



# **EDINBURGH INTERNATIONAL SWIM MEET**

**Friday 14 – Sunday 16 March 2025**

## **Team Information**

**VENUE, CONTACTS, TIMINGS****Venue**

Royal Commonwealth Pool  
Dalkeith Road  
Edinburgh  
EH16 5BB

**Key Contacts**

Meet Director            Lesley Prentice  
Meet Referee            Jeremy Chittleburgh  
Event Manager           Lindsay Lewis            +44 (0)7715 710581

**Training**

Open training will be available in the competition pool on Thursday 9<sup>th</sup> March, 16:00 – 20:00. There is no requirement to pre-book lanes.

**Competition**

	<b>Friday 14 March</b>	<b>Saturday 15 March</b>	<b>Sunday 16 March</b>
Morning	Session 1	Session 4	Session 7
Warm up	07:30 – 08:20	07:30 – 08:20	07:30 – 08:20
Start time	08:30	08:30	08:30
<b>Afternoon</b>			
Afternoon	Session 2	Session 5	Session 8
Warm up	11:30 – 12:20	11:30 – 12:20	11:30 – 12:05
Start Time	12:30	12:30	12:15
<b>Evening</b>			
Evening	Session 3	Session 6	Session 9
Warm up	16:30 – 17:20	16:30 – 17:20	16:00 – 16:50
Start Time	17:30	17:30	17:00

**TEAM INFORMATION****Venue Entrance and Exit**

Entrance and Exit will be via the main doors at the front of the building.

**Athlete and Team Staff Accreditation Passes**

Accreditation **must** be worn at all times when inside the venue, all accreditation has been issued and must be printed and brought along to the event. A plastic wallet and lanyard can be collected from the Athlete/Team Staff information desk in the venue foyer. The desk will open from 15:00 on Thursday 13<sup>th</sup> March.

**Team Staff Briefing**

There will be no briefing. If you have any queries, please speak to either the Event Manager or Meet Director.

**Information**

There will be no team staff pack, instead communication will be via a WhatsApp broadcast which team staff **only** can sign up to. Details in appendix 2. This will include start lists and results at the end of the session. No paper copies will be issued to teams. Start lists will also appear on the EISM web site: [eism.org.uk](http://eism.org.uk). Results will also be posted on the website after each session and will be available on SwimScotland and Meet Mobile.

**Team Seating**

Team seating is available on both poolside and the gallery area. The designated areas are detailed in appendix 1. For teams seated in the gallery area, no items must be hung over the glass at the front of the gallery. **Athletes must ensure footwear is always worn when using the stairs and in the gallery area.**

### **Warm-up and cool-down:**

Full information can be found in appendix 3

### **Marshalling**

The call room will be situated in the small teaching pool area. Athletes should be in the call room in line with call room times that will be issued. For 50m events, the call room/marshalling area will be situated at the end of the swim down pool as per event plan in appendix 1. All athletes competing in the 50m events should report directly to the 50m call room/marshalling area. Reserves should marshal for the afternoon heats.

### **Competition**

Over the top starts may be used during the heats.

Heat sessions - Athletes can exit from both side of the pool as directed by the referee

Final Sessions – Athletes must exit to gallery side only as directed by the referee

### **Withdrawals**

#### **Heats:**

Any withdrawals (including reserves) prior to the first day of the Meet should be notified using the online form by clicking [here](#). Withdrawals for Session 1 and 2 must be notified no later than 15:00 on Thursday 9<sup>th</sup> March 2023 using the online form by clicking [here](#).

Withdrawals for subsequent morning sessions not previously notified must be lodged at the Recorders Desk no later than 16.00 on the day prior to the event and for afternoon sessions by 18:00 on the day prior to the event.

#### **Finals:**

Competitors wishing to withdraw from a Final (including reserves) must inform the Recorders in writing on the form provided within 30 minutes of Finalists Lists having been published or announced. Provisional finalists will be announced during the morning session. These are subject to change depending on results in the afternoon session. Confirmed finalists will be published in the afternoon session once all swimmers have competed in that event and after the 30 minute window.

