



# GLASGOW INTERNATIONAL SWIM MEET

**25th -27th May 2018**

Tollcross International Swimming Centre  
Glasgow, Scotland  
(Held under FINA Rules/Scottish Swimming Regulations)

# Club & Athlete Confirmation Pack



Licence: L1/572/SS/MAY18

**#GISM18**

# GLASGOW INTERNATIONAL SWIM MEET 2018

(Held under FINA Rules/Scottish Swimming Regulations)

**Dates:** Friday 25<sup>th</sup> May – Sunday 27<sup>th</sup> May 2018  
**Venue:** Tollcross International Swimming Centre, Glasgow  
**Pool:** 10 lane x 50 metre with separate 4 lane x 25 metre warm-up and swim-down facility  
**Meet Promoter:** City of Glasgow Swim Team (COGST)  
**Licence Number:** L1/572/SS/MAY18

## KEY PERSONNEL AND CONTACT INFORMATION

**Meet Website:** [www.glasgowswimmeet.com](http://www.glasgowswimmeet.com)  
**General Email Enquiries:** [info@glasgowswimmeet.com](mailto:info@glasgowswimmeet.com)  
**General Phone Enquiries:** Ian Wright – 07956 881833  
**Email for Entries:** [brian@swimglasgow.co.uk](mailto:brian@swimglasgow.co.uk)  
**Facility Address:** Tollcross International Swimming Centre, 350 Wellshot Road, Glasgow, G32 7QP  
**Meet Director:** Liz Stewart  
**Assistant Meet Director:** Alyson Finlayson  
**Meet Referee:** Janice Morgan  
**Field of Play Manager:** Alan Fletcher  
**Entries Secretaries:** Brian McQueenie & John Deans  
**Recorder:** Stewart Finlayson  
**AOE Team:** Ian Fleming, Joyce Fleming, Sean Dawson  
**VIP Manager:** Marjorie Phillips  
**STO Manager:** Jean King  
**Meet Treasurer:** Pearl Punshon  
**Dryside Manager:** Linda Walsh

## GENERAL INFORMATION

### Eligibility to Compete

All competitors must be registered with their National Federation to be eligible to compete (FINA Rule GR 1.1).

### Anti-Doping Testing

Please note that anti-doping testing may be in operation at this event.

### Swimwear

British Swimming and Scottish Swimming advise that FINA BL 8.1 only applies to Olympic Games and FINA events. A suit check will only be made if a World or European record is being claimed. There is no requirement for officials to check that costumes are on the approved FINA list. Bylaws BL 8.2 and BL 8.3 cover the requirements for design and material.

## ACCREDITATION

All competitors and club/team staff in this meet will be issued with an accreditation pass which will allow them access to the changing village, designated seating areas and poolside. Accreditation passes must be carried and visible at all times. Competitors should take their accreditation with them to the call room and marshalling areas. Accreditation passes will be given out on arrival at the meet. Please do not attempt to access areas where your accreditation is invalid.

## TEAM LEADERS & COACHES MEETING

A meeting for Team Leaders and Coaches will take place at 18:30 in the Edrom Suite on Thursday 24<sup>th</sup> May. All clubs/teams are advised to send a representative to this meeting. The meeting will be repeated at 07:45 on Friday 25<sup>th</sup> May in the Edrom Suite for those unable to attend on the Thursday evening.

## LIVE STREAMING

All sessions will be live streamed through the Stream Scene channel on YouTube. The live stream will also be made available on the meet website and Facebook pages. The meet will be using the hashtag #GISM18 throughout.

## TRAINING AVAILABILITY

Long course (5 lanes) training will be available for visiting teams from 16:00-20:00 on Thursday 24<sup>th</sup> May. During the meet the four lane 25m teaching pool will be available for training and continuous warm-up and swim-down use.

## POOLSIDE ACCESS AND TEAM SEATING

Access to the building for swimmers and team staff will open from 7:30am each day. Swimmers and team staff should enter and exit poolside through the main entrance to the changing village only. Accreditation passes will be required to gain access to the poolside. Seating for teams/clubs will be in the George Stand (tiered seats adjacent to the poolside, opposite the main spectator stand). Appropriate footwear should be worn on poolside and when moving around the seating area especially on the stairs and in the toilet area for hygiene and safety reasons. Athletes and teams are not permitted to locate themselves in the dryland and call room area behind the large curtain at the starting end.

