

## 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
<b>1</b>	Sprint Lane	Sprint Lane
<b>2</b>	Newtown (5), Fishguard (4), Newport (3)	Merthyr (4), Milford (3), Bridgend (3)
<b>3</b>	Swansea (12)	Swansea (13)
<b>4</b>	Swansea (13)	Penyrheol (9)
<b>5</b>	Haverfordwest (12)	Haverfordwest (11)
<b>6</b>	Caerphilly (10)	Caerphilly (10)
<b>7</b>	Llanelli (12)	Neath (16)
<b>8</b>	Sprint Lane	Sprint Lane
<b>Session Start 9.00am</b>		

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

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

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

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