

## Menai AA & B Warm-Up Schedule – Sunday 24<sup>th</sup> February 2019

The warm ups are divided into 20 minute slots for Session 1, 15 minutes for Session 2 and 10 minutes for Session 3. Each club coach will be in charge of their own lanes and how they structure their warm schedule.

### SESSION 1 – Start 9:30am

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8.25	Caernarfon	Caernarfon	Caernarfon	Rhyl	Rhyl	Gele	Gele	Colwyn Bay
8.45	Llandudno	Llandudno	Ruthin	Denbigh	Denbigh	PBP	PBP	PBP
9:05	Aberystwyth	Aberystwyth	Corwen	ASKA	Crewe	Warrington	Warrington	Warrington

### SESSION 2 – Start 12:50pm

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:00	Warrington	Warrington	Warrington	Aberystwyth	Aberystwyth	Aberystwyth	Crewe	ASKA
12:15	Corwen	Colwyn Bay	Rhyl	Rhyl	Gele	Gele	Llandudno	Llandudno
12:30	Denbigh	Denbigh	PBP	PBP	Ruthin	Caernarfon	Caernarfon	Caernarfon

### SESSION 3 – Start 4:00pm

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
3:25	Caernarfon	Caernarfon	Caernarfon	Colwyn Bay	Crewe	Denbigh	Denbigh	Ruthin
3:35	Warrington	Warrington	ASKA	Rhyl	Rhyl	Llandudno	Llandudno	Llandudno
3:45	Aberystwyth	Aberystwyth	Aberystwyth	PBP	PBP	PBP	Gele	Gele