Tea and coffee will be available throughout the event for Coaches and Team Staff in the Dalness Suite. Please note that in the interests of reducing the environmental impact of plastic use, there will not be any bottled water available in the coaches room. As such coaches are advised to bring their own water bottles which can be filled from water igloos available on site.

## WARM-UPS

**Please note that access to the building will only open from 07:30am each day.**

	Friday	Saturday	Sunday
<b>MORNING Warm up</b>	<b>Session 1 08:00-09:05</b>	<b>Session 4 08:00-09:05</b>	<b>Session 7 08:00-09:05</b>
<b>AFTERNOON Warm up</b>	<b>Session 2 11:15-12:10</b>	<b>Session 5 11:15-12:10</b>	<b>Session 8 11:15-12:10</b>
<b>EVENING Warm up</b>	<b>Session 3 16:15-17:05</b>	<b>Session 6 16:15-17:05</b>	<b>Session 9 15:45-16:25</b>

Pace lanes and one-way only lanes will be made available as required during each warm-up. The 25m four-lane training pool in the main pool hall is available throughout each day. The back pool is not available at any time for those taking part in the meet. Swimmers must follow the instructions provided on the placards at the end of each lane during warm-ups.

## CALL ROOM AND MARSHALLING

Swimmers must report to the Call Room prior to all heats and finals swims. Published start and report times for the heats are for guideline only and not strictly enforced or adhered to. It is the swimmer's responsibility to monitor the flow of the meet and ensure they arrive at the Call Room sufficiently in advance of their race. Swimmers who fail to report to the Call Room will be deemed to have withdrawn from the event. More detailed timings will be provided for the finals and these will be adhered to unless the meet is delayed for any reason.

The Call Room for all events area is behind the large curtain at the start end of the pool. Reserves are always advised to report to the Call Room in case of late withdrawals. Reserves brought in to any event at short notice will swim in the vacant lane. There will be no reseeding.

## WITHDRAWALS

Any withdrawals after the publication of the draft programme and prior to Thursday 24<sup>th</sup> May should be made by email to [brian.mcqueenie@gmail.com](mailto:brian.mcqueenie@gmail.com). Please provide the swimmer's name, the event number and club/team name. Use 'withdrawal' and your 'club name' in the subject line of your email.

**Withdrawals from Events on Friday 25<sup>th</sup> May must be notified by 19:00 on Thursday 24<sup>th</sup> May**

**Withdrawals from Events on Saturday 26<sup>th</sup> May must be notified by 19:00 on Friday 25<sup>th</sup> May**

**Withdrawals from Events on Sunday 27<sup>th</sup> May must be notified by 19:00 on Saturday 26<sup>th</sup> May**

Withdrawals later than the above deadlines should still be made at the Recorder's Desk on the poolside as soon as possible but start sheets will not be further amended.

A list of qualifiers for finals will be shown on the results published around the pool, on the meet website and on the Meet Mobile app. Withdrawals from finals should be made at the recorders desk on the poolside as soon as possible. **The deadline time for withdrawals from finals is within 10 minutes after the end of the afternoon heats session.**

## COMPETITION RULES

- All ten lanes will be used for heats and finals.
- The top ten swimmers (regardless of age) from the heats of each event (except HDW events) shall progress to the 'A' final.
- The next ten swimmers (regardless of age) from the heats of each event shall progress to the 'B' final.
- The 'C' final shall be a 'Junior' final consisting of the next ten fastest swimmers from the heats aged 17/under (for males) and 16/under (for females) – all ages as at 31<sup>st</sup> December 2018.
- Finals for each event will be swum in C-B-A order.
- On each day, the fastest heats of each event shall be swum first, followed by all remaining heats of each event. The number of fastest heats swimming first shall be as follows: 50m events = six; 100m & 200m events = five; 200m butterfly and 400m events = three.
- The fastest three heats of 50m, 100m and 200m events and the fastest two heats of 400m events shall be cyclic seeded. All other heats will be spearheaded in time order.
- The Women's 800m and Men's 1500m Freestyle distance events shall be swam as Heat Declared Winner and limited to a maximum number of four heats with the fastest of those heats swimming during the respective finals session. The Men's 800m Freestyle and Women's 1500m Freestyle will be Heat Declared Winner with one heat of each racing in the Day 3 afternoon heats sessions.

