

Warm Up Aspiring Lough Lannagh 10th & 11th October 2026

Session 1 Saturday 10th

1. Castlebar - Shark Total 51
08:00hrs to 08:15hrs
2. Tuam - Longford - Comans -Trident Total 49
08:15hrs to 08:30hrs
3. Galway - Claremorris - Westport - Uni Galway Totals 49
08:30hrs to 08:45hrs
4. Bluefin - Athlone - Sligo - Laser - Sundays Well Total 49
08:45hrs to 09:00hrs

Session 2 Saturday 22nd

Open Warm up under coach supervision begins at 12:15hrs.
No Diving or Sprints until announced

Session 3 Sunday 11th

1. Castlebar - Tuam Total 46
08:00hrs to 08:15hrs
2. Shark - Longford - Comans -Trident Total 46
08:15hrs to 08:30hrs
3. Galway - Claremorris - Westport - Laser - Sundays Well Totals 48
08:30hrs to 08:45hrs
4. Bluefin - Athlone - Sligo - Uni Galway - Sundays Well Total 50
08:45hrs to 09:00hrs

Session 4 Sunday 23rd

Open Warm up under coach supervision begins at 11:45hrs.
No Diving or Sprints until announced