#### **Recorders Desk:**

The recorders desk is situated on poolside in front of the timing suite. Withdrawals / queries **must** be directed to the Recorder. **Team staff are not permitted to enter the timing suite.**

## **GENERAL INFORMATION**

### **Spectators**

Spectating will be permitted at the event although numbers will be limited to a maximum of 200.

There will be no pre-sale of tickets. Payment is cash or card:

Heats: £3                      Finals: £5

Spectators should enter and exit via the main doors at the front of the building

### **Event Merchandise**

Pre-ordered event merchandise can be collected from the athlete/team staff information desk from 16:00 on Thursday 13 March. There will be the ability to order at the Meet for subsequent delivery (UK only)

### **Parking**

There are a limited number of spaces available in the car park areas on a first come first served basis.

In addition, most of the streets around the pool have restricted or pay at meter parking on **Friday and Saturday**. For on street car parking, this link brings you to a map which shows restrictions. The closest unrestricted parking areas to the pool lie to the south and east of Priority Parking Area B7 on the map [here](#). It's about a 10 minute walk.

There is also an Easi-Park; St Leonard's Street, City of Edinburgh, Edinburgh EH8 9SW – 100 space manned, uncovered car park, For location and charges click [here](#)

### **Athlete Prep**

The venue has requested that any medicine balls used for prep should only be used on a mat. The medicine balls must not be used at the start of a race.

### **Team Staff / Media Area**

The Sir Peter Heatly room on the balcony will be available for team staff and media to use. There will be a mixture of soft seating and table and chairs.

### **Café**

The venue café hours during the event will be:

Friday - Sunday 08:30 – 17:45

### **Anti Doping:**

Anti Doping may be in attendance. The sport science room in the downstairs corridor will be assigned for Doping Control if required.

### **Medical**

In the event of an accident/emergency the venue staff will deal with any first aid incidents. The **nearest hospital** is Edinburgh Royal Infirmary, Old Dalkeith Road, Edinburgh, EH16 4SA. Emergencies - 999

