



SWIM WALES
NOFIO CYMRU

Swim Wales Winter Championships 2024 - Session Timetable

	Session	Warm Up	Start	Est. Finish
Thursday 5th December	Session 1	07:45 - 08:45	08:50	11:20
	Session 2	11:35 - 12:35	12:40	15:20
	Session 3	15:35 - 16:35	16:40	18:40
Friday 6th December	Session 4	07:45 - 08:45	08:50	11:40
	Session 5	11:55 - 12:55	13:00	15:55
	Session 6	16:05 - 17:05	17:10	19:20
Saturday 7th December	Session 7	07:45 - 08:45	08:50	11:45
	Session 8	11:55 - 12:55	13:00	16:05
	Session 9	16:15 - 17:15	17:20	19:30
Sunday 8th December	Session 10	07:45 - 08:45	08:50	11:25
	Session 11	11:40 - 12:40	12:45	15:30
	Session 12	15:50 - 16:50	16:55	18:55

*Draft timeline - subject to change