**Warm up - Group 1**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
| **Unattached**  *(no more than 9 swimmers)* | **Unattached**  *(no more than 9 swimmers)* | **Unattached**  *(no more than 9 swimmers)* | **Alnwick Dolphins**  **Arbroath St Thomas**  **Berkhamsted**  **Bracknell & Wokingham**  **City of Newport**  **City of Wakefield**  **Darlington**  **Gloucester**  **Peterborough SO** | **Hitchin**  **Inverness**  **Kingston Royals**  **Leander**  **Maidenhead Marlins**  **Melton Mowbray**  **Oswestry Otters** | **Cheshire Penguins** *(6 swimmers)*  **Brighton SO** | **Cheshire Penguins** *(8 swimmers)* | **Andover**  **Bexhill**  **Blackpool Polar Bears**  **Windsor & Maidenhead Starfish**  **Trowbridge**  **Teesdale SO** |

**Warm up - Group 2**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
| **Bristol Sharks**  **Reading Cygnets**  **Seaclose** | **Colchester Phoenix**  **South Ayrshire** | **Runnymede**  **Swindon**  **Tadcaster**  **Teddington**  **Torfaen Dolphins**  **Winchester** | **Richmond Dales**  **RT Monson**  **IOW Sporting Opportunities**  **Fareham Nomads** | **Electric Eels** | **Sunbeams**  **Aquarius** | **Dumfries & Galloway**  **Haringey Aquatics**  **Hoddesdon**  **London Disability**  **Maxwell**  **West Dorset** | **Bridgend Sharks**  **Sharks of Mottingham**  **St Albans SO** |