



City of Glasgow Swim Team

INVITE YOU TO PARTICIPATE IN THE 18th GLASGOW INTERNATIONAL SWIMMING MASTERS MEET

License No : L2/45/MS/NOV09

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

Date : **Friday 6th 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 7th 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

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

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) 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 by 5.00pm Monday 2nd 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 1st – 3rd in each event in each age group.
Relay teams will be awarded medals 1st – 3rd 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 I 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: 16th October 2009. Sterling Cheques only please. Cheques payable to City of Glasgow Swim Team. Photocopy this form as required.