

Glasgow 2014
XX Commonwealth Games

23.07 – 03.08.2014



Triathlon Guide

CGA Team Leaders



BE THE GAMES

Welcome

On behalf of Glasgow 2014, I'm delighted to introduce this Triathlon Guide for the Glasgow 2014 Commonwealth Games.

Glasgow 2014 is committed to delivering an outstanding, athlete centred and sport focused Games of world-class competition which will be celebrated across the Commonwealth, generate enormous pride in Glasgow and Scotland, and leave a lasting legacy.

As part of this commitment, we aim to provide teams and athletes with the best possible conditions to allow them to perform at their peak. This Triathlon Guide is designed to help you with your preparations for the Games.

We recognise the dedication and commitment of all athletes and team officials and hope that this guide will provide you with the information you need to perform at your best at the Games.

We look forward to welcoming you to Glasgow in July 2014.



**The Right Hon
The Lord Smith of Kelvin**
Glasgow 2014
Chairman

The Glasgow 2014 Commonwealth Games will be the largest sporting event ever staged in Scotland, welcoming 4,500 athletes and 2,000 supporting team officials from around the Commonwealth to take part in the 11 days of elite sport competition.

This Triathlon Guide provides key information relevant to the conduct of each competition, including relevant rules, competition format, confirmed medal events, competition schedule and key dates as well as details of relevant venue, medical, anti-doping, training and competition related services, policies and procedures that will be in place for the Games.

This guide has been updated from Version 1, distributed in December 2013, ensuring that all available information is communicated in advance of the Games. Competing Commonwealth Games Associations will also be provided with a hard copy to use at Games Time. Together with the Sport Handbook, these resources will provide all the required information to support the selection, attendance and participation of athletes in each sport.

On behalf of the Sport team and wider Organising Committee, we look forward to welcoming you to Glasgow for an athlete centred and sport focused XX Commonwealth Games.



Greg Warnecke
Glasgow 2014
Head of Sport

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All information in this guide was correct at the time of production. Changes to schedules, procedures, facilities and services, and any other essential information will be communicated to all relevant parties by competition management if required. Changes to competition and training schedules will also appear on GamesINFO.

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Competition Information

1. Competition Information

1.1 Key dates

The Triathlon competition at the Glasgow 2014 Commonwealth Games will be held from Thursday 24 July (Day 1) to Saturday 26 July (Day 3) 2014 at Strathclyde Country Park (SCP). Please note the following key dates relating to the Triathlon competition:

| Date | Milestone |
|----------------|---|
| 8 July 2014 | Commonwealth Games Village (CGV) soft opening |
| 13 July 2014 | CGV opens |
| | Athlete training commences |
| 18 July 2014 | Technical Delegate (TD) arrives |
| 20 July 2014 | Technical officials (TOs) arrive |
| | Athletes' familiarisation |
| 21 July 2014 | Technical meeting |
| | Team Leaders' and Coaches' meeting |
| 22 July 2014 | Athletes' familiarisation |
| | Athletes' briefing and pontoon draw for Individual race |
| 23 July 2014 | Opening Ceremony |
| 24 July 2014 | Women's Triathlon (11.00) and Men's Triathlon (15.00) |
| 25 July 2014 | Athletes' familiarisation – Mixed Team Relay |
| | Mixed Team Relay briefing - managers and coaches |
| 26 July 2014 | Mixed Team Relay Triathlon (12.30) |
| 03 August 2014 | Closing Ceremony |
| 06 August 2014 | CGV closes |

1. Competition Information

1.2 Glasgow 2014 competition management

| Name and position | Contact details |
|--|---|
| Lukas Matys Triathlon Competition Manager | +44 (0) 30 2014 1487 lukas.matys@glasgow2014.com |
| Lisa Dent Triathlon Assistant Competition Manager | +44 (0) 030 2014 1557 lisa.dent@glasgow2014.com |
| Triathlon Technical Operations Manager | TBC |
| Claire Rankin Triathlon Coordinator | +44 (0) 30 2014 1540 claire.rankin@glasgow2014.com |

1.3 IF management

The IF for Triathlon is the International Triathlon Union (ITU).

| Name | Position |
|-----------------------------------|------------------------|
| Marisol Casado | ITU President |
| Loreen Barnett | Secretary General |
| Gergely Markus | ITU Sport Director |
| David Markham dmarkham@shaw.ca | ITU Technical Delegate |

1.4 International Technical Officials (ITOs)

| Role | Name | Country |
|------|--------------------|------------------|
| ITO | Gai Webster | AUS |
| ITO | Jacqui Kenny | AUS |
| ITO | Frank Stapleton | AUS |
| ITO | Murray Hilder | AUS |
| ITO | Adrian Sinckler | BAR |
| ITO | Patti Petty | BER |
| ITO | Kelly Mahoney | CAN |
| ITO | Linda Nagle | CAN |
| ITO | Ulf Schuetze | CAN |
| ITO | Yan Therrien | CAN |
| ITO | Alan Beckford | JAM |
| ITO | Harrison Waweru | KEN ^a |
| ITO | Melody Tan Phaik | MAS |
| ITO | Cheah Choon Nam | MAS |
| ITO | Alain St Louis | MRI |
| ITO | Juliet Fahey | NZL |
| ITO | Shanelle Barrett | NZL |
| ITO | Peter Weaver | NZL |
| ITO | Ross Capill | NZL |
| ITO | Stephen Damien | PNG |
| ITO | Gerrie Van Heerden | RSA |
| ITO | Retief Freysen | RSA |
| ITO | Brian Selby | SIN |
| ITO | Winston Crooke | SKN |
| ITO | Sam Wickramasinghe | SRI |

1. Competition Information

1.5 National Technical Officials (NTOs)

| NTO role | Name | Country |
|----------|------------------|---------|
| NTO | Maisie Bancewicz | SCO |
| NTO | Janice Goble | ENG |
| NTO | Paul Groves | ENG |
| NTO | Duncan Hough | ENG |
| NTO | Peter Lambert | ENG |
| NTO | Bob Newton | SCO |
| NTO | John Petrides | ENG |
| NTO | Sarah Taylor | ENG |
| NTO | Howard Vine | ENG |
| NTO | Jane Vine | ENG |

1.6 Medal events

| Individual (2) | Team (1) |
|--------------------|------------------|
| Men's Individual | Mixed Team Relay |
| Women's Individual | |

1.7 Competition format

The Triathlon events at the XX Commonwealth Games will be conducted under the ITU Competition Rules and in accordance with the Commonwealth Games Federation (CGF) Constitution.

