**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** |