## START SHEETS & RESULTS

Start sheets for teams/clubs will be available from the Recorder's Desk and posted online at [www.glasgowswimmeet.com](http://www.glasgowswimmeet.com)

Results will be posted directly at the meet, on Meet Mobile and online at [www.glasgowswimmeet.com](http://www.glasgowswimmeet.com)

## PRESENTATIONS & PRIZE MONEY

There will be no formal presentations during the meet. Prize money must be collected and signed for from the Meet Treasurer at the Front of House desk. Prize money will be awarded as follows:

**In each open event:            1<sup>st</sup> place - £80            2<sup>nd</sup> place - £60            3<sup>rd</sup> place - £40**

**The top ranked junior in each event:    £25 Amazon Gift Card**

The top four male and top four female athletes based on the highest FINA points scores for a single event performance across the whole meet will receive:

**1<sup>st</sup> - £800    2<sup>nd</sup> - £600    3<sup>rd</sup> - £400    4<sup>th</sup> - £200**

## Notes:

- Juniors are boys born 2001 or later and girls born 2002 or later.
- If the top junior swimmer in an event also places in the top three open category for that event they will win both prizes.
- For the top junior award, A final results take precedence over B finals and swims in the B final take precedence over C final performances.
- In the event of a tie for any top three place in an open event the money for that place/those places shall be split evenly between the tied swimmers.
- Overall FINA performance points will be judged from swims in finals and heat declared winner events only.
- The FINA performance points used will be those loaded in the host's version of Hytek Meet Manager at the start of the meet.
- A swimmer can only collect one prize in the overall performance points contest, with their highest score counting. Should the same swimmer rank more than once in the top four overall performance points, the prize money will default to the next ranked swimmer.

## MEET TIMELINES

### Thursday 24<sup>th</sup> May

<b>16:00 – 20:00</b>	Open training available (5 long course lanes)
<b>18:30 – 19:00</b>	Coaches & Team Leaders Meeting (Edrom Suite)

### Friday 25<sup>th</sup> May

<b>07:30</b>	Venue opens to teams & athletes
<b>07:45 – 8:15</b>	Coaches & Team Leaders Meeting (Edrom Suite)
<b>08:00 – 09:00</b>	Session 1 Warm-up
<b>09:05 – 10:57</b>	Session 1 HEATS
<b>11:15 – 12:10</b>	Session 2 Warm-up
<b>12:15 – 14:52</b>	Session 2 HEATS
<b>16:00 – 17:05</b>	Session 3 Warm-up
<b>17:15 – 19:16</b>	Session 3 FINALS

### Saturday 26<sup>th</sup> May

<b>07:30</b>	Venue opens to teams & athletes
<b>08:00 – 09:00</b>	Session 4 Warm-up
<b>09:05 – 11:04</b>	Session 4 HEATS
<b>11:15 – 12:10</b>	Session 5 Warm-up
<b>12:15 – 14:59</b>	Session 5 HEATS
<b>16:00 – 17:05</b>	Session 6 Warm-up
<b>17:15 – 19:33</b>	Session 6 FINALS

### Sunday 27<sup>th</sup> May

<b>07:30</b>	Venue opens to teams & athletes
<b>08:00 – 09:00</b>	Session 7 Warm-up
<b>09:05 – 11:04</b>	Session 7 HEATS
<b>11:15 – 12:10</b>	Session 8 Warm-up
<b>12:15 – 14:48</b>	Session 8 HEATS
<b>15:30 – 16:35</b>	Session 9 Warm-up
<b>16:45 – 18:42</b>	Session 9 FINALS

## EVENT SESSION TIMELINES

### Friday 25<sup>th</sup> May

#### SESSION 1 - HEATS

#	EVENT	CALL ROOM TIME	# OF HEATS	EVENT START TIME
101	Women's 200 IM	08:50	5	09:05
102	Men's 200 IM	09:06	5	09:21
103	Women's 100 Butterfly	09:21	5	09:36
104	Men's 100 Butterfly	09:31	5	09:46
105	Women's 200 Backstroke	09:39	5	09:54
106	Men's 200 Backstroke	09:56	5	10:11
107	Women's 50 Freestyle	10:12	6	10:27
108	Men's 50 Freestyle	10:20	6	10:35
109	Women's 50 Breaststroke	10:27	6	10:42
110	Men's 50 Breaststroke	10:35	6	10:50