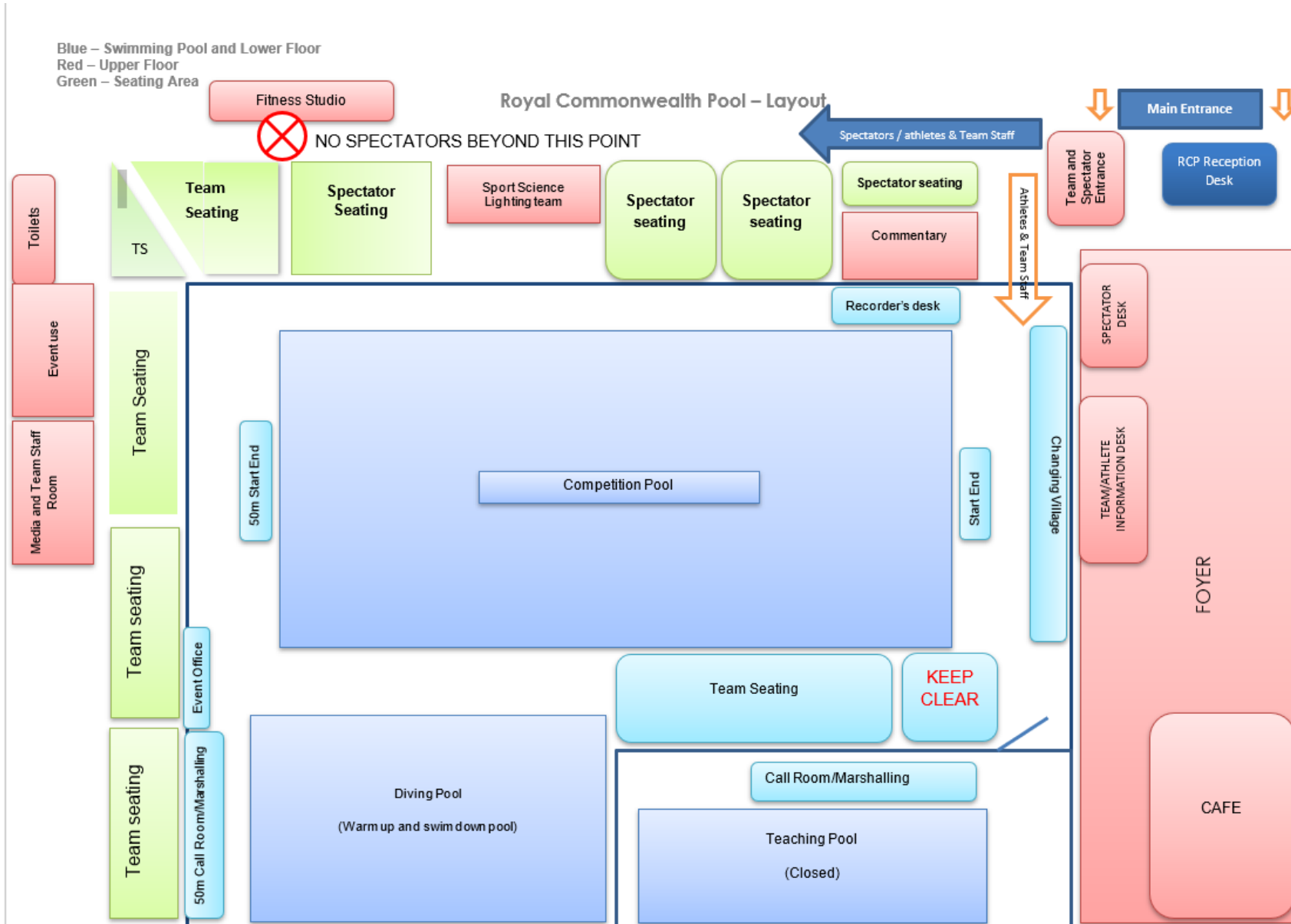
### **Photography**

By attending the event either as a participant, volunteer, team staff or spectator, you accept that any photographs / videos taken will not be used for illicit purposes or that pictures / films produced will not be altered in any way or uploaded onto the web without the consent in writing of the person(s) photographed / filmed. **The use of mobile phones or other electronic devices capable of photography are not permitted to be used at any time in the changing village, toilets or shower areas.**

Spectators who wish to take images are requested to focus on their own family member as much as reasonably possible and to avoid including other participants in images, particularly if those images are being shared with family and friends or through social media platforms.

The use of professional camera equipment and flash photography is prohibited at the Event. Only accredited media can use this type of equipment. Media wishing to gain accreditation must put the request in writing to the event organiser prior to the start of the competition.

Appendix 1



## Appendix 2

### WhatsApp Broadcast

#### Edinburgh International Swim Meet – For Team Staff Only

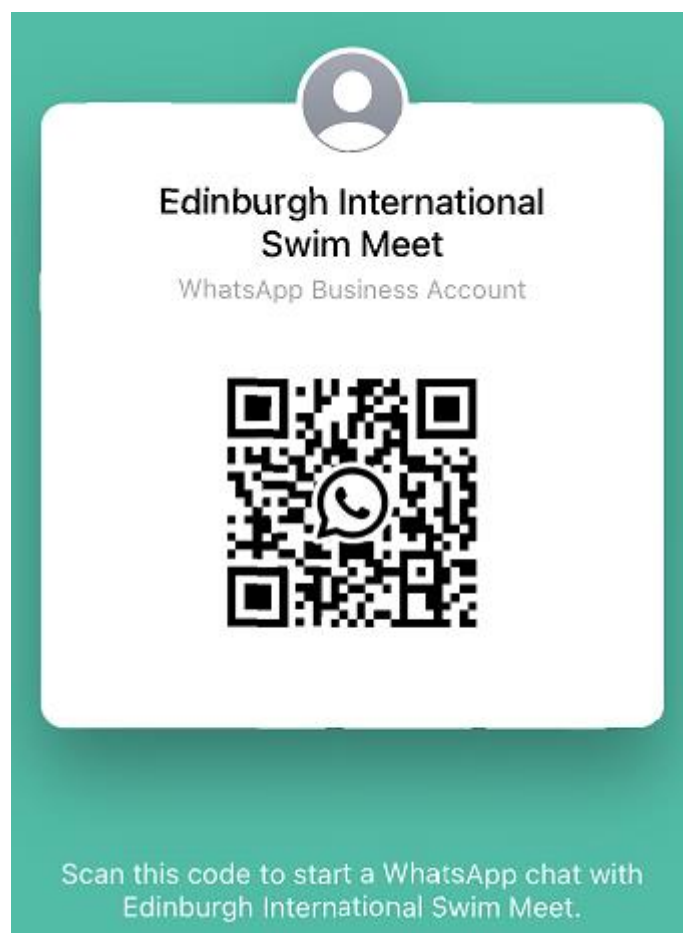
Please use the WhatsApp Broadcast to have start lists and other communications relating to the event sent to you:

