

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

Warm-up Sheet Session: 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		Mallow Swans SC Warm Up 7am-8am	42	N/A	62	Boys 15min 8:00-8:15 followed by Girls 15min. 8:15-8:30	104
DOL-MN		Dolphin	14	Lane 1	15		29
KGD		Kingdom Swimming Club	16	Lane 2	12		28
FER		Fermoy Swimming Club	14	Lane 3	10		24
BSC		Blackrock Swimming Club	8	Lane 4	15		23
CLNM		Clonmel	8	Lane 4	11		19
BALLY		Ballybunion	5	Lane 5	8		13
WAT-ZZ		Waterford Crystal Swimming Clu	8	Lane 5	3		11
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 8:30			2nd Grouping of Clubs enter Water at DEEP END			
WCO		West Cork Orcas	0	Lane 1	9	Boys & Girls TOGETHER 8:30-8:45	9
KLRNY		Killarney Swimming Club	3	Lane 2	5		8
C WV		Celtic Waves	0	Lane 2	2		2
CAR		Carrick Dippers	1	Lane 3	1		2
SWSC		Sundays Well Swimming Club	2	Lane 3	0		2
ASK-MN		Askeaton	1	Lane 3	0		1
LAMAR		Laois Marlins	0	Lane 3	1		1
Last 5min of Each Warm Up Session for Dives in ALL Lanes, EXIT at Shallow End, Walk Back							
		Pool Cleared by 8:45am,		Line Up for Event 1 at 8:50am			

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

