

SW Winter Open 2024 - Warmup Schedule

Session 1 (Thursday Morning). Warmup 7.45am - 8.45am. Session Start 8.50am

Lane	Mixed 7.45 - 8.05 Scoreboard End	Mixed 8.05 - 8.25 Scoreboard End	Mixed 8.25 - 8.45 Scoreboard End
1	Pembs Cty (2) Copeland (1) Anaconda (2) Guildford Ct (1) Billingham (2)	Pembs Cty (8)	RCT Squad (5) Seaclose (1) Dinnaton (1) Northgate (1)
2	Nofio S Gar (8)	Nofio S Gar (4) Co Hereford (4)	Bath Univ (8)
3	Co Newport (2) Hackney (5)	Co Newport (8)	Co Newport (8)
4	Co Cardiff (9)	Co Cardiff (8)	Co Cardiff (8)
5	Co Cardiff (8)	Co Cardiff (9)	Co Cardiff (8)
6	Co Cardiff (8)	NofioGwynedd (9)	Swansea Aq (9)
7	Torfaen D (4) Kingston Roy (4)	Torfaen D (8)	Torfaen D (8)
8	Neath (8)	Ellesmere (2) Nofio Bangor (3) Bridgend SC (3)	Ellesmere (8)
Lane	Mixed 7.45 - 8.05 Training Pool End	Mixed 8.05 - 8.25 Training Pool End	Mixed 8.25 - 8.45 Training Pool End
1B	Conwy (5) Redditch (1) Devonport (1) Newton Abbot (1)	Wrexham (5) Torquay (1) Co Birm'ham (1) Merthyr Tydf (1)	S Bournem'th (4) Ruthin (1) Chirk (2) Team Bath AS (1)
2B	Royal Wolv (7)	Bridgend Cty (2) Okehampton (5)	Bridgend Cty (8)
3B	Swansea Uni (8)	Swansea Uni (8)	Swansea Uni (8)
4B	Swansea Uni (8)	Swansea Uni (7)	Swansea Uni (7)
5B	Swansea Uni (7)	Teddington (4) Caradon (4)	Teddington (8)
6B	Mt Kelly (7)	Mt Kelly (7)	Mt Kelly (8)
7B	Mt Kelly (7)	Nuneaton (4) Nofio Clwyd (4)	Nuneaton (8)
8B	Holywell (3) Co Liverpool (1) Haslemere (2) Southport (1) Eastbourne (1)	Millfield (3) Trowbridge (1) Birm'ham Uni (1) Ulverston (1) Co Salford (1)	TauntonDeane (3) SurreyUni SC (1) Gloucester (1) Warrington W (1) Penyrheol (1)

SW Winter Open 2024 - Warmup Schedule

Session 2 (Thursday Afternoon). Warmup 11.35am - 12.35pm. Session Start 12.40pm

Lane	Mixed 11.35 - 12.05 Scoreboard End	Mixed 12.05 - 12.35 Scoreboard End	Mixed 12.40 - 1.00 Scoreboard End
1	Anaconda (5) Caerphilly (1) Droitwich (1)	Nofio Bangor (5) Aberystwyth (1) Newton Abbot (1)	
2	Wrexham (8)	Royal Wolv (8)	
3	Co Newport (4) Monnow (3)	Co Newport (7)	
4	Nuneaton (8)	Nuneaton (7)	
5	Nofio S Gar (7)	Nofio S Gar (6)	
6	Mt Kelly (4) Bridgend Cty (3)	Mt Kelly (7)	
7	Pembs Cty (3) Dinnaton (4)	Pembs Cty (7)	
8	Co Hereford (4) Okehampton (2) Copeland (1)	NexusValleys (3) Swindon Dolp (1) Merthyr Tydf (2) Farnham (1)	
Lane	Mixed 11.35 - 12.05 Training Pool End	Mixed 12.05 - 12.35 Training Pool End	Mixed 12.40 - 1.00 Training Pool End
1B	Newtown (3) Haslemere (1) AbingdonVale (1) Conwy (1) Chirk (1)	Neath (2) Corby (1) Penyrheol (2) Torquay (1) Billingham (1)	
2B	Swansea Aq (3) Ellesmere (4)	Swansea Aq (7)	
3B	Teddington (7)	Teddington (7)	
4B	Co Cardiff (7)	Co Cardiff (7)	
5B	Co Cardiff (7)	Co Cardiff (6)	
6B	Torfaen D (5) Hackney (2)	Torfaen D (7)	
7B	NofioGwynedd (7)	RCT Squad (6) Haverfordwes (1)	
8B	Swansea Uni (3) Caradon (1) Brixham (1) Ruthin (1) Chase (1)	Holywell (2) TauntonDeane (1) Kingston Roy (2) Bridgend SC (1)	

