

Pentathlon Meet 2018 – Warmup Schedule

Session 1 Warmup 8.00am – 8.50am. Session Start 9.00am

Lane	8.00 – 8.25	8.25 – 8.50
1	Sprint Lane	Sprint Lane
2	Newtown (5), Fishguard (4), Newport (3)	Merthyr (4), Milford (3), Bridgend (3)
3	Swansea (12)	Swansea (13)
4	Swansea (13)	Penyrheol (9)
5	Haverfordwest (12)	Haverfordwest (11)
6	Caerphilly (10)	Caerphilly (10)
7	Llanelli (12)	Neath (16)
8	Sprint Lane	Sprint Lane
Session Start 9.00am		

Session 2 Warmup 11.00am – 11.50pm. Session Start 12.00pm

Lane	11.00 – 11.25	11.25 – 11.50
1	Sprint Lane	Sprint Lane
2	Penyrheol (10)	Merthyr (4), Newport (3), Milford (3)
3	Swansea (13)	Swansea (13)
4	Swansea (14)	Llanelli (12)
5	Haverfordwest (12)	Haverfordwest (12)
6	Neath (4), Newtownen (5), Bridgend (3)	Neath (12)
7	Caerphilly (8), Fishguard (4)	Caerphilly (12)
8	Sprint Lane	Sprint Lane
Session Start 12.00pm		

Session 3 Warmup 2.00pm – 2.50pm. Session Start 3.00pm

Lane	2.00 – 2.50
1	Sprint Lane Sprint Lane Sprint Lane Sprint Lane sprint Lane
2	Penyrheol (6), Bridgend (3), Fishguard (4), Newport (3)
3	Swansea (20)
4	Swansea (14), Newtown (5)
5	Haverfordwest (18)
6	Haverfordwest (4), Neath (15)
7	Caerphilly (19)
8	Llanelli (9), Merthyr (3), Milford (3)
	Session Start 3.00pm