

Mallow Swans Swimming Club 2019 Invitational Gala



Dear All,

Mallow Swans Swimming Club are looking forward to welcoming you to the Mallow Invitational Gala next Friday 19th & Saturday 20th 2019.

Please read below and attached for some useful information for your Swimmers / Coaches & Parents.

Arriving by Car **(See attached)**

Parking at the Pool House is limited to approx 50 vehicles in Total.

There is parking also at the Surinns Stores / Gate Cinema, Underground Parking nearby (2-3 minutes Walk, see attached MMP).

NSCC would encourage Car Pooling to minimise difficulties finding convenient parking.

Arriving by Bus

If arriving by bus, please ensure you arrive early, as turning is difficult adjacent to the pool.

Warnings **(See attached)**

Full Warm up for Friday Evening & Saturday Morning Sessions ONLY

Note 1: Mid day warm up (SATURDAY) is limited to swimmers who have NOT swam in the morning. This is to allow a Break for ALL for minimum 30 minutes.

Note 2: Any swimmer wishing of his Warm Up must be supervised by their Coach/Team Manager. Any unsupervised swimmers will be asked to leave the pool.

Swimming WarmUp

15 minutes Total Boys (in at 8:00am - to 8:15)

15 Minutes Total Girls (Pre Group 8:15-8:30)

(Second Group 8:30 - 8:45)

The Warm-up PER Swimmer time is 10 minutes.

Please see the attached Chart to see Lane & Time Slots for your Warm Up.

Note 3: It is the responsibility of each Coach / Team Manager, to adhere to this schedule, to ensure equal access for all swimmers / clubs.

Scratches **(to facilitate identification of empty lanes)**

Coaches will be issued with a Gate Check in for your swimmers.

It would be greatly appreciated if you could complete your scratch sheet and return ASAP.

Note 4: A responsible person (Coach or Team Manager) should be named on the Scratch sheet.

Note 4: If you are currently aware of **defective** NSCC **BRONIES**, please inform us now, to help alternate pressure on the day (sent below).

Notes: Unfortunately, as the Numbers attending are very high, the lanes will NOT also also

Shop on Site

NSCC will also have a Cafe/Shop with loads of great Gala food on offer.



There are also Shops & Cafes nearby for those who wish to explore Mallow's Highlights.

We look forward to welcoming you to Mallow Pool and wish all the best to your swimmers.

If you have any questions, please email to,

info@mallowswans.com

Best Regards,

Victoria Harris

Competitions Secretary

Mallow Swans SC

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