Session Finish - 10:57

#### SESSION 2 - HEATS

#	EVENT	CALL ROOM TIME	# OF HEATS	EVENT START TIME
121	Women's 200 IM	12:00	3	12:15
122	Men's 200 IM	12:10	5	12:25
123	Women's 100 Butterfly	12:26	7	12:41
124	Men's 100 Butterfly	12:40	4	12:55
125	Women's 200 Backstroke	12:47	4	13:02
126	Men's 200 Backstroke	13:02	3	13:17
127	Women's 50 Freestyle	13:12	9	13:27
128	Men's 50 Freestyle	13:23	5	13:38
129	Women's 50 Breaststroke	13:29	6	13:44
130	Men's 50 Breaststroke	13:38	3	13:53
131	Men's 1500 Freestyle	H1-13:42, H2 14:00, H3 14:18	3	13:57

Session Finish - 14:52

## SESSION 3 - FINALS

#	EVENT	CALL ROOM TIME	EVENT START TIME
131	Men's 1500 Freestyle (fastest heat)	17:00	17:15
101	Women's 200 IM - C Final	17:20	17:35
101	Women's 200 IM - B Final	17:20	17:40
101	Women's 200 IM - A Final	17:29	17:44
102	Men's 200 IM - C Final	17:33	17:48
102	Men's 200 IM - B Final	17:33	17:53
102	Men's 200 IM - A Final	17:42	17:57
103	Women's 100 Butterfly - C Final	17:46	18:01
103	Women's 100 Butterfly - B Final	17:46	18:04
103	Women's 100 Butterfly - A Final	17:52	18:07
104	Men's 100 Butterfly - C Final	17:55	18:10
104	Men's 100 Butterfly - B Final	17:55	18:13
104	Men's 100 Butterfly - A Final	18:01	18:16
105	Women's 200 Backstroke - C Final	18:04	18:19
105	Women's 200 Backstroke - B Final	18:04	18:24
105	Women's 200 Backstroke - A Final	18:13	18:28
106	Men's 200 Backstroke - C Final	18:18	18:33
106	Men's 200 Backstroke - B Final	18:18	18:38
106	Men's 200 Backstroke - A Final	18:27	18:42
107	Women's 50 Freestyle - C Final	18:31	18:46
107	Women's 50 Freestyle - B Final	18:31	18:49
107	Women's 50 Freestyle - A Final	18:31	18:51
108	Men's 50 Freestyle - C Final	18:38	18:53
108	Men's 50 Freestyle - B Final	18:38	18:56
108	Men's 50 Freestyle - A Final	18:38	18:58
109	Women's 50 Breaststroke - C Final	18:45	19:00
109	Women's 50 Breaststroke - B Final	18:45	19:03
109	Women's 50 Breaststroke - A Final	18:45	19:06
110	Men's 50 Breaststroke - C Final	18:53	19:08
110	Men's 50 Breaststroke - B Final	18:53	19:11
110	Men's 50 Breaststroke - A Final	18:53	19:14

Session Finish - 19:16



# Saturday 26<sup>th</sup> May

## SESSION 3 - HEATS

#	EVENT	CALL ROOM TIME	# OF HEATS	EVENT START TIME
201	Women's 400 IM	08:50	3	09:05
202	Men's 400 IM	09:08	3	09:23
203	Women's 200 Freestyle	09:25	5	09:40
204	Men's 200 Freestyle	09:40	5	09:55
205	Women's 100 Breaststroke	09:53	5	10:08
206	Men's 100 Breaststroke	10:03	5	10:18
207	Women's 200 Butterfly	10:13	3	10:28
208	Men's 200 Butterfly	10:22	3	10:37
209	Women's 50 Backstroke	10:31	6	10:46
210	Men's 50 Backstroke	10:40	6	10:55

Session Finish - 11:04

## SESSION 5 - HEATS

#	EVENT	CALL ROOM TIME	# OF HEATS	EVENT START TIME
221	Women's 400 IM	12:00	2	12:15
222	Men's 400 IM	12:13	2	12:28
223	Women's 200 Freestyle	12:25	6	12:40
224	Men's 200 Freestyle	12:43	7	12:58
225	Women's 100 Breaststroke	13:03	6	13:18
226	Men's 100 Breaststroke	13:16	5	13:31
227	Women's 200 Butterfly	13:26	4	13:41
228	Men's 200 Butterfly	13:40	5	13:55
229	Women's 50 Backstroke	13:56	6	14:11
230	Men's 50 Backstroke	14:05	5	14:20
231	Women's 800 Freestyle	H1-14:13, H2 14:23, H3 14:33	3	14:28

