

Mallow Invitational 2019 - 19/04/2019 to 20/04/2019

Warm-up Sheet Session: 1

Warm-up Starts at 05:00 PM

Day of Meet: 1 Starts at 06:00 PM

Total Athletes: 112 - Women: 69 - Men: 43

		Team	Boys	Lanes	Girls	Start 5pm	Total
	MAL-MN	Mallow Swans SC	20	Lane 1&2	36	Boys 20min followed by Girls 20min. Pool Cleared by 5:40	56
	DOL-MN	Dolphin	13	Lane 3	13		26
	FER	Fermoy Swimming Club	5	Lane 4	7		12
	BSC	Blackrock Swimming Club	1	Lane 4	4		5
	KLRNY	Killarney Swimming Club	1	Lane 5	3		4
	BALLY	Ballybunion	0	Lane 5	2		2
	WCO	West Cork Orcas	0	Lane 5	2		2
	ASK-MN	Askeaton	1	Lane 5	0		1
	CAR	Carrick Dippers	1	Lane 5	0		1
	LAMAR	Laois Marlins	0	Lane 5	1		1
	SWSC	Sundays Well Swimming Club	1	Lane 5	0	1	
	WAT-ZZ	Waterford Crystal Swimming Clu	0	Lane 5	1	1	
Last 5min of Each Warm Up Session for Dives in ALL Lanes, EXIT at Shallow End, Walk Back							
Each Warm Up Session will START & Finish with a WHISTLE							
Pool Cleared, from SHALLOW End at 5:20			2nd Grouping of Clubs enter Water at DEEP END				

Notes:

Entering the water

**FAR Side of the Pool, DEEP END
FEET First Entry-NO Diving**

SPRINT Lanes

**It is the responsibility of the Coaches to ensure
Sprint Lanes are managed Safely
No Diving is permitted until the Lane is Clear of all Swimmers**