

**Malloy Invitational 2019 - 19/04/2019 to 20/04/2019**

Warm-up Sheet Issues 2

Warm-up Starts at 08:00 AM

Day of Meet 2 Starts at 09:00 AM

Total Athletes 276 - Women 154 - Men 122

	Team	Boys	Lane	Girls		Total
MAL MN	<b>Malloy Swims 'N' Warm Up Team Item</b>	62	N/A	62	Boys 15min 8:00-8:15 followed by Girls 15min. 8:15-8:30	124
WIL MN	Weyburn	14	Lane 1	15		29
GC2	Kingston Swimming Club	14	Lane 2	12		26
PER	Perthway Swimming Club	14	Lane 3	10		24
BRK	Blackrock Swimming Club	8	Lane 4	15		23
CLNM	Clonsilla	8	Lane 4	11		19
BALLY	Ballyhenon	5	Lane 5	8		13
WRT-22	Waterford Crystal Swimming Clu	8	Lane 5	3	11	
Last Seals of Each Warm Up Session for Divers to ALL Lanes, START at Shallow End, Walk Back						
Each Warm Up Session will START & Finish with a WHISTLE						
Pool Cleared, from Malloy End, at 8:30				End Grouping of Clubs over Water at DEEP END		
WCD	West-Cork Ocean	8	Lane 1	8	Boys & Girls TOGETHER 8:30-8:45	16
KLBNY	Kilbaney Swimming Club	3	Lane 2	5		8
C NY	Cello Waves	8	Lane 2	2		10
CAB	Carrick Beggans	1	Lane 3	1		2
DNVC	Dundays Well Swimming Club	2	Lane 3	8		10
GLD MN	Galvanon	1	Lane 3	8		9
LAMAR	Laura Marlin	8	Lane 3	1	9	
Last Seals of Each Warm Up Session for Divers to ALL Lanes, START at Shallow End, Walk Back						
Pool Cleared by 8:45am, Line Up for Event 1 at 8:50am						

**Notes:**

Collecting the water

FOR Side of the Pool, DEEP END

FEET First Entry/NO Diving

LAPSWIM Lanes

It is the responsibility of the Coaches to ensure

Sprint Lanes are managed Safety

No Diving is permitted until the Lane is Clear of all Swimmers