

ESB Swimming Club
Licence No. 3S-22/23-L014

Venue: Sportsco Swimming Pool and Leisure, South Lotts Road, Ringsend, Dublin 4 D04 R6C2. The centre is located behind the ESB Networks depot and offices directly facing onto South Lotts Road: 42-2 S Lotts Rd, Dublin 4.

Car Parking: Please follow the directions of the marshals on duty directing cars where to park. There is no parking directly in Sportsco for those attending the gala as facility is limited to members use only.

- Parking will be provided in the ESB office car park on South Lotts Road as shown below with short stroll into Sportsco. Spaces are limited.
- Saturday on street parking charges apply but free of charge on Sunday.
- **There is no parking in the Sportsco car park with the exception of listed officials.** The Sportsco car park must be kept reserved for members of the leisure centre
- Alternative paid parking is available immediately next to Sportsco in **Shelbourne Park Stadium**, entrance is located through the stadium entrance and can drive around immediately adjacent to Sportsco. **Please note that use of this car park requires pre-registration, we do not actually recommend use of this because they are zealous clammers!!.** Details of the car park and charges available here [Apcoa Parking Ireland - Location Detail \(apcoaconnect.ie\)](https://www.apcoaconnect.ie/locations/shelbourne-park-stadium) [Use of this car park requires prepurchase, there is no pay facility in the car park](#)



Please follow the directions of the attendants that will be on duty. Parents are kindly asked not to block the entrance to the access road into Sportsco or park directly in front of the doors, even if dropping off or collecting swimmers.

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When using the pool and centre facilities swimmers must adhere to the following rules of the centre;

- Swimmers should shower before entering the pool area
- Flipflops must be worn at all times outside the pool area
- No outdoor shoes (runners, trainers) are to be worn on the poolside, flipflops only
- Swimmers are not permitted to use the adult changing rooms, please use the group changing rooms or family changing rooms. Lockers are available for use in the changing rooms but own locks should be brought

In event of emergency;

- Do not evacuate unless an announcement is made by a member of Sportsco staff
- Emergency exit doors at the poolside should be used by those in the pool area
- Emergency assembly point is located at the end of the car park
- Do not leave the assembly point until instructed to do so
- First aid boxes are located in the lifeguard office and at Sportsco reception

Facilities in Sportsco

- Mindfool café
- ESBSC shop and seating area in hall with video screen to pool
- Pool seating area and viewing balcony

Warm Up Times

- Saturday AM: Girls 8:30am - 8:55am; Boys 8:55am - 9:20am
- Saturday PM: Girls 1:00pm - 1:25pm; Boys 1:25pm - 1:50pm
- Sunday AM: Girls 8:30am - 8:55am; Boys 8:55am - 9:20am
- Sunday PM: Boys 12:30pm - 12:55pm; Girls 12:55pm - 1:20pm

Heat Sheets and Results

Look out for QR codes posted in the hall and around the pool area for free heat sheets that will be made available before every session. A second QR code will be made available for results to reduce the amount of paper printing at this gala.

