



Lismore in the swim memorial pool

Lismore is a thriving regional city of around 45,000 people and is the economic and cultural capital of the Northern Rivers region of NSW. Nestled between the rainforest and the sea, Lismore has long been regarded as a City of Sports, with excellent facilities, committed local clubs and strong affiliations with state and national sporting organisations. Lismore's position as the sporting capital of the region has now been confirmed with the completion of extensive redevelopment work to the Lismore Memorial Pool.

Originally opened in 1928 as a memorial to the 200 district men killed in the Great War, the facility once provided the venue for dances, open air concerts and even notable boxing matches in the winter months.

Today, the Lismore Memorial Pool is undoubtedly the premier swimming complex of the region featuring a heated, 8 lane / 50m competition pool and 25m warm up pool, moveable boom and disabled access ramp. The pool is located in Lismore's CBD within easy walking distance of the city's shops, the Lismore Transit Centre, accommodation and health facilities.

The Facility

50m Competition Pool: 8 Lanes

- Moveable boom to permit dual use and flexibility
- 1.35m graduated to 2.0m for 15m then uniform 2m depth for 35m
- Graduated disabled access ramp
- Submersible wheelchair
- Starting blocks at both ends to FINA standard
- Maintained at min. 25-26 degrees

25m Pool: 4 Lanes

- Suitable for warm-up / warm down, therapeutic training and exercise and separate programs
- Maintained at min. 31-32 degrees

Toddlers' Pool

- Separate fenced area
- Air bubble zone
- Beach entry

Heating

- Titanium heat exchangers
- Heat retention blankets

Seating Capacity

- 600 in grandstands and grassed area
- Additional portable tiered seating available

Shade

- Over grandstand, each end of competition pool and toddlers' pool
- Additional shade currently under construction

"As a young swimmer, I remember countless hours swimming in the old pool.

It was always tough training in early October in 20 degree water and during competition there was never much chance of cooling down between races.

I'm very pleased to note that the redevelopment of the facility to an 8-lane Olympic standard pool has included such aspects as heating and a swim down pool.

No doubt the young swimmers of Lismore and the region will greatly benefit from the first class facilities now available."

Adam Pine

Lismore-born Olympic and Commonwealth Games Medallist



pic by Sport the Library





Lighting

- 400 lux level lighting suitable for night time events

Timing:

- Electronic semi-automatic timing system
- Timing software package available for swim meets

Features

- Observation and recording room / meeting room
- First Aid room
- Training room
- Kiosk - additional catering as required
- Water treatment – calcium hypochlorite
- Change rooms with toilets and showers
- Graduated disabled access ramp in 50m pool
- Submersible wheelchair in 50 m pool
- Wheelchair access to pool complex
- Disabled and family change rooms
- Lunar Lander – inflatable pool slide

Environmental Features

- Lower greenhouse gas emissions by using low energy, "quantum" heat pumps boosted by solar energy and low energy lighting
- Heat retention blankets used overnight to further reduce energy consumption
- Backwash water discharged to sewer
- Water reuse for toilets and site hosing

Event Support

Council can provide the following events management assistance:

- Provision of First Aid
- Medical facilities close by at Lismore Base Hospital
- Elite sports training and athlete testing facilities at Southern Cross University
- Transport, accommodation and travel arrangements

- Administrative assistance and access to office facilities
- Ushering and crowd control

- Promotion and marketing
- Registration support
- Sponsorship and trade displays
- Site inspections

Swimming & Sporting Associations

Far North Coast Swimming Association

covers the district stretching from Grafton to Tweed Heads and from Woodenbong to Byron Bay. Each year around 1,500 registered swimmers from the 22 affiliated clubs of the region compete in a variety of district, state and national carnivals.

Far North Coast Water Polo Association

includes five clubs throughout the region. The Association has a supportive organising committee, growing membership and strong junior teams.

Lismore Workers Swim Team is a member of the Far North Coast Swimming Association and is affiliated with NSW Swimming. The team has a growing and active membership with a combined wealth of experience in hosting and coordinating swim meets. The team uses the Memorial Pool for training and club meetings.

Lismore Workers Water Polo Team competes in the Far North Coast Water Polo competition and uses the Memorial Pool as its training venue.

North Coast Academy of Sport is part of a network of 9 sport academies assisting talented junior athletes from the North Coast of NSW covering the region extending from Tweed Heads south to Laurieton. The Academy works closely with the NSW Department of Sport and Recreation and Southern Cross University in Lismore.

Lismore Memorial Pool

Molesworth Street
Lismore NSW 2480
p: 02 6621 6166

Far North Coast Swimming Assoc

PO Box 5092
Ballina NSW 2478
p: 02 6686 8299
e: fncsa@nrg.com.au

Far North Coast Water Polo Assoc

PO Box 30
Federal NSW 2480
p: 0404 486 445

Lismore Workers Swim Team

PO Box 168
Lismore NSW 2480
p: 02 6624 5194

Lismore Workers Water Polo Team

10 Gallagher Drive
Lismore Heights NSW 2480
p: 0412 798 505
e: jmhorsl@tpg.com.au

North Coast Academy of Sport

PO Box 157
Lismore NSW 2480
p: 02 6620 3073
e: info@ncas.org.au

Lismore City Council

Events Department
PO Box 23a
Lismore NSW 2480
p: 02 6626 2000
e: council@lismore.nsw.gov.au

Lismore Visitor Information Centre

Cnr Ballina Rd and Molesworth St
Lismore NSW 2480
p: 1300 369 795
e: tourism@lismore.nsw.gov.au
w: visitlismore.com.au

