

First round will be swum on the 12 October 2019. Teams will warm up and compete in the lanes below

ALL TIMES & VENUES ARE PROVISIONAL

Premier Division		
GALA 1	GALA 2	GALA 3
Newport 4pm	Hutton Moor 2pm	Newport 1pm
1 City of Newport	Truro SC	Swindon SC
2 Bristol Henleaze (A) SC	City of Bristol SC	Exeter SC (HOST)
3 Plymouth Leander	City of Cardiff A	Mount Kelly
4 Swansea Aquatics	Poole (A) SC (HOST)	Millfield
5 City of Cardiff (B) (HOST)	Keynsham SC	Soundwell
6 Street & District SC	Torfaen Dolphins	Nofio Sir Gar SC
Division 1		
GALA 1	GALA 2	GALA 3
Horfield 2pm	Hutton Moor 5pm	Plymouth Life Centre 1pm
1 Bristol Penguins SC	Tiverton SC	Tornadoes & Weymouth South Dorset
2 Neath SC	Cirencester SC	Clevedon SC
3 Devonport Royal	West Dorset SC	Newton Abbot SC
4 Severnside Tritons	Bridgend County SS	Weston S Mare SC
5 Backwell SC	Seagulls SC	RCT Performance Squad
6 Barnstaple SC	Paignton SC (HOST)	Poole (B) SC
7 Team Bath AS (HOST)	Southwold SC	Carn Brea SC (HOST)
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Division 2		
GALA 1	GALA 2	
Horfield 5pm	Bodmin 1pm	
1 Bristol North SC	Wareham SC	
2 Llanelli SC	Yeovil SC	
3 Academy ST Burnham	Dawlish SC	
4 West Wilts Force 5	Chard SC (HOST)	
5 Bridgend Swim Club	Bridgwater SC	
6 Bristol Henleaze (B) (HOST)	Caradon SC	

All teams will note the rounds will be swum on the following dates. Saturday the 12th October, 9th November and 14th December 2019.
Start of warm up will be the time indicated above the gala draw, **warm up will be 20 minutes** from the time indicated above