Triathlon does not have any sport specific rules and regulations that are amended specifically for a Commonwealth Games. However, the following generic rules and regulations will apply:

Individual (male and female)

- Swim at a distance of 1500m
- Cycle at a distance of 40km
- Run at a distance of 10km

Mixed Team Relay

(two males and two females)

- Swim at a distance of 250m
- Cycle at a distance of 6km
- Run at a distance of 1.6km

Race order: women-man-women-man

- During competition, each athlete is expected to compete in their official CGA team uniform.
- Athletes participating in medal ceremonies must wear their official CGA team tracksuit, appropriate footwear, and must not wear headwear or sunglasses.
- Gold, Silver and Bronze medals will be awarded in all events where at least six CGAs are represented, in accordance with the CGF Constitution.
- Clothing and equipment used by athletes and other participants in the Triathlon competition at the XX Commonwealth Games must comply with the following documents:
 - ITU Competition Rules (available at www.triathlon.org)
 - GFS 10 - Clothing and Equipment (see section 1.11)

1.8 Competition rules

The Triathlon competition at the Games will be delivered in accordance with the ITU rules and regulations.

1.9 Entry and eligibility

The following sport specific entry regulations have been determined for Triathlon and are applicable to the Games:

- For the Individual events:
 - CGAs are permitted up to three athletes per event.
- For the Group/Team event:
- Mixed Team Relay: CGAs are permitted up to one team with four athletes per team. A CGA can enter up to six athletes in the Sport Entries System and will be asked to confirm the four competitors prior to the event. A maximum of six athletes (three males, three female) across all Triathlon event entries will be permitted.

It should be noted that in accordance with the CGF Constitution, there are no pre-determined qualification standards or athlete quotas for the Commonwealth Games, aside from the maximum number of permitted entries per event per CGA.

1.10 Timeline for entries

For the XX Commonwealth Games, the close of individual entries will occur on 11 June 2014, six weeks prior to the Opening Ceremony, and will be supported by the implementation of a Team Size Calculator that will require CGAs to submit indicative entries at predetermined dates along the journey to the Games.

1. Competition Information

The sport entries process for Triathlon is as follows:

| Date | Particulars |
|-----------------|--|
| 10 January 2014 | CGAs submit Team Size Calculator v3 to Glasgow 2014. |
| 28 January 2014 | Sport Entries Guide distributed to CGAs within the Sport Handbook (at the Chefs de Mission seminar) – distributed electronically in December 2013. |
| April 2014 | Pre-Delegation Registration Meetings (Pre-DRMs) held with each CGA. |
| 28 April 2014 | Sport Entries System opens. CGAs enter athletes by name into the Sport Entries System. |
| 11 June 2014 | Final submission date for all entries. All entries must be entered electronically into Sport Entries System by this date. CGAs submit Team Size Calculator v4 to Glasgow 2014. |
| 8–22 July 2014 | Delegation Registration Meetings (DRMs) held with each CGA. |

Following the close of athlete applications for accreditation on 14 March 2014 – and prior to the opening of the online Sport Entries System – representative IFs for each sport and Para-Sport will be sent a long list of athletes. IFs will be requested to review and verify the athlete data submitted, and in the case of Para-Sport athletes, add Class and Class Status for each athlete.

1.11 Clothing and equipment

1.11.1 Identification on Personal Competition Clothing and Personal Equipment – GFS 10

There shall be no advertising or publicity on personal equipment and competition clothing used or worn at the Games. Identification of the manufacturer (name and/or logo) of the equipment and/or clothing may appear, if not marked conspicuously for advertising purposes as follows:

- The word ‘identification’ means the normal display of the name, designation, trademark, logo or any other distinctive sign of the manufacturer of the item, appearing not more than once per item.
- Manufacturer’s identification on clothing: the identification of the manufacturer shall not appear more than once per item of clothing. Size restrictions are listed in the table below.
- Manufacturer’s identification on sport equipment: the identification of the manufacturer shall comply with current International Federation rules as applicable to World Championships.

1. Competition Information

Equipment: bikes, wetsuits

Bikes: only logos of bicycle related products may appear on the athlete's bicycle. Logos may not interfere with, or hinder the placement of, the bicycle race number on the bicycle frame.

Wetsuits: all wetsuit models must have prior written approval from ITU. In respect of logos:

- a) Only the wetsuit manufacturer's logo may appear on the wetsuits.
 - b) The maximum size is 80cm² on the front and back. This space is allowed both on the inside and outside of the wetsuit.
 - c) If the manufacturer wishes to have two or more logos on the front or back, the combined total must not exceed 80cm².
 - d) Logos on the side panel must be included within either the 80cm² for the back or the 80cm² for the front.
-

Clothing: vest, shorts, tracksuits, etc.

One identification of the manufacturer (logo, name or combination) may appear on each article of clothing worn by athletes, officials or judges, the maximum area of which shall be 20cm². No other form of advertising or sponsorship on clothing shall be permitted with the exception that a graphic or figurative logo of the manufacturer (not including the name or text) may also be used as a decorative design mark once, or repeatedly as a strip not exceeding 10cm in width in one of the following positions, provided it does not, in the opinion of the CGF, in its absolute discretion, dominate or unduly detract from the appearance of the article of clothing:

- across the bottom of the sleeves;
 - on the outer seam of the sleeves; or
 - down the outer seams of the garment.
-

Headgear (hats, helmets, sunglasses, goggles, etc.)

Any identification of the manufacturer shall not exceed 6cm².

Gloves

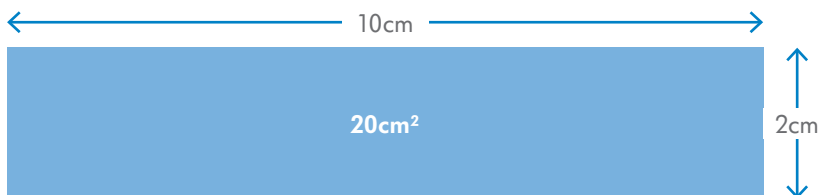
Any identification of the manufacturer shall not exceed 6cm².

1. Competition Information

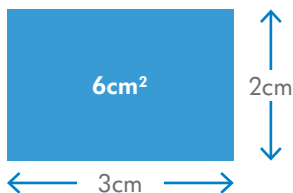
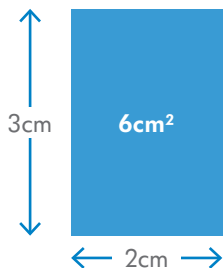
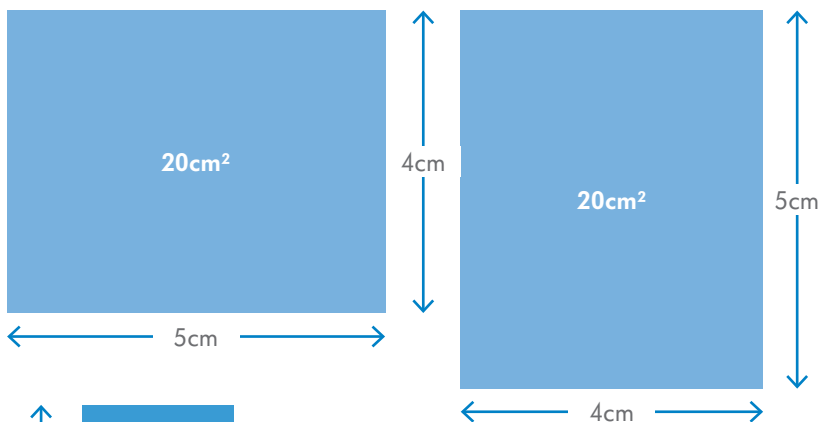
Shoes

The normal distinctive design pattern of the manufacturer is permitted. The manufacturer's name and/or logo may also appear, up to a maximum of 6cm^2 , either as part of the normal distinctive design pattern or independent of the normal distinctive design pattern.