SW Winter Open 2024 - Warmup Schedule

Session 3 (Friday Evening). Warmup 3.35pm - 4.35pm. Session Start 4.40pm

Lane	MIXED GENDER 3.35 - 4.35 Scoreboard End
1	Open - Max 10 per lane
2	Open - Max 10 per lane
3	Open - Max 10 per lane
4	Open - Max 10 per lane
5	Open - Max 10 per lane
6	Open - Max 10 per lane
7	Open - Max 10 per lane
8	Open - Max 10 per lane
Lane	MIXED GENDER 3.35 - 4.35 Training Pool End
1B	Open - Max 10 per lane
2B	Open - Max 10 per lane
3B	Open - Max 10 per lane
4B	Open - Max 10 per lane
5B	Open - Max 10 per lane
6B	Open - Max 10 per lane
7B	Open - Max 10 per lane
8B	Open - Max 10 per lane

SW Winter Open 2024 - Warmup Schedule

Session 4 (Friday Morning). Warmup 7.45am - 8.45am. Session Start 8.50am

Lane	Mixed 7.45 - 8.05 Scoreboard End	Mixed 8.05 - 8.25 Scoreboard End	Mixed 8.25 - 8.45 Scoreboard End
1	Neath (4) Rhyl Dolphin (1) Co Birm'ham (1) Droitwich (1)	S Bournem'th (4) Ulverston (1) Gloucester (1) Southport (1)	Anaconda (2) Newton Abbot (1) Cirencester (1) Tiverton (1) Exeter City (1) Woking (1)
2	Nofio S Gar (8)	Nofio S Gar (4) Co Hereford (4)	Royal Wolv (8)
3	Mt Kelly (8)	Mt Kelly (8)	Mt Kelly (7)
4	Swansea Uni (9)	Swansea Uni (9)	Swansea Uni (9)
5	Swansea Uni (9)	Swansea Uni (9)	Swansea Uni (8)
6	Swansea Uni (8)	Torfaen D (10)	Torfaen D (9)
7	Bath Univ (8)	Bath Univ (2) Nofio Clwyd (5) Northgate (1)	Hackney (5) Holywell (3)
8	Swansea Aq (2) Devonport (1) Penyrheol (2) Redditch (1) Co Bristol (1)	Swansea Aq (8)	Kingston Roy (5) Team Bath AS (1) Co Sheffield (1)
Lane	Mixed 7.45 - 8.05 Training Pool End	Mixed 8.05 - 8.25 Training Pool End	Mixed 8.25 - 8.45 Training Pool End
1B	NofioGwynedd (2) Co Salford (1) Copeland (1) Trowbridge (1) Guildford Ct (1)	NofioGwynedd (8)	Okehampton (5) Dinnaton (1) Seaclose (1)
2B	Ellesmere (8)	Ellesmere (3) RCT Squad (5)	Conwy (8)
3B	Pembs Cty (9)	Teddington (9)	Teddington (9)
4B	Co Cardiff (9)	Co Cardiff (9)	Co Cardiff (9)
5B	Co Cardiff (9)	Co Cardiff (9)	Co Cardiff (8)
6B	Bridgend Cty (8)	Co Newport (5) Nofio Bangor (3)	Co Newport (8)
7B	Wrexham (7)	Nuneaton (3) Caradon (5)	Nuneaton (8)
8B	Billingham (2) Newtown (1) TauntonDeane (2) Torquay (1) Eastbourne (1)	Bridgend SC (2) Uni of Nott (1) Millfield (2) Haslemere (1)	Chirk (2) Warrington W (1) Co Liverpool (2) SurreyUni SC (1)