Session Finish - 14:59

## SESSION 6 - FINALS

#	EVENT	CALL ROOM TIME	EVENT START TIME
231	Women's 800 Freestyle (fastest heat)	17:00	17:15
201	Men's 400 IM - C Final	17:12	17:27
201	Men's 400 IM - B Final	17:12	17:34
201	Men's 400 IM - A Final	17:26	17:41
202	Women's 400 IM - C Final	17:33	17:48
202	Women's 400 IM - B Final	17:33	17:53
202	Women's 400 IM - A Final	17:47	17:57
203	Men's 200 Freestyle - C Final	17:54	18:09
203	Men's 200 Freestyle - B Final	17:54	18:13
203	Men's 200 Freestyle - A Final	18:02	18:17
204	Women's 200 Freestyle - C Final	18:06	18:21
204	Women's 200 Freestyle - B Final	18:06	18:25
204	Women's 200 Freestyle - A Final	18:14	18:29
205	Men's 100 Breaststroke - C Final	18:18	18:33
205	Men's 100 Breaststroke - B Final	18:18	18:36
205	Men's 100 Breaststroke - A Final	18:23	18:39
206	Women's 100 Breaststroke - C Final	18:27	18:42
206	Women's 100 Breaststroke - B Final	18:27	18:46
206	Women's 100 Breaststroke - A Final	18:34	18:49
207	Men's 200 Butterfly - C Final	18:37	18:52
207	Men's 200 Butterfly - B Final	18:37	18:57
207	Men's 200 Butterfly - A Final	18:46	19:01
208	Women's 200 Butterfly - C Final	18:50	19:05
208	Women's 200 Butterfly - B Final	18:50	19:09
208	Women's 200 Butterfly - A Final	18:58	19:13
209	Men's 50 Backstroke - C Final	19:02	19:17
209	Men's 50 Backstroke - B Final	19:02	19:20
209	Men's 50 Backstroke - A Final	19:02	19:23
210	Women's 50 Backstroke - C Final	19:10	19:25
210	Women's 50 Backstroke - B Final	19:10	19:28
210	Women's 50 Backstroke - A Final	19:10	19:31

Session Finish - 19:33

# Sunday 27<sup>th</sup> May

## SESSION 7 - HEATS

#	EVENT	CALL ROOM TIME	# OF HEATS	EVENT START TIME
301	Women's 50 Butterfly	08:50	6	09:05
302	Men's 50 Butterfly	08:58	6	09:13
303	Women's 400 Freestyle	09:05	3	09:20
304	Men's 400 Freestyle	09:21	3	09:36
305	Women's 100 Backstroke	09:36	5	09:51
306	Men's 100 Backstroke	09:47	5	10:02
307	Women's 200 Breaststroke	09:57	5	10:12
308	Men's 200 Breaststroke	10:15	5	10:30
309	Women's 100 Freestyle	10:32	5	10:47
310	Men's 100 Freestyle	10:40	5	10:55

Session Finish - 11:04

## SESSION 8 - HEATS

#	EVENT	CALL ROOM TIME	# OF HEATS	EVENT START TIME
321	Women's 400 IM	12:00	8	12:15
322	Men's 400 IM	12:11	5	12:26
323	Women's 200 Freestyle	12:17	4	12:32
324	Men's 200 Freestyle	12:39	4	12:54
325	Women's 100 Breaststroke	13:00	3	13:15
326	Men's 100 Breaststroke	13:07	3	13:22
327	Women's 200 Butterfly	13:13	4	13:28
328	Men's 200 Butterfly	13:28	4	13:43
329	Women's 50 Backstroke	13:42	6	14:57
330	Men's 50 Backstroke	13:53	7	14:08
331	Women's 1500 Freestyle	14:05	1	14:20
332	Men's 800 Freestyle	14:24	1	14:39