Identification sizing examples (actual size)



Sample 1: 20cm^2 (see Clothing: vest, shorts, tracksuits, etc.)



Sample 2: 6cm^2
(see Headgear,
Gloves and Shoes)

1. Competition Information

The competition clothing and uniforms of the athletes and officials must include the official Commonwealth Games emblem of the CGA.

The use of the Glasgow 2014 emblem in addition to the CGA emblem is optional and subject to its approval and guidelines.

The rules will be applied to the following areas and activities at the Commonwealth Games:

- Back of house at a competition venue.
- Medal ceremonies.
- On the FOP.
- Opening and Closing Ceremonies, i.e. back of house and on the FOP.
- Team Welcome Ceremonies (TWC).

The rules take precedence over any IF rules unless advised otherwise by the CGF Board.

Please note in relation to Triathlon:

- All athletes must wear the official event swim cap during the swim segment.
- Swim caps are provided by ITU or the Glasgow 2014.
- If an athlete chooses to wear two caps, the official cap must be on the outside.
- No sponsor logos are allowed on the swim cap other than prescribed by ITU/Glasgow 2014.
- Athletes may not alter the swim caps in any manner.
- Failure to wear the official swim cap, or altering the official swim cap, may result in a penalty up to and including disqualification.

1.12 Athlete Replacement Policy

Obligation SPT18 in the CGF Commonwealth Games Sport Manual (September 2012) states:

‘Like for like athlete replacements (i.e. same sport, discipline and event) can be accepted only with the approval of the CGF Executive Board following consultation with the relevant IF and up to the time of the relevant technical meeting. When deemed necessary by the CGF, independent medical advice will be sought to assess any illnesses or injuries.’

The date and time of the ‘relevant technical meeting’ is determined on a sport basis. The CGF has agreed on the relevant technical meeting for each sport and will provide a chairperson for each of the CGF Technical Meetings.

- All Athlete Replacement Request Forms must be submitted to the Sport Entries office in the Sport Information Centre at the CGV.
- Athlete Replacement Request Forms will be made available to CGAs following close of entries.
- CGAs will be advised of the outcome of their requests as soon as possible once a decision has been reached by the IF and the CGF.

The deadline for athlete replacement requests for Triathlon is in line with the start time of the CGF Technical Meeting to be held on **21 July 2014 at 14.00.**

1. Competition Information

All request forms must be submitted by this time to the Sport Entries office at the CGV. No request forms will be accepted after this time nor at the CGF Technical Meeting.

The Sport Entries Office will coordinate all requests and will liaise with the Accreditation team, the Sport Competition team/IF and the CGF accordingly to address all requests.

For full entry and eligibility guidelines, please refer to the Sport Entries Guide in the Sport Handbook (the full Athlete Replacement policy can be found on pages 53–54).

1.13 Competition schedule

The competition schedule below is version 3.3 as at 7 June 2013. The competition schedule is subject to change.

| Day | Date | Session | Start time | End time | Event | | |
|-----|-----------------------|-----------|------------|----------|-------|---|-----------------------------------|
| 1 | Thursday 24 July 2014 | Morning | 11:00 | | F | W | Women's Individual |
| | | | | 14:15 | C | W | Women's Individual medal ceremony |
| | | | | | | | FOP transition |
| | | Afternoon | 15:00 | | F | M | Men's Individual |
| | | | | 18:00 | C | M | Men's Individual medal ceremony |
| | | | | | | | |
| 3 | Saturday 26 July 2014 | Afternoon | 12:30 | | F | X | Mixed Team Relay |
| | | | | 14:30 | C | X | Mixed Team Relay medal ceremony |

1. Competition Information

1.14 Sport information

Glasgow 2014 will provide a sport information service at the CGV and each competition venue, ensuring the efficient and accurate communication of sport specific and Games-wide information to athletes and team officials including sport results.

To implement efficient, effective and accurate communication processes pre-Games and at Games Time, Glasgow 2014 will seek to maximise the use of modern or new technologies where available and in line with Games-wide environment and sustainability initiatives.

Sport Information Centre (SIC) location and operations

The SIC is located within the residential zone of the CGV. The SIC incorporates a sport specific information desk for each of the 17 Games sports, together with offices for the Sport Entries and Training Venues function.

SIC operating hours

| | |
|----------------|-------------|
| 8–12 July 2014 | 09.00–18.00 |
|----------------|-------------|

| | |
|----------------------------|-------------|
| 13 July – 3 August 2014 | 07.00–23.00 |
|----------------------------|-------------|

| | |
|-----------------|-------------|
| 4–6 August 2014 | 09.00–18.00 |
|-----------------|-------------|

On-venue Sport Information Desk (SID) location and operations

The Sport Information Desk (SID) for Triathlon at SCP is located within the Athletes' Lounge.

SID operating hours

| | |
|--------------------------------|--|
| 21–23 July and 25 July 2014 | From one hour before familiarisation and athletes' briefing commences until 30 minutes after session ends. |
|--------------------------------|--|

| | |
|-----------------------------|--|
| 24 July and 26 July 2014 | From three hours before competition commences until one hour after competition ends. |
|-----------------------------|--|

Information and services will include:

- general sport information;
- draws, start lists, schedules, results;
- training schedule information and assistance with changing training sessions when applicable;
- transport schedules;
- general information from Glasgow 2014 and CGF for CGAs;
- lost and found services; and
- assistance with GamesINFO.

1. Competition Information

1.15 GamesINFO

GamesINFO is the Games information system that provides access to Games-related information, such as schedules, results and weather forecasts. GamesINFO is scheduled to go live on 13 July 2014. Information available via GamesINFO will include:

| | |
|---------------|---|
| Schedules | Competition schedules and training schedules. |
| Games results | Competition results viewable by sport, date and country; includes entry lists, start lists and additional sport-specific reports. These results will be available in PDF format for printing (where available) and on live screens which will provide the near real-time results. |
| Medals | Medal standings by sport, overall medal standings, medallists by day and medallists by sport/event. These will be provided in PDF format and on live screens. |
| Games news | Flash quotes, media conference highlights, sport previews, news articles, statistics-driven reports and media communications. |
| Biographies | Athlete biographies. |
| Background | Historical data, statistics, competition formats and rules, qualification criteria and venue descriptions. |
| Records | World and Commonwealth Games records, including current records, record holders and new or equalled records. |
| Transport | Transport schedules and maps. |
| Weather | Real-time weather conditions and forecasts. |
| Ceremonies | Details about the ceremonies (medal ceremonies and Opening/Closing Ceremonies), including timings and participants. |



Team Information

2. Team Information

2.1 Pre-competition procedures

2.1.1 Technical meeting (incorporating the Team Leaders' and Coaches' meeting)

Date: 21 July 2014

Time: 14.00–15.00

Location: SCP Workforce Break Area

As per CGF Manual for Sport Regulation SPT49-51, under the direction of the CGF Executive Board, Glasgow 2014 shall convene, prior to the commencement of competition within each sport, a meeting of the CGF Technical Committee for each sport, following the agenda prepared by the CGF and Glasgow 2014.