SW Winter Open 2024 - Warmup Schedule

Session 5 (Friday Afternoon). Warmup 11.55am - 12.55pm. Session Start 1.00pm

Lane	Mixed 11.55 - 12.25 Scoreboard End	Mixed 12.25 - 12.55 Scoreboard End	Mixed 12.40 - 1.00 Scoreboard End
1	Kingston Roy (3) Penyrheol (1) Neath (3) Caerphilly (1)	Monnow (3) Droitwich (1) Newtown (2) Rhondda (2)	
2	Anaconda (7) Billingham (2)	Swansea Uni (7) Bath Univ (1)	
3	Nuneaton (8)	Nuneaton (8)	
4	Co Cardiff (8)	Co Cardiff (8)	
5	Co Cardiff (8)	Pembs Cty (9)	
6	Teddington (10)	Teddington (9)	
7	Royal Wolv (9)	Wrexham (9)	
8	Conwy (4) Farnham (1) Haslemere (2) Aberystwyth (1)	Hackney (3) Chase (1) NexusValleys (3) AbingdonVale (1)	
Lane	Mixed 11.55 - 12.25 Training Pool End	Mixed 12.25 - 12.55 Training Pool End	Mixed 12.40 - 1.00 Training Pool End
1B	NofioGwynedd (5) TauntonDeane (2) Chepstow (1)	Ellesmere (3) Ruthin (1) Okehampton (3) Corby (1)	
2B	Co Hereford (6) Guildford Ct (1) S Bournem'th (1)	Nofio Bangor (5) Evesham (1) Millfield (1)	
3B	Torfaen D (5) Dinnaton (3)	Torfaen D (8)	
4B	Nofio S Gar (8)	Nofio S Gar (8)	
5B	Mt Kelly (8)	Mt Kelly (7)	
6B	Co Newport (7)	Co Newport (8)	
7B	RCT Squad (8)	Swansea Aq (8)	
8B	Bridgend Cty (4) Holywell (2) Newton Abbot (1)	Merthyr Tydf (4) Bridgend SC (2) Swindon Dolp (1)	

SW Winter Open 2024 - Warmup Schedule

Session 6 (Friday Evening). Warmup 4.15pm - 5.15pm. Session Start 5.20pm

Lane	MIXED GENDER 4.15 - 5.15 Scoreboard End
1	Open - Max 10 per lane
2	Open - Max 10 per lane
3	Open - Max 10 per lane
4	Open - Max 10 per lane
5	Open - Max 10 per lane
6	Open - Max 10 per lane
7	Open - Max 10 per lane
8	Open - Max 10 per lane
Lane	MIXED GENDER 4.15 - 5.15 Training Pool End
1B	Open - Max 10 per lane
2B	Open - Max 10 per lane
3B	Open - Max 10 per lane
4B	Open - Max 10 per lane
5B	Open - Max 10 per lane
6B	Open - Max 10 per lane
7B	Open - Max 10 per lane
8B	Open - Max 10 per lane