Session Finish - 14:48

## SESSION 9 - FINALS

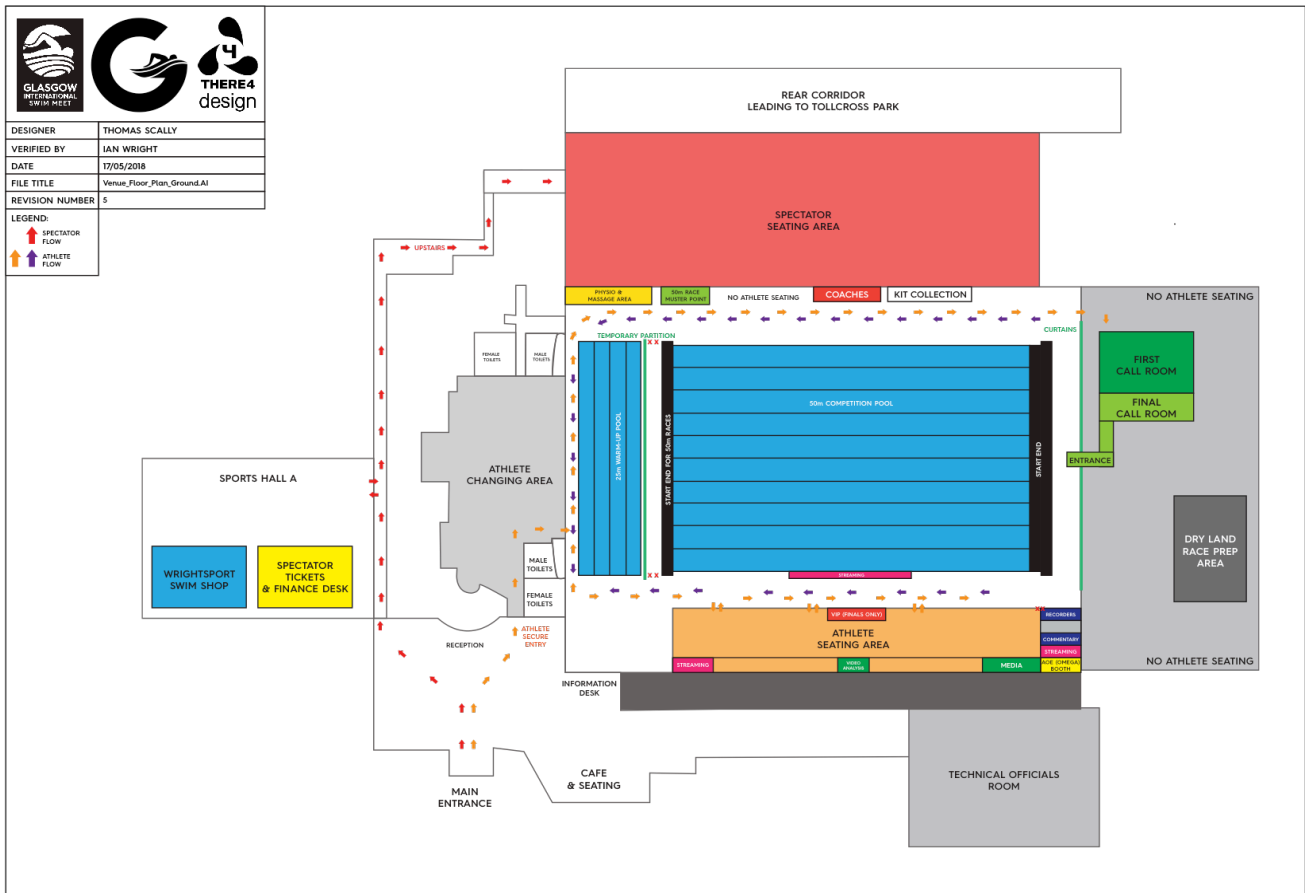
#	EVENT	CALL ROOM TIME	EVENT START TIME
301	Women's 50 Butterfly - C Final	16:30	16:45
301	Women's 50 Butterfly - B Final	16:30	16:48
301	Women's 50 Butterfly - A Final	16:30	16:51
302	Men's 50 Butterfly - C Final	16:38	16:53
302	Men's 50 Butterfly - B Final	16:38	16:56
302	Men's 50 Butterfly - A Final	16:38	16:58
303	Women's 400 Freestyle - C Final	16:45	17:00
303	Women's 400 Freestyle - B Final	16:45	17:07
303	Women's 400 Freestyle - A Final	16:59	17:14
304	Men's 400 Freestyle - C Final	17:05	17:20
304	Men's 400 Freestyle - B Final	17:05	17:26
304	Men's 400 Freestyle - A Final	17:17	17:32
305	Women's 100 Backstroke - C Final	17:23	17:38
305	Women's 100 Backstroke - B Final	17:23	17:42
305	Women's 100 Backstroke - A Final	17:30	17:45
306	Men's 100 Backstroke - C Final	17:33	17:48
306	Men's 100 Backstroke - B Final	17:33	17:52
306	Men's 100 Backstroke - A Final	17:40	17:55
307	Women's 200 Breaststroke - C Final	17:43	17:58
307	Women's 200 Breaststroke - B Final	17:43	18:03
307	Women's 200 Breaststroke - A Final	17:53	18:08
308	Men's 200 Breaststroke - C Final	17:57	18:12
308	Men's 200 Breaststroke - B Final	17:57	18:17
308	Men's 200 Breaststroke - A Final	18:06	18:21
309	Women's 100 Freestyle - C Final	18:10	18:25
309	Women's 100 Freestyle - B Final	18:10	18:28
309	Women's 100 Freestyle - A Final	18:10	18:31
310	Men's 100 Freestyle - C Final	18:19	18:34
310	Men's 100 Freestyle - B Final	18:19	18:37
310	Men's 100 Freestyle - A Final	18:25	18:40