Membership of each CGF Technical Committee shall consist of the following groups and where required allocation of votes:

- Two representatives of the host country of the sport concerned (one vote).
- Not more than two representatives of each of the other countries competing in the sport (one vote per country).
- One representative of the Commonwealth Council or Federation of the sport – if any (one vote).
- The IF delegate/observer of the sport (one vote).

Glasgow 2014 shall be entitled to send up to five observers, without voting power. The Officers, Life and Regional Vice Presidents of the Federation are ex-officio, non-voting members of all CGF

Technical Committees, at least one of whom or a duly designated representative of the CGF shall be present at all Technical Committee meetings.

2.2 Athletes' briefing and pontoon draw

Women:

Date: 22 July 2014

Time: 09.00–10.15

Location: SCP Workforce Break Area

Men:

Date: 22 July 2014

Time: 11.00–12.15

Location: SCP Workforce Break Area

Mixed Team Relay:

Date: 25 July 2014

Time: 09.00–10.00

Location: SCP Workforce break area

The main agenda for the athletes' briefings, which will be held separately for women and men within the individual event and together as part of the Mixed Team Relay, is as follows:

- Welcome and introductions
- Competition jury
- Schedules and timetables
- Check-in and procedures
- The course
- Post-race procedures
- Weather forecasts

2. Team Information

The draws for the pontoon positions for the Women's and Men's Triathlons, as well as the Mixed Team Relay event, will be conducted by ITU officials at the end of each athletes' briefing.

At the beginning of the draw, the athletes will be ordered according to the ITU world ranking as of the last point race. Athletes will choose their pontoon start positions by following this order.

- The 10 best-ranked athletes entered will choose their pontoon start positions by telling the designated ITO. The ITO will record and confirm the chosen pontoon start position. If the pontoon start position has previously been chosen by any of the better-ranked athletes, the ITO will ask the athlete to select another pontoon start position. This procedure will continue until the ITO can confirm a pontoon start position to the athlete.
- As soon as the 10 best-ranked athletes have selected their pontoon start positions, the filled positions will be displayed on the screen, without showing which pontoon start position has been assigned to which of the 10 best-ranked athletes.

- The remaining athletes will then publicly draw their pontoon start positions. Athletes will be called in every 20 seconds to select their start positions. Information about each position drawn will be displayed immediately on the screen. Once the last athlete has publicly drawn their pontoon start position, the first 10 choices will be publicly displayed.

Race package

Athletes will pick up their race package at the athletes' technical briefings. The package will contain the following:

- bike number
- helmet stickers (3)
- body decals

2.3 Withdrawal from competition

Pre-competition

If an athlete or team withdraws from the competition after the start list has been produced and distributed but no later than 30 minutes before the competition is due to start, Glasgow 2014 Technology will produce a new start list which, after being approved by the ITU TD, will be distributed according to the Commonwealth Games Results and Information Service (CRIS) distribution rules.

Immediately before beginning of event

If an athlete or team withdraws from the competition 30 minutes from the competition's scheduled start time, the start list will not be updated and the athlete will be listed as 'DNS' ('Did Not Start') on the results outputs.

2. Team Information

2.4 Athlete FOP familiarisation

| 21 July 2014 | 22 July 2014 | 25 July 2014 |
|--|---|--|
| 09.00–10.00 Swim familiarisation (full course) | 09.00–09.45 Swim familiarisation (men) | 10.00–11.00 Swim familiarisation (full course) |
| 10.00–11.00 Bike familiarisation (full course) | 09.45–10.30 Bike familiarisation (men) | 11.00–12.00 Bike and Run familiarisation (full course) |
| 11.00–12.00 Run familiarisation (full course) | 11.00–11.45 Swim familiarisation (women) | |
| | 11.45–12.30 Bike familiarisation (women) | |
| | 12.30–13.15 Run familiarisation (men & women) | |

2.5 Coaches and team officials FOP access

Coaches are permitted on the FOP during familiarisation. This includes access onto the pontoon and bike course. If a coach wishes to access the bike course they must do so on a bicycle wearing a helmet. No access will be given to any coaches or team officials on foot. Numbers of persons on the pontoon during familiarisation will be monitored. Access is at the discretion of the technical officials and the start/transition FOP team leader.

2.6 Bike check-in schedule

Bike check-in starts on 21 July 2014 during the athlete familiarisation and finishes on 23 July 2014 at 12.00. Bikes are required to be checked in at the competition venue the day before competition. Bikes must be checked in by an athlete or team official. Bikes will then need to stay overnight in the store in the athletes' area.

Teams not based in the CGV must deliver their bikes directly to the bike storage area at SCP during the times detailed above. Bikes must be checked at the athletes screening area (PSA) before entering the secure zone. It may take up to five minutes to screen each bike.

Uniforms and other equipment will also be checked during these times.

2. Team Information

Mixed Team Relay

Bike check-in starts at 09.00 and finishes at 15.00 on 25 July 2014. Bikes are required to be checked in at the competition venue the day before competition. Bikes must be checked in by an athlete or team official. Bikes will then need to stay overnight in the store in the athletes area.

Teams not based in the CGV must deliver their bikes directly to the bike storage area at SCP during the times detailed above. Bikes must be checked at the athletes screening area (PSA) before entering the secure zone. It may take up to five minutes to screen each bike.

2.7 Bike movement

For teams based in the CGV, Glasgow 2014 will provide transport of athletes' bikes for all familiarisation sessions and competition days. Full schedule details and booking information will be available from the Triathlon Desk in the SIC in the CGV.

Athletes' bikes must be booked onto the transport service by no later than 17.00 the day before the transport requirement. Bookings must be made at the Triathlon Desk in the SIC.

2.8 Bike mechanic and storage area

A bike mechanic and storage area will be available on-site at SCP from 21 July 2014 until the end of competition on 26 July 2014.

