



# City of Glasgow Swim Team

## INVITE YOU TO PARTICIPATE IN THE 18<sup>th</sup> GLASGOW INTERNATIONAL SWIMMING MASTERS MEET

**License No : L2/45/MS/NOV09**

**Venue :** Tollcross Leisure Centre, 350 Wellshot Road, Glasgow, G32 7QR

**Date :** **Friday 6<sup>th</sup> November 2009**  
Session 1 - 1.30 pm warm up, start 2.30 pm  
Session 2 - 5.30 pm warm up, start 6.30 pm

**Saturday 7<sup>th</sup> November 2009**  
Session 3 - 9.00 am warm up, start 10.00 am  
Session 4 - 1.00 pm warm up, start 1.30 pm

**Pool :** 10 lane x 25 metre pool, with Omega timing system, large score board and anti-wave lane ropes. Separate 10 lane and 4 lane swim down pools are available.

**Events :**

Individual :	Freestyle	50m	100m	200m	400m
	Backstroke	50m	100m	200m	
	Breast stroke	50m	100m	200m	
	Butterfly	50m	100m		
	Individual Medley		100m	200m	400m
Relays :	Freestyle		4 x 50m		
	Medley		4 x 50m		

**Please note :** For relay teams, all team members must be members of the same club, and if competing in individual events, will only be eligible to compete for that club in relays.

**Age Groups :** Individual : **X** – From 18 yrs to 24 yrs  
**A, B, C** etc. to as high as required in five year age bands.

Relays : 72 – 96yrs 100 yrs+ 120yrs+ 160yrs + 200yrs+  
(Age is at 31/12/09)

**PLEASE NOTE** - All competitors must be aged 18 years or over as of the first date of the competition.



**Entries :** Please enter on the attached form, tick your relevant box (for competitors in 75 and above please use the blank box and fill in your age and group) and send together with a cheque made payable to City of Glasgow Swim Team, by Friday 16th October 2009. Entry fee is £4.50 per individual event and £6.00 for relays. Entries will not be accepted without a registration number.

***All competitors will receive start sheets before each session.***

**Entries to :** Linda Walsh, 3 Davidson Gardens, Jordanhill, Glasgow G14 9JH.

**IMPORTANT!** Please ***do not*** send entries by recorded mail or registered delivery. If you wish to check that your entries have arrived please email

[entries@swimglasgow.co.uk](mailto:entries@swimglasgow.co.uk)

or check the draft programme on the City of Glasgow web site

[www.swimglasgow.co.uk](http://www.swimglasgow.co.uk)

### **Draft Programme**

This meet will run without cards. A draft programme will be made available on the City of Glasgow web site ([www.swimglasgow.co.uk](http://www.swimglasgow.co.uk)) as soon as possible after the closing date, at which time any corrections to entries already made will be accepted.

### **Withdrawals**

should be made by email to [entries@swimglasgow.co.uk](mailto:entries@swimglasgow.co.uk) by 5.00pm Monday 2<sup>nd</sup> November 2009.

Start sheets will be made available to all swimmers prior to the start of each session. Once start sheets have been prepared no alterations shall be made.

### **Awards**

Medals will be awarded 1<sup>st</sup> – 3<sup>rd</sup> in each event in each age group.  
Relay teams will be awarded medals 1<sup>st</sup> – 3<sup>rd</sup> in each age category.

### **Facilities**

Snacks and beverages will be on sale from the Café, which will be open during the meet.



## **Travel**

### **By car**

Tollcross Leisure Centre is very close to the end of the M74 motorway junction1.

From the City centre follow Gallowgate out towards Parkhead. This leads onto Tollcross Road. Tollcross Park Leisure Centre is left hand side of Tollcross Road on the corner of Wellshot Road.

Also accessible from Glasgow Road and Edinburgh Road.

### **By Bus**

First Bus Nos 62, 64, 240, 255

### **By Train**

The nearest station is Carntyne. The Leisure Centre is a 15 minute walk via Shettleston Road and Wellshot Road.