**Session Finish - 18:42**

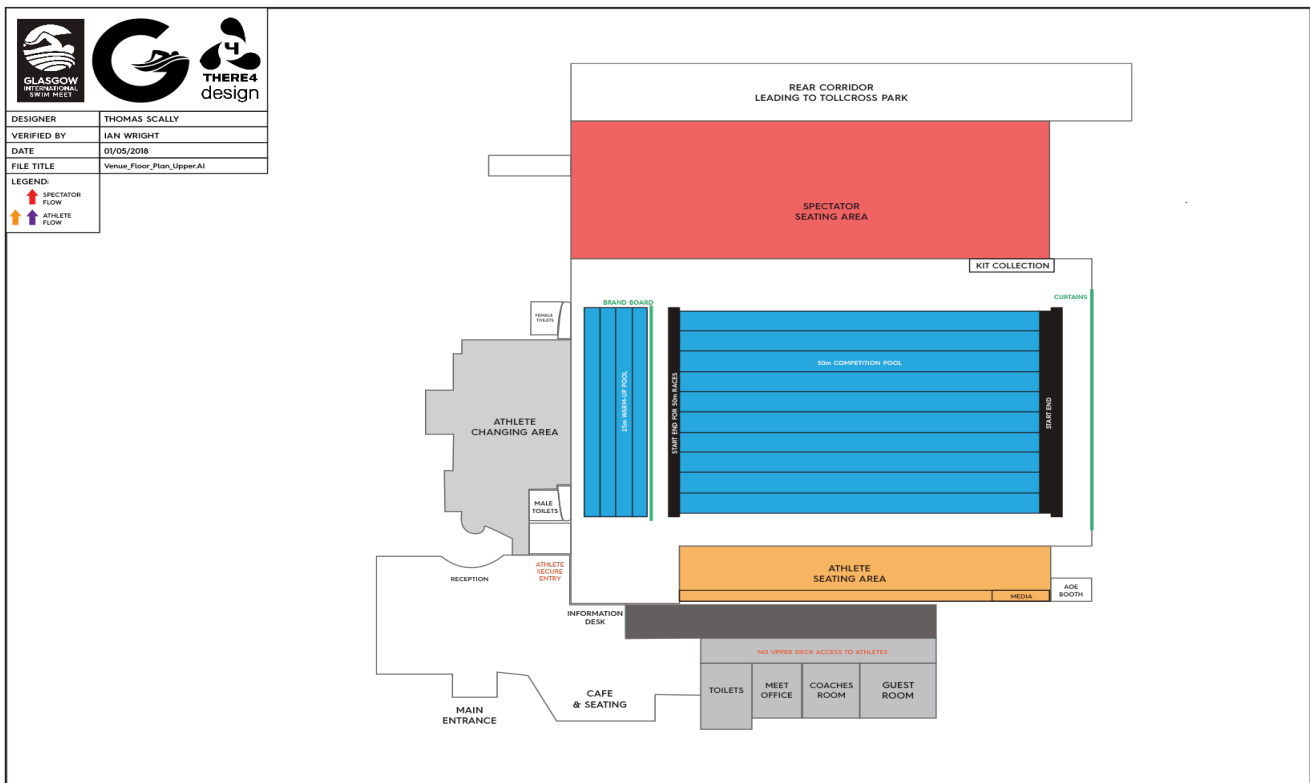
# VENUE MAP

Please see below for the venue map and athlete flow during the meet.

## Ground Floor Map



## First Floor Map



## SAFEGUARDING

The meet organisers are well aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should be acknowledged that the majority of images taken within Scottish Swimming licensed meets are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identify of a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.

Parents and carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms. Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.

The meet organisers are committed to ensuring that all children who participate in this meet are able to take part in an enjoyable, safe environment and be safeguarded from harm. If you have any child safeguarding concerns at the event, please contact an Event Officer immediately to disclose your concerns.