Scan the QR code – a message will appear - **Please subscribe me to updates for Edinburgh International Swim Meet**

Alternatively click on the link [here](#)

#### Important

- **before sending, at the end of the above message, please add your name, position, and club**
- **Please ensure 07715 710581 is saved as a contact in your phone**



### Appendix 3

#### WARM-UP ARRANGEMENTS

Warm-up arrangements will be as follows:

<b>Morning sessions</b>	Mixed	07:30 – 08:20
<b>Afternoon sessions</b>	Mixed	11:30 – 12:20 Friday & Saturday 11:30 – 12:05 Sunday
<b>Evening sessions</b>		
Friday & Saturday	Mixed	16:30 – 17:20
Sunday	Mixed	16:00 – 16:50

During warm-ups and in between sessions, the main pool and the diving pool will be available. The diving pool will be available for warm-up and swim down throughout the Meet. The teaching pool will not be in use at any time.

No fins or paddles may be used during warm-up or swim-down in the competition pool.

Only swimmers who are competing in the relevant session (including reserves) may participate in the warm-up.

Lane 8 will be a permanent one-way sprint/pace lane (from the start end) throughout all warm-up sessions. Approximately halfway through each warm-up session, additional one-way sprint lanes from the start end will be introduced as follows:

<b>Sprints</b>	<b>Lanes 2 &amp; 7</b>
<b>Backstroke sprints</b>	<b>Lane 1</b>

One sprint lane and one backstroke start lane will be available in the diving pool throughout the meet.

Diving is only permitted in designated sprint lanes.

An additional pace lane will be introduced on request. Please listen for announcements.

**The organisers reserve the right to change these arrangements. Please listen for announcements.**

## Appendix 4

## Call Room Report Times

## Session 1 Friday 14 March 2025

	Event	Report Times
101	Male & Open 1500m Freestyle: Heat 1 *	08:20
	Male & Open 1500m Freestyle: Heat 2 *	08:36
102	Female 100m Backstroke	08:54
103	Male & Open 100m Backstroke	09:07
104	Female 200m Butterfly	09:18
105	Male & Open 200m Freestyle	09:31
106	Female 50m Freestyle	09:45
107	Male & Open 50m Butterfly	09:53
108	Female 400m Freestyle	10:02
109	Male & Open 200m Breaststroke	10:28
110	Female 100m Breaststroke	10:44
112	Male & Open 200m Individual Medley	10:54
	Finish Time	11:18

## Session 2 Friday 14 March 2025

	Event	Report Times
121	Male & Open 1500 Freestyle: Heat 1*	12:20
	Male & Open 1500 Freestyle: Heat 2*	12:36
122	Female 100m Backstroke: Heats 1 - 5	12:56
	Female 100m Backstroke: Heats 6 - 10	13:02
123	Male & Open 100m Backstroke	13:18
125	Male & Open 200m Freestyle: Heats 1 - 5	13:37
	Male & Open 200m Freestyle: Heats 6 - 11	13:45
126	Female 50m Freestyle	14:06
127	Male & Open 50m Butterfly	14:16
128	Female 400m Freestyle	14:23
129	Male & Open 200m Breaststroke	14:50
130	Female 100m Breaststroke	15:03
132	Male & Open 200m Individual Medley	15:14
	Finish Time	15:44