SW Winter Open 2024 - Warmup Schedule

Session 7 (Saturday Morning). Warmup 7.45am - 8.45am. Session Start 8.50am

Lane	Mixed 7.45 - 8.00 Scoreboard End	Mixed 8.00 - 8.15 Scoreboard End	Mixed 8.15 - 8.30 Scoreboard End	Mixed 8.30 - 8.45 Scoreboard End
1	Cirencester (1) Seaclose (1) Droitwich (1) Torquay (1) Merthyr (1)	Co Birm'ham (1) Redditch (1) Copeland (1) Southport (1) Exeter City (1)	B'ton & H (1) Trowbridge(1) Cwmbran (1) Woking (1) Guildford (1)	Co Bristol (1) Tiverton (1) Gloucester (1) Warrington(1) Rhyl Dolphin (1)
2	Wrexham (8)	Co Newport (3) Billingham (4)	Co Newport (7)	Co Newport (7)
3	Okehampton (7)	Torfaen D (4) S Bournem'th (3)	Torfaen D (7)	Torfaen D (7)
4	Swansea Uni (8)	Swansea Uni (7)	Swansea Uni (7)	Swansea Uni (7)
5	Swansea Uni (8)	Swansea Uni (7)	Swansea Uni (7)	Swansea Uni (7)
6	Swansea Uni (7)	Mt Kelly (9)	Mt Kelly (8)	Mt Kelly (8)
7	Nofio S Gar (3) Caradon (4)	Nofio S Gar (7)	Ellesmere (2) Co Hereford (5)	Ellesmere (7)
8	Bath Univ (9)	Bridgend Cty (9)	NofioGwynedd (9)	Neath (8)
Lane	Mixed 7.45 - 8.00 Training Pool End	Mixed 8.00 - 8.15 Training Pool End	Mixed 8.15 - 8.30 Training Pool End	Mixed 8.30 - 8.45 Training Pool End
1B	Monnow (2) Dinnaton (1) Co Liverpool (1)	Newtown (2) Eastbourne (1) Co Salford (1)	Penyrheol (2) Newton Abbot (1) Ulverston (1)	TauntonDeane (2) Birm'ham Uni (1) SurreyUni SC (1)
2B	Pembs Cty (4) Nofio Bangor (3)	Pembs Cty (7)	Swansea Aq (4) Holywell (3)	Swansea Aq (7)
3B	Conwy (7)	Nuneaton (3) Anaconda (4)	Nuneaton (7)	Nuneaton (7)
4B	Co Cardiff (7)	Co Cardiff (7)	Co Cardiff (7)	Co Cardiff (7)
5B	Co Cardiff (7)	Co Cardiff (7)	Co Cardiff (7)	Co Cardiff (7)
6B	Co Cardiff (6)	Teddington (7)	Teddington (8)	Teddington (8)
7B	Hackney (7)	Royal Wolv (7)	Kingston Roy (6)	RCT Squad (5)
8B	Nofio Clwyd (4) Team Bath AS (1)	Bridgend SC (3) Uni of Nott (1)	Caerphilly (2) Chirk (2)	Haslemere (2) Millfield (2)