Operating hours:

| | |
|-----------------|-------------|
| 21–22 July 2014 | 09.00–14.00 |
| 23 July 2014 | 09.00–13.00 |
| 24 July 2014 | 08.00–19.00 |
| 25 July 2014 | 09.00–17.00 |
| 26 July 2014 | 09.00–16.00 |

2. Team Information

2.9 Competition procedures

2.9.1 Event schedules

A summary of the competition procedures on the day of each event is given below. More details on each activity are provided below the tables.

| Women's event schedule – 24 July 2014 | | | |
|---------------------------------------|--------------------------|--|----------------------------|
| Time before competition | | Activity | Location |
| 08.00 | Three hours | Athletes' arrival at venue | SCP |
| 08.30 | Two hours and 30 minutes | Athletes' check-in opens | Athletes' Lounge |
| 09.30 | One hour and 30 minutes | Bike and run courses open for warm up | Warm-up areas |
| 09.30 | One hour and 30 minutes | Transition area check-in opens | Transition area |
| 09.50 | One hour and 10 minutes | Swim course opens for warm-up | Warm-up area |
| 10.15 | 45 minutes | Athletes' check-in closes | Athletes' Lounge |
| 10.30 | 30 minutes | Bike and run courses close for warm-up | Warm-up areas |
| 10.30 | 30 minutes | Transition area check-in closes | Transition area |
| 10.40 | 20 minutes | Swim course closes for warm-up | Warm-up area |
| 10.50 | 10 minutes | Athletes' presentation | Main athlete recovery area |
| Approx. 10.59 | About one minute | Start procedure begins | Swim pontoon |
| 11.00 | 0 minute | Competition starts | FOP |

2. Team Information

| Men's event schedule – 24 July 2014 | | | |
|-------------------------------------|-------------------------|--|----------------------------|
| Time before competition | | Activity | Location |
| 12.00 | Three hours | Athletes' arrival at venue | SCP |
| | | Athletes' check-in opens | Athletes' Lounge |
| 13.30 | One hour and 30 minutes | Bike and run courses open for warm-up | Bike course |
| | | | Warm-up areas |
| 13.30 | One hour and 30 minutes | Transition area check-in opens | Transition area |
| 13.50 | One hour and 10 minutes | Swim course opens for warm-up | Warm-up area |
| 14.15 | 45 minutes | Athletes' check-in closes | Athletes' Lounge |
| 14.30 | 30 minutes | Bike and run courses close for warm-up | Warm-up areas |
| | | Transition area check-in closes | Transition area |
| 14.40 | 20 minutes | Swim course closes for warm-up | Warm-up area |
| 14.50 | 10 minutes | Athlete presentation | Main athlete recovery area |
| Approx. 14.59 | About one minute | Start procedure begins | Swim pontoon |
| 15.00 | 0 minute | Competition starts | FOP |

Men's Bike and Run Course warm-up

Please note that due to the expected finishing times in the women's event, the bike and run course warm-up scheduled at 13.30 may be subject to time change or cancellation.

Due to this potential change we will accommodate the use of turbo trainers should athletes still wish to do a bike warm-up. Athletes must provide their own turbo trainers as there will be no provision by Glasgow 2014 on venue.

2. Team Information

| Mixed team relay event schedule – 26 July 2014 | | | |
|--|--------------------------|--|----------------------------|
| Time before competition | | Activity | Location |
| 09.30 | Three hours | Athletes' arrival at venue | SCP |
| 10.00 | Two hours and 30 minutes | Athletes' check-in opens | Athletes' Lounge |
| | | Bike and run courses open for warm up | Warm-up areas |
| 11.00 | One hour and 30 minutes | Transition area check-in opens | Transition area |
| | | Swim course opens for warm up | Warm-up area |
| 11.45 | 45 minutes | Athletes' check-in closes | Athletes' Lounge |
| 12.00 | 30 minutes | Bike and run courses close for warm up | Warm-up areas |
| | | Transition area check-in closes | Transition area |
| 12.10 | 20 minutes | Swim course closes for warm up | Warm-up area |
| 12.20 | 10 minutes | Athletes' presentation | Main athlete recovery area |
| Approx. 12.29 | About one minute | Start procedure begins | Swim pontoon |
| 12.30 | 0 minute | Competition starts | FOP |

2.10 Athletes' arrival at venue

Athletes and team officials will arrive on buses from the CGV from 08.00 on 24 July 2014 (women) and from 12.00 (men). For the Mixed Team Relay, athletes and team officials will arrive on buses from the CGV from 09.30 on 26 July 2014. Upon arrival, they will proceed through the security check-in points. Teams staying outside the CGV should enter the venue through the security check-in points at the west of the venue.

Athletes will be required to present their accreditation when they collect their bikes from the bike storage area on the day of competition and at bike familiarisation.

2.11 Athletes' check-in

On arrival at the Athletes' Lounge, athletes will have their uniforms checked by the technical officials and will then receive their swim cap and timing chip. Athletes must wear their timing chips around their ankles. All equipment, bags and clothing will need to be submitted in order to be checked for compliance with CGF Rule GFS 10. After their event, athletes will have their timing chips removed when they enter the main recovery area.

2.12 Transition area check-in

The Transition area will be open from 09.30–10.30 on 24 July 2014 (women) and from 13.30–14.30 on 24 July 2014 (men). The bike check-in process will be managed by technical officials when athletes enter the Transition area with their bikes.

Mixed Team Relay

The Transition area will be open from 11.00–12.00 on 26 July 2014. The bike check-in process will be managed by technical officials when athletes enter the Transition area with their bikes.

2.13 Warm-up

Athletes may start their warm-up on the field of play according to the event schedule above. Each course will be available for warm-up on competition days as follows:

The swim warm-up area will include the area from the start pontoon to the rescue pontoon and back to the swim exit pontoon, around the far/north side of the start pontoon.

Ten minutes before the warm-up session is due to finish, the water safety team, FOP team leader and technical officials will instruct athletes to return to the venue facilities to prepare for the start procedures.

All warm-up areas will be accessible from the main athletes' entrance to the field of play, near the Athletes' Lounge and the changing areas. No other access will be granted. Athletes should note that operational vehicles will be allowed to move on these roads during the warm-up periods.

Mixed Team Relay

The swim warm-up area will include the area from the start pontoon to the first buoy and back to the swim exit pontoon.

2.14 Athlete introductions

Athletes must assemble at the main recovery area about 20 minutes before the start of their event. At this time, any extra clothing and towels must be removed and placed by each athlete in their numbered basket. In the event of extreme weather conditions, athletes may remove their warm-up clothing before entering the pontoon, and may give it to their coaches at the coaches' area next to the pontoon or to a member of the start team.

Please note that any official CGA uniforms left at the start area must be returned to the Athletes' Lounge immediately after the start, in case they are required for the medal ceremony.

2. Team Information

After the technical officials' presentation, the announcer will introduce each athlete according to the introduction schedule provided by competition management and Sport Presentation. Each athlete will be introduced in turn by race number, name and country. When introduced, athletes must take up their designated start position on the pontoon. The pontoon is numbered 1 to 50.

Within the Mixed Team Relay, athletes will be announced as a team with the first athlete making their way to their start position, and the other team members continuing to the relay zone.

2.15 Start procedure

Athletes must proceed directly to their designated positions on the pontoon and stay there when they have arrived. When all athletes have reached their designated positions, the announcer will state, 'You are now in the hands of the starter,' and athletes must remain behind the start line. When the starter says, 'On your marks,' athletes must step forward and assume the start position. A horn will then signal the start of competition.

In the case of a false start, the starter will issue repeated short blasts on the start horn. If athletes fail to hear this signal, lifeguards will promptly block the swim course. Athletes must leave the water using the exit ramp at the back of the pontoon and return to their designated positions. The competition will be restarted as soon as possible, under the control of the ITU Race Referee.

