



**Invite you to participate in the
19th Glasgow International Swim Masters Meet**

**Held under SASA Rules
Licence Number – L2/52/WD/NOV10**

**Venue - Tollcross Leisure Centre, 350 Wellshot Road, Glasgow, G32 7QR
on Friday 5th & Saturday 6th November 2010**

**Session One – Warm Up 5.00 p.m. Start 6.00 p.m. (5/11/10)
Session Two – Warm Up 9.00 a.m. Start 10.00 a.m. (6/11/10)
Session Three – Warm Up 1.30 p.m. Start 2.30 p.m. (6/11/10)**

**10 lane x 25m Pool, Anti-Turbulence Lane Ropes
Separate Swim Down Pool
Omega Electronic Timing & Scoreboard**

Events :	Individual :	Freestyle	50m	100m	200m	400m
		Backstroke	50m	100m	200m	
		Breaststroke		50m	100m	200m
		Butterfly	50m	100m		
		Individual Medley		100m	200m	400m
	Team:	Freestyle Relays	4 x 50m			
		Medley Relays	4 x 50m			

(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 CATEGORIES

INDIVIDUAL EVENTS

(A) 25-29 years (B) 30-34 years (C) 35-39 years (D) 40-44 years (E) 45-49 years (F) 50-54 years (G) 55-59 years (H) 60-64 years (J) 65-69 years (K) 70-74 years (L) 75-79 years (M) 80+ (X) 18-24 years.

RELAY EVENTS

Combined Age (I) 72 – 99 (ii) 100-119 years (iii) 120 - 159 years (iv) 160 - 199 (v) 200 + (Age is at 31/12/10)

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 8th of October 2010. Entry fee is £5.00 per individual event and £6.00 for relays. Entries will not be accepted without a registration number.

Start Sheets will be available prior to the start of 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 1st of November 2010.

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.

Refreshment 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 junction 1.

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 Director



19th GLASGOW INTERNATIONAL SWIMMING MASTERS MEET

SOCIAL EVENT

To All Competitors,

This year's Buffet and Ceilidh will be held on Saturday 6th of November 2010 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 8th of October 2010. 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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19th 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 One – Friday 5th of November

Warm Up 5.00pm Start 6.00pm

101	Womens	400m	Freestyle
102	Mens	400m	Freestyle
103	Womens	50m	Backstroke
104	Mens	50m	Backstroke
105	Womens	200m	IM
106	Mens	200m	IM
107	Womens	100m	Breaststroke
108	Mens	100m	Breaststroke
109	Womens	200m	Freestyle
110	Mens	200m	Freestyle

Session Two – Saturday 6th of November

Warm Up 9.00am Start 10.00am

201	Womens	400m	IM
202	Mens	400m	IM
203	Womens	50m	Butterfly
204	Mens	50m	Butterfly
205	Womens	100m	Backstroke
206	Mens	100m	Backstroke
207	Womens	200m	Breaststroke
208	Mens	200m	Breaststroke
209	Womens	100m	Freestyle
210	Mens	100m	Freestyle

Session Three – Saturday 6th of November

Warm Up 1.30pm Start 2.30 pm

301	Womens	4 x 50m	Medley Relay
302	Mens	4 x 50m	Medley Relay
303	Womens	50m	Breaststroke
304	Mens	50m	Breaststroke
305	Womens	100m	Butterfly
306	Mens	100m	Butterfly
307	Womens	200m	Backstroke
308	Mens	200m	Backstroke
309	Womens	50m	Freestyle
310	Mens	50m	Freestyle
311	Womens	100m	IM
312	Mens	100m	IM
313	Womens	4 x 50m	Freestyle Relay
314	Mens	4 x 50m	Freestyle Relay



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 of this Meet

Signature of Competitor:.....

Closing Date for Entries: 8th of October 2010. Please make cheques payable to City of Glasgow Swim Team (Sterling Cheques only please)