SW Winter Open 2024 - Warmup Schedule

Session 8 (Saturday Afternoon). Warmup 11.55am - 12.55pm. Session Start 1.00pm

Lane	Mixed 11.55 - 12.15 Scoreboard End	Mixed 12.15 - 12.35 Scoreboard End	Mixed 12.35 - 12.55 Scoreboard End
1	Nofio Bangor (5)	Caerphilly (3) Aberystwyth (1) Corby (1)	Dinnaton (3) Bridgend SC (1) Newton Abbot (1)
2	Wrexham (3) Holywell (3)	Wrexham (6)	Ellesmere (7)
3	Anaconda (7)	NofioGwynedd (6)	NofioGwynedd (5)
4	Co Cardiff (7)	Co Cardiff (7)	Co Cardiff (7)
5	Co Cardiff (7)	Co Newport (6)	Co Newport (7)
6	Teddington (7)	Teddington (6)	Teddington (6)
7	Nuneaton (2) Kingston Roy (4)	Nuneaton (6)	Nuneaton (6)
8	Bridgend Cty (7)	Merthyr Tydf (3) Penyrheol (2)	Monnow (3) C Dolphins (1) Farnham (1)
Lane	Mixed 11.55 - 12.15 Training Pool End	Mixed 12.15 - 12.35 Training Pool End	Mixed 12.35 - 12.55 Training Pool End
1B	Neath (3) Billingham (1) Co Hereford (1)	Rhondda (3) Brixham (1) Co Liverpool (1)	Droitwich (2) Ruthin (1) Chepstow (1) Exeter City (1)
2B	Conwy (2) NexusValleys (4)	Conwy (6)	Hackney (5)
3B	Mt Kelly (2) Swansea Uni (4)	Mt Kelly (6)	Mt Kelly (6)
4B	Nofio S Gar (6)	Nofio S Gar (6)	Nofio S Gar (6)
5B	Torfaen D (6)	Torfaen D (6)	Torfaen D (5)
6B	RCT Squad (6)	Pembs Cty (6)	Pembs Cty (5)
7B	Royal Wolv (6)	Swansea Aq (4) TauntonDeane (2)	Swansea Aq (6)
8B	Haslemere (2) Millfield (1) Birm'ham Uni (1) Co Sheffield (1)	Newtown (2) Redditch (1) Chirk (1) Haverfordwes (1)	Okehampton (2) S Bournem'th (1) Swindon Dolp (1)

SW Winter Open 2024 - Warmup Schedule

Session 9 (Saturday Evening). Warmup 4.15pm - 5.15pm. Session Start 5.20pm

Lane	MIXED GENDER 4.15 - 5.15 Scoreboard End
1	Open - Max 10 per lane
2	Open - Max 10 per lane
3	Open - Max 10 per lane
4	Open - Max 10 per lane
5	Open - Max 10 per lane
6	Open - Max 10 per lane
7	Open - Max 10 per lane
8	Open - Max 10 per lane
Lane	MIXED GENDER 4.15 - 5.15 Training Pool End
1B	Open - Max 10 per lane
2B	Open - Max 10 per lane
3B	Open - Max 10 per lane
4B	Open - Max 10 per lane
5B	Open - Max 10 per lane
6B	Open - Max 10 per lane
7B	Open - Max 10 per lane
8B	Open - Max 10 per lane

SW Winter Open 2024 - Warmup Schedule

Session 10 (Sunday Morning). Warmup 7.45am - 8.45am. Session Start 8.50am

Lane	Mixed 7.45 - 8.05 Scoreboard End	Mixed 8.05 - 8.25 Scoreboard End	Mixed 8.25 - 8.45 Scoreboard End
1	Ellesmere (2) C Dolphins (1) Caradon (2) Exeter City (1) Dinnaton (2) Monnow (1)	Ellesmere (8) Holywell (1)	Neath (4) Cirencester (1) Co Hereford (2) Rhyl Dolphin (1) Co Birm'ham (1)
2	Pembs Cty (9)	Swansea Aq (3) Hackney (5)	Swansea Aq (8)
3	Mt Kelly (5) Millfield (3)	Mt Kelly (8)	Mt Kelly (8)
4	Swansea Uni (8)	Swansea Uni (7)	Swansea Uni (8)
5	Swansea Uni (7)	Swansea Uni (8)	Swansea Uni (7)
6	Bridgend Cty (8)	Swansea Uni (7)	Swansea Uni (8)
7	Nofio S Gar (9)	Teddington (8)	Teddington (8)
8	Nuneaton (2) Haslemere (1) TauntonDeane (3) Merthyr Tydf (1) Chirk (1)	Nuneaton (8)	Nofio Bangor (3) Co Sheffield (1) Newtown (2) Copeland (1) Birm'ham Uni (1)
Lane	Mixed 7.45 - 8.05 Training Pool End	Mixed 8.05 - 8.25 Training Pool End	Mixed 8.25 - 8.45 Training Pool End
1B	NofioGwynedd (2) Gloucester (1) Penyrheol (2) Southport (1) Droitwich (1)	NofioGwynedd (8)	Billingham (3) NexusValleys (1) S Bournem'th (2) Farnham (1)
2B	Bath Univ (3) Nofio Clwyd (4)	Bath Univ (7)	Kingston Roy (3) Winchester (1) Co Liverpool (1) Woking (1) Stourbridge (1)
3B	Co Cardiff (7)	Co Cardiff (8)	Co Cardiff (7)
4B	Co Cardiff (8)	Co Cardiff (7)	Co Cardiff (7)
5B	Wrexham (8)	Co Cardiff (7)	Co Cardiff (7)
6B	Torfaen D (7)	Torfaen D (7)	Torfaen D (7)
7B	Royal Wolv (7)	Co Newport (7)	Co Newport (7)
8B	RCT Squad (6) Northgate (1)	Conwy (6) Ulverston (1)	Okehampton (3) Warrington W (1) Ruthin (1) Wigan BEST (1)