\* Fastest heat will be swum in the evening session



**Session 3      Friday 14 March 2025**

	<b>Event</b>	<b>Report Time</b>
<b>101</b>	<b>Male &amp; Open 1500 Freestyle: fastest Heat</b>	<b>17:20</b>
<b>102</b>	<b>Female 100 Backstroke</b>	
	Youth Final	<b>17:38</b>
	B Final	<b>17:38</b>
	Super Final	<b>17:38</b>
<b>103</b>	<b>Male &amp; Open 100 Backstroke</b>	
	Youth Final	<b>17:47</b>
	B Final	<b>17:47</b>
	Super Final	<b>17:47</b>
<b>104</b>	<b>Female 200 Butterfly</b>	
	Youth Final	<b>17:55</b>
	B Final	<b>17:55</b>
	Super Final	<b>17:55</b>
<b>105</b>	<b>Male &amp; Open 200 Freestyle</b>	
	Youth Final	<b>18:06</b>
	B Final	<b>18:06</b>
	Super Final	<b>18:06</b>
<b>106</b>	<b>Female 50 Freestyle</b>	
	Youth Final	<b>18:16</b>
	B Final	<b>18:16</b>
	Super Final	<b>18:16</b>
<b>107</b>	<b>Male &amp; Open 50 Butterfly</b>	
	Youth Final	<b>18:21</b>
	B Final	<b>18:21</b>
	Super Final	<b>18:21</b>
<b>108</b>	<b>Female 400 Freestyle</b>	
	Youth Final	<b>18:27</b>
	B Final	<b>18:27</b>
	Open Final	<b>18:27</b>
<b>109</b>	<b>Male &amp; Open 200 Breaststroke</b>	
	Youth Final	<b>18:44</b>
	B Final	<b>18:44</b>
	Open Final	<b>18:44</b>
<b>110</b>	<b>Female 100 Breaststroke</b>	
	Youth Final	<b>18:55</b>
	B Final	<b>18:55</b>
	Open Final	<b>18:55</b>
<b>112</b>	<b>Male &amp; Open 200 Individual Medley</b>	
	Youth Final	<b>19:03</b>
	B Final	<b>19:03</b>
	Open Final	<b>19:03</b>
	<b>Finish Time</b>	<b>19:24</b>

**Session 4      Saturday 15 March 2025**

	<b>Event</b>	<b>Report Time</b>
201	Male & Open 400m Individual Medley	08:20
202	Female 800m freestyle: Heat 1 *	08:42
	Female 800m freestyle: Heat 2 *	08:50
203	Male & Open 50m Backstroke	09:03
204	Female 50m Backstroke	09:14
205	Male & Open 100m Breaststroke	09:25
206	Female 100m Butterfly	09:35
207	Male & Open 200m Butterfly	09:44
208	Female 400m Individual Medley	09:56
209	Male & Open 50m Freestyle	10:20
210	Female 50m Breaststroke	10:40
211	Male & Open 800m freestyle: Heat 1 *	10:39
	Male & Open 800m freestyle: Heat 2 *	10:47
212	Female 200m Freestyle	10:58
	Finish Time	11:22

**Session 5      Saturday 15 March 2025**

	<b>Event</b>	<b>Report Time</b>
221	Male & Open 400m Individual Medley	12:20
222	Female 800m Freestyle: Heat 1	12:48
	Female 800m Freestyle: Heat 2	12:56
223	Male & Open 50m Backstroke	13:08
224	Female 50m Backstroke	13:14
225	Male & Open 100m Breaststroke	13:24
226	Female 100m Butterfly	13:36
227	Male & Open 200m Butterfly	13:49
228	Female 400m Individual Medley	13:58
229	Male & Open 50m Freestyle: Heats 1 - 6	14:22
	Male & Open 50m Freestyle: Heats 6 - 12	14:28
230	Female 50m Breaststroke	14:35
231	Male & Open 800m freestyle: Heat 1	14:39
	Male & Open 800m freestyle: Heat 2	14:47
	Male & Open 800m freestyle: Heat 3	14:55
232	Female 200m Freestyle: Heats 1 - 6	15:07
	Female 200m Freestyle: Heats 7 - 12	15:20
	Finish Time	15:52