In the event of a valid start with early starters, if someone starts before the horn and everyone else starts with the horn, the athlete who false-started will receive a time penalty of 15 seconds in TAI.

Mixed Team Relay athlete changeover

When an athlete enters the Relay Zone, they must physically tag their team mate before they can begin their leg of the race.

2.16 Procedures for withdrawn athletes

Athletes failing to complete the swim leg before the leaders have completed the first lap of the bike leg

Any athlete who has not completed the swim leg or cleared the T1 transition before the bike leaders return to the Transition area will have effectively been lapped and will be held outside transition by a technical official. The athlete's bike will be removed from the Transition area to allow for the bike leaders to pass cleanly through transition, and will then be sent to the bike storage area. At an appropriate time, the withdrawn athlete will be escorted off the FOP to the Athletes' Lounge.

Athletes lapped during the bike leg

Any athlete who is lapped during the bike leg will be removed from the field of play as soon as possible in order to avoid any confusion with placings and to prevent them providing drafting assistance to other team members.

2. Team Information

Technical officials who identify a lapped athlete will communicate to the athlete that they have been withdrawn from the race. The athlete must not ride in a pack or with any other athlete, and must retire at the next nearest wheel station. Lapped athletes and their bikes will be picked up at the end of the race and returned to the Athletes' Lounge.

Athletes who retire due to injury, exhaustion or bike malfunction

Any athlete who retires due to injury, exhaustion or bike malfunction will be held at the nearest wheel station, the nearest aid station or the Athletes' Lounge, and must not re-enter the FOP. If necessary, medical services staff will be informed in order to offer first aid treatment to the athlete. Athletes who do not require any special medical treatment will be picked up at the end of the event and returned to the Athletes' Lounge. Glasgow 2014 staff will handle any equipment and make sure it is returned to the Athletes' Lounge.

First runner/last biker scenario

The last cyclist has to leave transition on their last lap before the first runner exits transition.

Mixed Team Relay

No athletes will be withdrawn from the race.

2.17 Accredited/team seating

Accredited seating is provided on the balcony above the grandstand.

2.18 Post-competition procedures

2.18.1 Leaving the FOP

All athletes must exit the FOP via the mixed zone (see section 2.20). The mixed zone is located directly after the finish area.

2.19 Doping control

Glasgow 2014 is committed to delivering a fair and ethical Commonwealth Games, in accordance with both the CGF Anti-Doping Standard and the requirements of the World Anti-Doping Agency (WADA), together with any sport specific anti-doping requirements, identified by the individual sport's IF.

A comprehensive testing programme including collection of athlete samples both in and out-of-competition will be implemented by Glasgow 2014 in cooperation with the CGF.

Collection procedures

Samples must be collected in accordance with the International Standard for Testing. The WADA Urine and Blood Collection Guidelines also provide further detail of best practice. For consistency during the Games, one sample collection procedure will be used for all sports. IFs that specify different collection procedures in their own rules are expected to recognise the procedures being followed during the Games in accordance with the World Anti-Doping Code.

2. Team Information

In the event that a competition is delayed and/or finishes very late – or that an athlete is unable to provide a sample in good time – a decision will be made as to the transfer of the doping operation to the CGV. If an athlete is delayed at a venue, transport will be provided back to the CGV.

Doping Control Station

The Doping Control Station for Triathlon at SCP will be located in the back of house area in the main Strathclyde Country Park building.

2.20 Medical services

Athlete medical facilities at competition venue

The main medical facilities for Triathlon at SCP are located in the Athlete Medical Room and will be available at an appropriate time prior to the competition starting and will operate until all athletes have been treated and the last athlete has left.

Medical staff will be located on the FOP, in warm up/training areas, and inside Athlete Medical Room. The following healthcare services will be provided:

- FOP medical response and transfer to the Games hospital network;
- sports medicine/physiotherapy/sports massage therapy;
- dental (where specified by the IF); and
- nursing (where appropriate).

In addition, an ambulance will be available at Strathclyde Country Park during competition/familiarisation.

Polyclinic

The Polyclinic provides a referral service from the Athlete Medical Room at competition and training venues. It is also the main healthcare centre for all athletes and team officials, providing an integrated sports medicine service. The Polyclinic will refer to external hospitals and other clinical services as required. The Polyclinic provides:

- emergency and primary care;
- sports medicine/physiotherapy;
- sports massage therapy;
- specialists referrals;
- podiatry;
- pharmacy;
- optometry;
- dental; and
- imaging (with referral off-site if required).

Athlete medical facilities at training venues

Medical facilities and services including emergency first aid and ice will be provided at Scotstoun Campus Triathlon Training Venue.

2. Team Information

2.21 Mixed zone

The mixed zone allows broadcast and print media to interview athletes in a designated area as they leave the FOP.

Athletes leaving the FOP must pass through the mixed zone but are not obliged to participate in interviews if they do not wish to do so. No team officials will be permitted through the mixed zone, apart from CGA Press Attachés. In exceptional circumstances if requested by the media and agreed by Press and Sport, a team official may be asked to go through the mixed zone.

All athletes must leave the FOP through the mixed zone after competition prior to the medal ceremonies. They will not be required to go through the mixed zone after their medal ceremony.

It is Sport's responsibility to ensure all athletes are delivered to the top of the mixed zone where the responsibility then passes to the Press and Broadcast teams.

2.22 Media conferences

Media conferences will take place after all medal ceremonies. For individual sports it is compulsory for all Bronze, Silver and Gold medallists to attend. Athletes can be escorted by a team official.

It will be the responsibility of the Press and Medal Ceremonies teams to escort the athletes to the media conference after the medal ceremony, prior to any required anti-doping testing.

2.23 Results distribution

Printed results, in the form of selected CRIS outputs, will be available for collection by CGAs from the SID at competition venues and the SIC in the CGV. These will also be available for download in PDF format from GamesINFO. Post-Games, the Official Results Book will be available for download from the Glasgow 2014 website.

2.24 Medal ceremonies

All medal ceremonies at the XX Commonwealth Games will take place, where possible, shortly after each event and at the place where the competition took place, in the following manner:

The medal ceremony shall be announced. When their names are called, the competitors who have won first, second and third place shall take their place on a special podium. The winner will be slightly above the second, who shall be on their right, and the third, who shall be on their left. After the presentation of medals, the approved anthem of the winner's country shall be played and the competitors and the spectators will turn towards the flagpoles. During the playing of the anthem of the winner, the flag of the country of the winner shall be hoisted on the centre flagpole, as will those of the second and third place competitors, on adjoining flagpoles, on the right and left as they face the arena.

2. Team Information

Athlete escorts will be on hand to lead athletes to the podium for the medal ceremony, and will provide direction with regard to the procedures that the athletes will need to follow.

Athletes who take part in a medal ceremony must adhere to the regulations governing both dress and conduct.

All athletes participating in medal ceremonies must wear their official CGA team tracksuit, appropriate footwear, and must not wear headwear or sunglasses.

It is the responsibility of each athlete/coach to ensure that the athlete has their full tracksuit with them and that it is ready to wear at the venue in time for the start of the medal ceremony. Failure to adhere to this rule may result in the delay or postponement of the medal ceremony, and will be noted as a breach of CGF regulations.

