



Leinster

WARM UP SCHEDULE

Leinster-Connacht Long Course Championship

22nd, 23rd, and 24th May 2026

Session 1 Friday Morning 7.15am to 8.45am - 30 min sessions		Session 2 Friday Evening 2.45pm to 4.15pm - 30min sessions
7.15am to 7.45am Group A		2.45pm to 3.15pm Group B
7.45am to 8.15am Group B		3.15 pm to 3.45pm Group C
8.15am to 8.45am Group C		3:45pm to 4:15pm Group A
Officials Briefing 8.30am Start 9.00am		Officials Briefing 4.00pm Start 4:30pm
WARM DOWN LANES - FRIDAY Pool D - 2 lanes - 09:00 - 13:00 Pool D - 2 lanes - 16:30 - 18:30		
Session 3 Saturday Morning 7.15am to 8.45am - 30 min sessions	Session 5	Session 4 Saturday Evening 2.45pm to 4.15pm - 30min sessions
7.15am to 7.45am Group A		2.45pm to 3.15pm Group C
7.45am to 8.15am Group B		3.15 pm to 3.45pm Group A
8.15am to 8.45am Group C		3:45pm to 4:15pm Group B
Officials Briefing 8.30am Start 9.00am		Officials Briefing 4.00pm Start 4:30pm
WARM DOWN LANES - SATURDAY Pool D - 2 lanes - 09:00 - 13:00 Pool D - 2 lanes - 16:30 - 18:30		
Session 5 Sunday Morning 7.15am to 8.45am - 30 min sessions		Session 6 Sunday Evening 2.45pm to 4.15pm - 30min sessions
7.15am to 7.45am Group A		2.45pm to 3.15pm Group C
7.45am to 8.15am Group B		3.15 pm to 3.45pm Group A
8.15am to 8.45am Group C		3:45pm to 4:15pm Group B
Officials Briefing 8.30am Start 9.00am		Officials Briefing 4.00pm Start 4.30pm
WARM DOWN LANES - SUNDAY Pool D - 2 lanes - 16:30-18:30		
Leinster-Connacht Long-Course Championship May 2026 - WARM UP Schedule Groups for Warm Up		
Group A	Group B	Group C
Aer Lingus SC ALSAA SC Coolmine SC Cormorant SC ESB SC NAC SC Nat Centre Dublin Portmarnock SC Swan Leisure SC Tallaght SC Templeogue SC Viking SC	Ards SC ADSC Dundalk Breifne SC Crumlin SC Curragh SC Drogheda SC Glenalbyn SC Kells SC Kilkenny SC Laois Marlins SC Mullingar Jets SC Piranha SC St Fiaccs SC Stingrays SC Terenure SC Titans SC Trojan SC Tullamore SC U.C.D SC	Asgard SC Athlone SC Ballina Dolphins SC Ballina SC Ballinasloe SC Bluefin Swim Team Castlebar SC Claremorris SC Comans SC Sligo SC Galway SC Laser SC Longford SC New Ross SC Sharks SC Galway Slaney Sharks SC Swim Club Courtown Trident SC Tuam SC University of Galway Westport SC Wexford SC