



# City of Glasgow Swim Team



## INVITE YOU TO PARTICIPATE IN THE 16<sup>TH</sup> GLASGOW INTERNATIONAL SWIMMING MASTERS MEET

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

**Date :** Friday 9 November 2007 Session 1 - 1.30 pm warm up, start 2.30 pm  
Session 2 - 5.30 pm warm up, start 6.30 pm  
Saturday 10 November 2007 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 : 4 x 50m Freestyle and 4 x 50m Medley  
**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** 19 (on the day) to 24 years  
A to as high as required in five year age bands.  
Relays : 100 yrs+ 120yrs+ 160yrs + 200yrs+  
Age is at 31.12.07

**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 Monday 8th October 2007. 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 [jim.mcinnnes@velos-it.com](mailto:jim.mcinnnes@velos-it.com) or check the draft programme on the City of Glasgow web site (see below).

**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 [jim.mcinnnes@velos-it.com](mailto:jim.mcinnnes@velos-it.com) by 5.00pm Wednesday 7<sup>th</sup> November 2007.** 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 organisers 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.**



**16<sup>th</sup> GLASGOW INTERNATIONAL SWIMMING MASTERS MEET**  
**SOCIAL EVENT**

To All Competitors,

This years buffet and ceilidh will be held on Saturday 10th November 2007 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, 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 8th October 2007. 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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**16<sup>th</sup> 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 I Friday 9<sup>th</sup> 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 9<sup>th</sup> Nov

Warm Up 5.30pm Start 6.30pm

201	Womens	200	Individual Medley
202	Mens	200	Individual Medley
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 10<sup>th</sup> Nov

Warm Up 9.00am Start 10.00am

301	Womens	400	Individual Medley
302	Mens	400	Individual Medley
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 10<sup>th</sup> 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	Individual Medley
408	Mens	100	Individual Medley
409	Womens	4 x 50	Freestyle Relay
410	Mens	4 x 50	Freestyle Relay

# 16<sup>th</sup> Glasgow International Swimming Masters Meet

to be held at Tollcross Leisure Centre, Wellshot Road, Glasgow  
9<sup>th</sup>-10<sup>th</sup> November 2007

## ENTRY FORM

Please return your entry form to: **Linda Walsh, 3 Davidson Gardens, Jordanhill, Glasgow G14 9JH**

MALE  FEMALE  Full Name (in Capitals) .....

Address .....

Post Code ..... Tel. No. .... Nationality .....

Date of Birth ..... Club ..... e-mail.....

Registration Number 

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Please tick the appropriate age-group (age as at 31/12/07). All competitors must be aged 19 years or over on the date of their swim.

I wish to enter (where possible, please submit times achieved in a 25m pool)

Group	X	A	B	C	D	E	F	G	H	J	K	
<b>Ages</b>	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	

FREESTYLE		BACKSTROKE		BREASTSTROKE		BUTTERFLY		IND. MEDLEY	
Dist.	Submitted Time	Dist.	Submitted Time	Dist.	Submitted Time	Dist.	Submitted Time	Dist.	Submitted Time
50		50		50		50		100	
100		100		100		100		200	
200		200		200				400	
400	Entry Fee £4.50 per Individual Event								

You must submit a time in order to enter an event. If you do not give a time, even only an estimate, you will not be accepted for the event and any entry fee will be forfeited. Health and insurance are the responsibility of the entrant.

**CLUB RELAYS:** Relay entries should be submitted by only one person from your club. To enter tick the relevant box(es) below.

Name of Club (in full) .....

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

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: 8<sup>th</sup> October 2007. Sterling Cheques only please.**

**Cheques payable to City of Glasgow Swim Team.**

Photocopy this form as required.