\* Fastest heat will be swum in the evening session

**Session 6      Saturday 15 March 2025**

	<b>Event</b>	<b>Report Time</b>
<b>201</b>	<b>Male &amp; Open 400m Individual Medley</b>	
	Youth Final	<b>17:20</b>
	B Final	<b>17:20</b>
	Super Final	<b>17:20</b>
<b>202</b>	<b>Female 800m Freestyle: Fastest Heat</b>	<b>17:38</b>
<b>203</b>	<b>Male &amp; Open 50m Backstroke</b>	
	Youth Final	<b>17:49</b>
	B Final	<b>17:49</b>
	Super Final	<b>17:49</b>
<b>204</b>	<b>Female 50m Backstroke</b>	
	Youth Final	<b>17:55</b>
	B Final	<b>17:55</b>
	Super Final	<b>17:55</b>
<b>205</b>	<b>Male &amp; Open 100m Breaststroke</b>	
	Youth Final	<b>18:02</b>
	B Final	<b>18:02</b>
	Super Final	<b>18:02</b>
<b>206</b>	<b>Female 100m Butterfly</b>	
	Youth Final	<b>18:10</b>
	B Final	<b>18:10</b>
	Super Final	<b>18:10</b>
<b>207</b>	<b>Male &amp; Open 200m Butterfly</b>	
	Youth Final	<b>18:18</b>
	B Final	<b>18:18</b>
	Super Final	<b>18:18</b>
<b>208</b>	<b>Female 400m Individual Medley</b>	
	Youth Final	<b>18:28</b>
	B Final	<b>18:28</b>
	Open Final	<b>18:28</b>
<b>209</b>	<b>Male &amp; Open 50m Freestyle</b>	
	Youth Final	<b>18:47</b>
	B Final	<b>18:47</b>
	Super Final	
<b>210</b>	<b>Female 50m Breaststroke</b>	
	Youth Final	<b>18:53</b>
	B Final	<b>18:53</b>
	Super Final	
<b>211</b>	<b>Male &amp; Open 800m Freestyle: Fastest Heat</b>	<b>18:59</b>
<b>212</b>	<b>Female 200m Freestyle</b>	
	Youth Final	<b>19:09</b>
	B Final	<b>19:09</b>
	Open Final	<b>19:09</b>
	<b>Finish Time</b>	<b>19:29</b>

**Session 7      Sunday 16 March 2025**

	<b>Event</b>	<b>Report Time</b>
<b>301</b>	<b>Female 1500m Freestyle: Heat 1 *</b>	<b>08:20</b>
	<b>Female 1500m Freestyle: Heat 2 *</b>	<b>08:39</b>
<b>302</b>	<b>Male &amp; Open 50m Breaststroke</b>	<b>08:58</b>
<b>303</b>	<b>Female 50m Butterfly</b>	<b>09:08</b>
<b>304</b>	<b>Male &amp; Open 100m Freestyle</b>	<b>09:16</b>
<b>305</b>	<b>Female 200m Backstroke</b>	<b>09:26</b>
<b>306</b>	<b>Male &amp; Open 200m Backstroke</b>	<b>09:43</b>
<b>307</b>	<b>Female 200m Breaststroke</b>	<b>10:00</b>
<b>308</b>	<b>Male &amp; Open 100m Butterfly</b>	<b>10:17</b>
<b>309</b>	<b>Female 100m Freestyle</b>	<b>10:26</b>
<b>310</b>	<b>Male &amp; Open 400m Freestyle</b>	<b>10:36</b>
<b>312</b>	<b>Female 200m Individual Medley</b>	<b>10:56</b>
	<b>Finish Time</b>	<b>11:21</b>

