

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 20/04/19.

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

Arriving by Car (See attached)

Parking at the Pool Venue is limited to approx 50 Vehicles in Total.

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

MSSC would encourage Car Pooling to minimize difficulties finding convenient parking.

Arriving by Bus

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

Warm-Up (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 availing of this Warm Up must be supervised by their Coach/Team Manager. Any unsupervised swimmers will be asked to leave the pool.

Morning Warm-UP

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

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

(Second Group 8:30 ->8:45)

The **Warm up PER Swimmer**, time is 15 minutes.

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

Note 2: 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 Gala Check in for your swimmers.

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

Note 3: A responsible person (Coach or Team Manager) should be named on the Scratch sheet.

Note 4: If you are currently aware of **definite NO SHOWs**, please inform us now, to help alleviate pressure on the day. (email below)

Relays: Unfortunately, as the Numbers attending are very high, the relays will NOT take place

Shop on Site

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



There are also Shops & Cafe's nearby for those who wish to explore Mallows 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,
mallowcompetitions@gmail.com

Best Regards,
Vincent Harris
Competitions Secretary,
Mallow Swans SC
086-1965892