## **Video**

No photographic (including mobile camera phones) or video equipment (including mobile video phones) will be allowed in any area under the control of the meet organizers without prior approval of the meet manager. Applications must be made aware on the approved SASA form obtainable from the Meet Desk.

**City of Glasgow Swim Team reserves the right to alter the programme and warm up times if necessary. Anything not covered above and not printed in the event programme will be at the discretion of the Meet Organiser - Mr Donald MacLean.**



**18th GLASGOW INTERNATIONAL SWIMMING MASTERS MEET**  
**SOCIAL EVENT**

To All Competitors,

This years buffet and ceilidh will be held on Saturday 7th November 2009 with a 7.30pm arrival for a 7.45pm start, at Glasgow University Union, 32 University Avenue, Glasgow G12 8LX.

If you are participating in the Meet and would like to attend the Social Event, please complete the section below and return it along with a cheque for £14.00 (made payable to City of Glasgow Swim Team) and send to

**Linda Walsh, 3 Davidson Gardens, Jordanhill, Glasgow G14 9JH.**

It is important that all applications for tickets are received before the 16th October 2009. There will be no tickets available on the day of the meet. Please book in advance. Numbers are limited to 180 tickets and will be allocated on a first come first served basis.

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**18th GLASGOW INTERNATIONAL SWIMMING MASTERS MEET**  
**SOCIAL EVENT**

Please reserve me ..... tickets at £14.00 each for the Masters Social Event.

Name : .....

Address : .....

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Please make your remittance payable to City of Glasgow Swim Team, and sent to Linda Walsh, 3 Davidson Gardens, Jordanhill, Glasgow, G14 9JH. Sterling cheques only.



## Programme of Events

### **Session 1 Friday 6th Nov**

Warm Up 1.30pm, Start 2.30pm

101	Womens	400	Freestyle
102	Mens	400	Freestyle
103	Womens	50	Breaststroke
104	Mens	50	Breaststroke
105	Womens	100	Butterfly
106	Mens	100	Butterfly
107	Womens	200	Backstroke
108	Mens	200	Backstroke

### **Session 2 Friday 6th Nov**

Warm Up 5.30pm Start 6.30pm

201	Womens	200	IM
202	Mens	200	IM
203	Womens	50	Backstroke
204	Mens	50	Backstroke
205	Womens	100	Breaststroke
206	Mens	100	Breaststroke
207	Womens	200	Freestyle
208	Mens	200	Freestyle

### **Session 3 Saturday 7th Nov**

Warm Up 9.00am Start 10.00am

301	Womens	400	IM
302	Mens	400	IM
303	Womens	50	Freestyle
304	Mens	50	Freestyle
305	Womens	100	Backstroke
306	Mens	100	Backstroke
307	Womens	200	Breaststroke
308	Mens	200	Breaststroke

### **Session 4 Saturday 7th Nov**

Warm Up 1.00pm Start 1.30pm

401	Womens	4 x 50	Medley Relay
402	Mens	4 x 50	Medley Relay
403	Womens	100	Freestyle
404	Mens	100	Freestyle
405	Womens	50	Butterfly
406	Mens	50	Butterfly
407	Womens	100	IM
408	Mens	100	IM
409	Womens	4 x 50	Freestyle Relay
410	Mens	4 x 50	Freestyle Relay





**CLUB RELAYS:** Relay entries should be submitted by only one person from your club. Can you please enter either your relay team's actual time or an estimate in the relevant box(es) below.

Name of Club (in full)

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Entry Fee £6.00 per Team Event	MALE					FEMALE				
	72 – 96 yrs	100 yrs +	120 yrs +	160 yrs +	200 yrs +	72 – 96 yrs	100 yrs +	120 yrs +	160 yrs +	200 yrs +
4 x 50m Freestyle Relay										
4 x 50m Medley Relay										

**PLEASE NOTE – Only Special Category competitors (Group X) may participate in the 72 – 96 years age group.**

I declare that the above particulars are correct and agree to abide by the conditions laid down by the Meet organisers.

Signature of competitor: .....

**Closing Date for Entries: 16<sup>th</sup> October 2009. Sterling Cheques only please. Cheques payable to City of Glasgow Swim Team.** Photocopy this form as required.