**Session 8      Sunday 16 March 2025**

	<b>Event</b>	<b>Report Times</b>
<b>321</b>	<b>Female 1500m Freestyle: Heat 1*</b>	<b>12:05</b>
	<b>Female 1500m Freestyle: Heat 2*</b>	<b>12:24</b>
<b>322</b>	<b>Male &amp; Open 50m Breaststroke</b>	<b>12:43</b>
<b>323</b>	<b>Female 50m Butterfly</b>	<b>12:49</b>
<b>324</b>	<b>Male &amp; Open 100m Freestyle: Heats 1-6</b>	<b>12:54</b>
	<b>Male &amp; Open 100m Freestyle: Heats 7-12</b>	<b>13:02</b>
<b>325</b>	<b>Female 200m Backstroke</b>	<b>13:13</b>
<b>326</b>	<b>Male &amp; Open 200m Backstroke</b>	<b>13:38</b>
<b>327</b>	<b>Female 200m Breaststroke</b>	<b>13:54</b>
<b>328</b>	<b>Male &amp; Open 100m Butterfly</b>	<b>14:01</b>
<b>329</b>	<b>Female 100m Freestyle: Heats 1-6</b>	<b>14:16</b>
	<b>Female 100m Freestyle: Heats 7-12</b>	<b>14:26</b>
<b>330</b>	<b>Male &amp; Open 400m Freestyle: Heats 1-3</b>	<b>14:36</b>
	<b>Male &amp; Open 400m Freestyle: Heats 4-6</b>	<b>14:51</b>
<b>332</b>	<b>Female 200m Individual Medley</b>	<b>15:06</b>
	<b>Finish Time</b>	<b>15:38</b>

\* Fastest heat will be swum in the evening session

**Session 9      Sunday 16 March 2025**

	<b>Event</b>	<b>Report Time</b>
<b>301</b>	<b>Female 1500m Freestyle: Fastest Heat</b>	<b>16:50</b>
<b>302</b>	<b>Male &amp; Open 50m Breaststroke</b>	
	Youth Final	<b>17:09</b>
	B Final	<b>17:09</b>
	Super Final	<b>17:09</b>
<b>303</b>	<b>Female 50m Butterfly</b>	
	Youth Final	<b>17:15</b>
	B Final	<b>17:15</b>
	Super Final	<b>17:15</b>
<b>304</b>	<b>Male &amp; Open 100m Freestyle</b>	
	Youth Final	<b>17:21</b>
	B Final	<b>17:21</b>
	Super Final	<b>17:21</b>
<b>305</b>	<b>Female 200m Backstroke</b>	
	Youth Final	<b>17:28</b>
	B Final	<b>17:28</b>
	Super Final	<b>17:28</b>
<b>306</b>	<b>Male &amp; Open 200m Backstroke</b>	
	Youth Final	<b>17:40</b>
	B Final	<b>17:40</b>
	Super Final	<b>17:40</b>
<b>307</b>	<b>Female 200m Breaststroke</b>	
	Youth Final	<b>17:52</b>
	B Final	<b>17:52</b>
	Super Final	<b>17:52</b>
<b>308</b>	<b>Male &amp; Open 100m Butterfly</b>	
	Youth Final	<b>18:04</b>
	B Final	<b>18:04</b>
	Super Final	<b>18:04</b>
<b>309</b>	<b>Female 100m Freestyle</b>	
	Youth Final	<b>18:11</b>
	B Final	<b>18:11</b>
	Super Final	<b>18:11</b>
<b>310</b>	<b>Male &amp; Open 400m Freestyle</b>	
	Youth Final	<b>18:18</b>
	B Final	<b>18:18</b>
	Super Final	<b>18:18</b>
<b>312</b>	<b>Female 200m Individual Medley</b>	
	Youth Final	<b>18:34</b>
	B Final	<b>18:34</b>
	Super Final	<b>18:34</b>
	<b>Finish Time</b>	<b>18:56</b>