Flags, mobile phones, cameras, electronic devices, bottles, items of sport equipment, political statements and accreditations will not be allowed on the podium. If any athlete is in possession of any of these items, they must be passed to the medal ceremonies producer for the duration of the ceremony. Similarly, if any items are thrown to an athlete while they are on the FOP and/or the podium, the athlete must pass them to their athlete escort to hold during the medal ceremony. Failure to comply with these rules may result in disqualification by the CGF.



Venue Information

3. Venue Information

3.1 Venue facilities and services

Competition venue overview

| | |
|--|--|
| Competition venue | Strathclyde Country Park |
| Venue code | SCP |
| Venue cluster/precinct | Road Events Cluster |
| Venue description | On the south eastern edge of Glasgow, Strathclyde Country Park will provide an excellent venue for Triathlon. This attractive course, using the loch for swimming and the surrounding network of roads and paths for the cycling and running phases, is already an established national triathlon venue. |
| Venue address | Strathclyde Country Park 366 Hamilton Road Motherwell ML1 3ED |
| Other sports in venue | None |
| Distance to CGV | 13.5 km |
| Distance to Games Family hotel | 13.5km |
| Distance to technical official accommodation | 24km |

3. Venue Information

3.2 FOP

Individual race swim course – 1,500m

The swim will take place in the Strathclyde Loch on a course consisting of two laps of 750m. The athletes will swim anti-clockwise around a rectangular-shaped, marked course.

The starting point is a pontoon measuring 60m x 3m. All turn buoys will be 2m in height and coloured yellow or red.

Please refer to the course map for the swim directions.

Mixed Team Relay swim course – 250m

The swim will take place in the Strathclyde Loch on a course consisting of one lap. The athletes will swim clockwise around a rectangular-shaped, marked course.

The starting point is a pontoon measuring 60m x 3m. All turn buoys will be 2m in height and coloured yellow or red.

Please refer to the course map for the swim directions.

Individual race Transition 1

A flow-through transition will be used to keep athletes moving forward. Athletes will enter the transition on the outside run lanes (subject to testing in 2014) and must deposit their swim gear in the bin placed beside each athlete's bike rack. For T1, the bike will be racked by the rear wheel in a slot in a single bike rack, with the bike facing towards the exit. The athlete's name and number will be displayed on the top of each bike rack.

Athletes must secure their helmets before they unrack their bike by moving forward into the centre lane and towards the mount line.

Mixed Team Relay Transition 1

A flow-through transition will be used to keep athletes moving forward. Athletes will enter transition and must keep to the left as there is a two-way flow-through in place. Each side of transition is five metres in width. Each athlete will have their own individual bike rack and bin. All swim gear must be deposited in your own bin. For T1, the bike will be racked by the rear wheel with the bike facing towards the exit. The athlete's name and team number will be displayed on the top of each bike rack.

Individual race bike course – 40km

The bike course will consist of five laps of an 8km course.

Please refer to the course map for the bike directions.

Mixed Team Relay bike course – 6km

The bike course will consist of one lap of a 6km course.

Please refer to the course map for the bike directions.

3. Venue Information

Individual race Transition 2

From the dismount line, athletes will run in the centre lane with their bike towards the bike racks, and must rack the front wheel of their bike in the slot facing the transition entrance. Each athlete's running shoes will be ready outside their bin. After putting on their shoes, athletes will run in the outer run lane, with both run lanes joining at the end of transition.

Mixed Team Relay Transition 2

From the dismount line, athletes will keep to the left of transition and run down the centre line. There is a two-way flow system in place with each side of transition being five metres in width. The front wheel of the bike must be racked in the slot facing the run exit. Each bike rack will have the athlete's name and team number displayed on the top. Bikes must be racked in your own numbered rack.

Individual race run course – 10km

The run course consists of three laps of 3.33km each and will use part of the bike course.

Please refer to the course map for the run directions.

Mixed Team Relay run course – 1.6km

The run course consists of two laps.

Please refer to the course map for the run directions.

3.3 Penalty box

Failure to comply with the ITU Competition Rules may result in an athlete being assessed a time penalty by a technical official. An athlete may be required to serve this penalty in the penalty box.

The penalty box consists of a tent with one table, two chairs, a penalty board, numbers and penalty box signage, and will be staffed and managed by technical officials. The penalty box is located before the finish chute on the right-hand side of the bike/run course near the main field of play in a 5m x 3m area, with barriers creating a rectangular pull-off area. Athletes will be notified of any penalty through the display of their race number on the board at the penalty box. It is the athlete's responsibility to present themselves to the technical official in the box in order to serve the time penalty during one of the three run laps (two laps for the Mixed Team Relay).

3.4 Aid stations

There will be two aid stations located on the individual triathlon run course and one aid station on the Mixed Team Relay run course. Only sealed water bottles provided by competition management will be available at these stations. The water bottles will be under constant supervision, and will only be opened just before distribution.

3. Venue Information

3.5 Coaches' areas

Coaches' areas will be provided along the course. These areas are located directly next to the FOP and are surrounded by barriers so they may not be accessed by spectators. Coaches will be allowed direct contact with their athletes in order to communicate with them, and/or have unimpeded views of the FOP in order to transmit information to other coaches at other locations.

Coaches must show their SCP Triathlon Accreditation Pass in order to access these coaches' areas. Coaches who go outside the venue perimeter will need to re-enter the venue via the PSA.

3.6 Athlete services

3.6.1 Athletes' Lounge

The following refreshments will generally be provided for athletes and team officials at competition venues in the Athletes' Lounge:

- Tea and coffee
- Whole fruit (bananas, apples and oranges)
- Energy bars (i.e. granola bar or similar)
- Strathmore water – 500ml
- Sports drink (varieties) – 500ml

Refreshments will be available from a maximum of two hours before competition session begins until approximately one hour afterwards.

3.7 Athlete Venue Meals (AVM)

AVMs will be available for athletes predominantly at competition venues where competition schedules prevent them from returning to the CGV dining areas. Eligibility for AVMs will be determined on a sport by sport basis.

For Triathlon, AVMs will be available when athletes are on site at SCP. Teams must order AVMs in advance. Details of the procedure for ordering meals will be communicated when confirmed.

3.8 Towels and ice

Towels and ice will be provided for athlete use as required by the sport and through the Medical team.

For Triathlon, towels will be provided for athletes in the changing rooms at SCP.

Ice will also be provided for athletes' use in the athlete and medical spaces at the SCP. Ice will not be available for ice baths in the venue.

3.9 Weather information

Weather information will be updated daily at the SID.

3.10 Venue evacuation and emergency procedures

In the event of an evacuation, all personnel will be notified by the public address (PA) system. Please use the nearest available emergency exit route to the appropriate assembly point as directed..

3. Venue Information

3.11 Smoking regulations

Smoking is prohibited at all Glasgow 2014 competition, non-competition and training venues, including in back of house (BOH) areas. However, in order to support operational efficiency relating to accredited participants who are fulfilling a Glasgow 2014 Commonwealth Games function, a discrete and discreetly located area will be provided where smoking will be permitted.

