Warm Up Aspiring Lough Lannagh 22nd & 23rd N0vember 2025

Session 1 Saturday 22nd

1. Castlebar - Claremorris - Ballina - Ballina Dolphins - Tuam Westport - Balloinasloe Total 42
   08:00hrs to 08:15hrs

2. Athlone - Sligo - Bluefin Total 46
   08:15hrs to 08:30hrs

3. Longford - Uni Galway - Trident - Comans Totals 46
   08:30hrs to 08:45hrs

4. Shark - Galway - Laser Total 43
   08:45hrs to 09:00hrs

Session 2 Saturday 22nd

OPEN WARN UP 14:45 hrs to 15:45hrs

Session 3 Sunday 23rd

1.Castlebar - Claremorris - Ballina - Ballina Dolphins - Tuam Total 44
08:00hrs to 08:15hrs

2.Athlone- Sligo - Uni Galway - Comans Total 45
08:15hrs to 08:30hrs

3.Bluefin - Laser - Trident - Longford Total 43
08:30hrs to 08:45hrs

4.Shark - Galway - Westport - Ballinasloe Total 43
08:45hrs to 09:00hrs

Session 4 Sunday 23rd

OPEN WARM UP 13:45hrs to 14:45hrs