend, Rushmoor, Sheffield, Hereford, Llandudno 16</b>	<b>Bridgend, Plymouth, Nofio SG, Isle O Anglesey, Llanelli 16</b>
<b>5</b>	<b>Torfaen D, Merthyr, Nofio PBP 17</b>	<b>Newport, Welshpool 17</b>
<b>6</b>	<b>Swim Gwynedd, Heads OV, Ealing, Flint, Millfield, Ruthin 17</b>	<b>Nofio Clwyd, Exeter, Rhyl D, Chirk, Harrogate, Nothampton 16</b>
<b>7</b>	<b>Llantrisant, Holywell, Gloucester, Worcester, Coventry, Newtown, Woking 17</b>	<b>Swim Conwy, Wrexham, Guildford, Abertillery, Alton, Ellesmere, Oswestry 16</b>
<b>8</b>	<b>SPRINT LANE</b>	

**Session 12 – Finals warm up – 3 x 20 minute session – Max 20 swimmers per lane**