## PHOTOGRAPHY & VIDEO

Any person wishing to use digital video and/or photography of any kind must register their device(s) at the meet information desk. Throughout this event the organisers will have authorised personnel taking static photographs and video footage. These images are intended solely for the purpose of promotion of the event and will include live streaming on the internet. Images will be made available to our media partners and uploaded to our website and our social network sites. It will not be possible to opt out of video footage being taken. Any competitor not wishing to be photographed must complete the necessary form, available in the Confirmation Pack or from the Meet Information Desk. Any person wishing to use their own digital video and/or photography of any kind must register their device(s) at the Meet Information Desk.

Scottish Swimming's Photographic/Mobile Phone policies will be enforced for the duration of the meet. Mobile phones or devices **must not be** used in the changing room, toilets or shower areas. Swimmers and team staff breaking this rule may be excluded from the remainder of the meet.

## TRAVEL & TRANSPORT

Tollcross International Swimming Centre is in the east end of Glasgow, approximately 4 miles from the city centre which is well served by Glasgow Central and Glasgow Queen Street railway stations. The closest local railway station to the venue is Carntyne, approximately 0.7 miles (15 minute walk) north of the pool. The venue is easily accessible by bus with multiple bus routes to/from the city centre adjacent and close to the pool on Tollcross Road and London Road. Glasgow International Airport is located to the west of the city centre, 13 miles (20 minute drive) from Tollcross.

## PARKING

Parking is available at the venue but will fill up very quickly each day due to the limited number of spaces available. Some spaces will be reserved for VIPs and one section of the car park will be specifically for Glasgow Club members only who are using the venue for other activities. Car park stewards will manage the parking throughout the meet and visitors are requested to follow the instructions of the car park stewards at all times.

For those attending the meet, further on street parking is available on the residential roads adjacent to the venue. Swimmers, teams and spectators are advised to car share where possible or use public transport in order to limit the amount of traffic at the venue.

## MEALS FOR OFFICIALS & TEAM STAFF

Meals and refreshments will be provided free of charge for all meet officials. Club coaches/managers/staff may order meals and refreshments using the form provided in the Entry Pack. Meals will be available between sessions in the Wellshot Room. Those taking meals are requested to allow those who need to be back on poolside earliest to eat first.

## TECHNICAL OFFICIALS

Technical officials will be organised through assistance from SASA West District. Entering clubs/teams who are based in the West District are requested to assist with provision of technical officials wherever possible. Travelling clubs are also welcome to provide technical official support.

Anyone wishing to officiate should contact: [stoconvenor@scotswimwest.co.uk](mailto:stoconvenor@scotswimwest.co.uk) to register their interest.

Guidance on kit, expenses and other requirements is available on request. Technical officials should bring their own water bottle to the event.

## ENVIRONMENTAL AWARENESS

Glasgow International Swim Meet organisers are keen to ensure the meet has minimal impact on the environment. As such, the use of plastic materials, including bottled water, will be minimised throughout. Technical Officials are requested to bring their own refillable water bottles for use throughout the meet at designated water igloos.

## INTERNET AND SOCIAL MEDIA LINKS

**Website** – [glasgowswimmeet.com](http://glasgowswimmeet.com)

**Instagram** – glasgowswimmeet

**Twitter** – @glasgowswimmeet

**Hashtag** – #GISM18

**Snapchat** – A Meet specific Snapchat filter has been created. It can be used for Snapchats inside the venue throughout the duration of the meet.

## PHOTOGRAPHY REFUSAL FORM

GLASGOW INTERNATIONAL SWIM MEET 2018		
<b>Name of Swimmer:</b>		
<b>Name of Club:</b>		
<b>NGB Membership Number:</b>		
I refuse permission for the taking and/or publication of images of my child or myself by the event's Official Photographer(s)		
<b>Signed:</b>		<b>Competitor/Parent/Carer</b>
<b>Print name:</b>		<b>Date:</b>
Please return this form by email to: <a href="mailto:info@glasgowswimmeet.com">info@glasgowswimmeet.com</a>		



# Withdrawals HEATS

<b>Club:</b>	
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Event	Swimmer's Name	Deadline	Received	Sign

**Please complete in full**

<b>Signature:</b>		<b>Date:</b>	
<b>Position in Club:</b>			



# Withdrawals FINALS

<b>Club:</b>	
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Event	Swimmer's Name	Deadline	Received	Sign

**Please complete in full**

<b>Signature:</b>		<b>Date:</b>	
<b>Position in Club:</b>			