SW Winter Open 2024 - Warmup Schedule

Session 11 (Sunday Afternoon). Warmup 11.40am - 12.40pm. Session Start 12.45pm

Lane	Mixed 11.40 - 12.10 Scoreboard End	Mixed 12.10 - 12.40 Scoreboard End	Mixed 12.40 - 1.00 Scoreboard End
1	RCT Squad (5) Billingham (1) Penyrheol (1)	Conwy (5) Caerphilly (1) Haslemere (1)	
2	Wrexham (2) Dinnaton (2) Droitwich (2)	Wrexham (6)	
3	Pembs Cty (3) Neath (3)	Pembs Cty (6)	
4	Co Cardiff (7)	Co Cardiff (6)	
5	Co Cardiff (6)	Co Cardiff (6)	
6	Torfaen D (7)	Torfaen D (6)	
7	Nuneaton (4) Bridgend Cty (2)	Nuneaton (6)	
8	Swansea Uni (3) Co Hereford (2)	Newtown (2) Monnow (1) Bridgend SC (1) Ruthin (1) Farnham (1)	
Lane	Mixed 11.40 - 12.10 Training Pool End	Mixed 12.10 - 12.40 Training Pool End	Mixed 12.40 - 1.00 Training Pool End
1B	Swansea Aq (5) Chepstow (1)	Merthyr Tydf (3) Holywell (1) Corby (1) Hackney (1)	
2B	Nofio Bangor (5)	Royal Wolv (6)	
3B	Co Newport (5)	Co Newport (6)	
4B	Teddington (6)	Teddington (6)	
5B	Teddington (6)	NofioGwynedd (6)	
6B	Mt Kelly (3) Ellesmere (3)	Mt Kelly (6)	
7B	Nofio S Gar (2) Anaconda (4)	Nofio S Gar (6)	
8B	Kingston Roy (2) Okehampton (2) S Bournem'th (1)	NexusValleys (2) TauntonDeane (2)	

SW Winter Open 2024 - Warmup Schedule

Session 12 (Sunday Evening). Warmup 3.50pm - 4.50pm. Session Start 4.55pm

Lane	MIXED GENDER 3.50 - 4.50 Scoreboard End
1	Open - Max 10 per lane
2	Open - Max 10 per lane
3	Open - Max 10 per lane
4	Open - Max 10 per lane
5	Open - Max 10 per lane
6	Open - Max 10 per lane
7	Open - Max 10 per lane
8	Open - Max 10 per lane
Lane	MIXED GENDER 3.50 - 4.50 Training Pool End
1B	Open - Max 10 per lane
2B	Open - Max 10 per lane
3B	Open - Max 10 per lane
4B	Open - Max 10 per lane
5B	Open - Max 10 per lane
6B	Open - Max 10 per lane
7B	Open - Max 10 per lane
8B	Open - Max 10 per lane