To maintain the integrity of the venue security regime and to minimise time spent away from operational duties, the area will be located BOH, within the secure perimeter but outside the venue perimeter.

The following accredited participants will be permitted to use this area:

- workforce (including paid, volunteer and contractor)
- technical officials
- athletes and team officials
- press
- broadcasters

Scottish legislation prohibits the sale of tobacco and furthermore, allows police officers to confiscate tobacco materials from people under the age of 18. Glasgow 2014 will therefore prohibit smoking by anyone under the age of 18.

Glasgow 2014 will prohibit tobacco sales at all competition, non-competition and training venues. 'E-cigarettes' (or other smoking simulators) will also be prohibited.



Training Information

4. Training Information

4.1 Training venue facilities and services

Glasgow 2014 will provide suitable venues, access to equipment and scheduled training times for the purposes of athlete training for all athletes, teams and CGAs. Training will be available from the opening of the CGV on 13 July 2014.

Each training venue will deliver facilities and equipment consistent with the competition FOP or as agreed with the IF and/or CGF requirements. Training will take place at one or a combination of the competition venue for each sport and/or identified standalone training venues.

Triathlon training facilities

| | |
|-----------------------------|--|
| Training venue | Scotstoun Campus Triathlon Training Venue |
| Training venue code | TRS |
| Address | Scotstoun Sports Campus 72 Danes Drive Glasgow G14 9HD |
| Website | www.glasgowlife.org.uk/sport/glasgow-club/scotstoun |
| Number of FOP | Two |
| Facilities | Swimming Pool, Running Track, Gym/Stretching Area |
| Ancillary facilities | Athletes' lounge for athletes to rest Information desk Athletes' recovery pool/area |
| Dates of operation | 13–26 July 2014 |
| Number of athletes peak | 100 |
| Distance to CGV | 10.5km |
| Standalone or cluster venue | Shared with Squash, Athletics and Table Tennis |

4.2 Allocation of training sessions

Training will be available between 08.00–20.00 from 13 July 2014 to 26 July 2014. Swimming training will be booked in 90 minute slots.

4. Training Information

4.3 Training venue access

A validated Accreditation Pass with the applicable sport code must be shown in order for an athlete or team official to access a venue for training. This can only be done when a DRM has been completed and approved by the CGA and Glasgow 2014. No access will be given to those who have yet to complete this process.

| Time period | Standalone training venues | Competition venues in training mode |
|---|---|---|
| Pre-CGV opening (8–12 July 2014) | No official Glasgow 2014 training sessions. Athletes and team officials do not have permission to enter any Glasgow 2014 competition venue. | |
| Training period 1 (start of training – 13 July 2014 to venue lock down) | Only CGA participants whose DRM is complete and have a validated accreditation with sport code for visual inspection. | Only participants whose DRM is complete and have a valid accreditation with sport code for visual inspection. Media require accreditation with the appropriate venue/sport code or TRV privilege or Bump-In Pass. |
| Training period 2 – (training from venue lock down to start of competition) | Validated accreditation with sport code is mandatory for CGA participants with a visual inspection. | All client groups require a validated accreditation with the appropriate sport/venue code or the TRV privilege code. Access Control System in operation at Media entrances. |
| Competition period | Validated accreditation with sport code mandatory for CGA participants with a visual inspection. | All client groups require a validated accreditation; visual check at entrance to venue. Access Control System in operation at Media entrances. TRV privilege not accepted for training sessions at competition venues during this period with the exception of Athletics, Triathlon and bookable recovery at Scotstoun and Boxing at Emirates Arena. |

4. Training Information

4.4 Media access to training

All training sessions at Scotstoun Campus Triathlon Training Venue will be closed to media.

All familiarisation sessions held at SCP will be open to media and will be managed appropriately by agreement between the Venue Press Manager and Sport Competition Manager.

As Glasgow 2014 staff, the Games News Service will be allowed access to all open training sessions. They will operate in conjunction with the Media Liaison Officers and team management of the relevant CGA to conduct interviews.

Media attempting to gain access to training which is closed will be turned away and referred to the Venue Press Manager for further information.



General Information

5. General Information

5.1 Accreditation

Non-Valid Pass (NVP) production and distribution

NVPs will be produced for all CGA delegates whose attendance at the Games has been confirmed during the Pre-DRMs, provided that all requirements have been fulfilled including the registration of biometrics for visa-required nationals by 30 April 2014. NVP production will commence in April 2014 once the Pre-DRMs have been completed with distribution of NVPs to CGAs before the end of May 2014. It is the responsibility of each CGA to ensure that every participant travelling to Glasgow is in possession of their NVP. The NVP in combination with the participant's valid passport will act as an entry document for the UK.

Delegation Registration Meetings (DRMs)

DRMs are mandatory meetings held between Glasgow 2014 and each CGA. The DRM process is managed by CGA Relations and will take place in the DRM meeting rooms in the CGA Services Centre, beginning on 8 July 2014; the date of the CGV pre-opening period. All DRMs must be completed by 22 July 2014.

At the successful conclusion of the DRM, CGA delegates can have their NVPs validated and move into their village allocation. The pre-opening period of the CGV is specifically designed to allow up to 10 CGA delegates an opportunity to conduct their DRM and facilitate setup of their team spaces prior to athletes being allowed to arrive at the CGV from 13 July 2014 onwards.

NVP validation

All NVPs for village residents (Aa, Ac and Ao) must be validated in person at the CGV Welcome Centre, after the completion of their respective DRM. Validation requires the individual to have with them the identification document used for their accreditation application. NVPs can be used to access Glasgow 2014 transport services between Glasgow Airport (GLA) and the CGV prior to validation. Delegates arriving at GLA without NVPs whose participation has been confirmed at their DRM will be able to access the transport service to the CGV Welcome Centre with a ticket issued by the Glasgow 2014 Arrivals and Departures desk in the airport arrivals hall.

Accreditation Centre

The primary Accreditation Centre for village residents will be located at the CGV Welcome Centre and will be open from 8–12 July 2014 to provide limited services for early CGA arrivals during the pre-opening period of the CGV. The opening hours during this phase will be in line with the DRM schedule. The accreditation services at the CGV Welcome Centre will be operational from 13 July–4 August 2014 from 07.00–23.00 daily with an on-call service through the night. During the peak arrivals phase the opening hours may be extended to service any scheduled arrivals outside these hours.

5. General Information

Every competition venue (with the exception of Kelvingrove Lawn Bowls Centre due to proximity with the UAC) will have a Venue Accreditation Help Office (VAHO) located in the vicinity of the accredited entrance for athletes and team officials. VAHOs will be able to manage lost/stolen Accreditation Passes and resolve general accreditation issues. The primary Accreditation Centre in the CGV Welcome Centre will also be able to assist delegates in the resolution of these issues.

Accreditation categories and access entitlements

Accreditations will be issued to CGA delegates in accordance with the categories, access entitlements and quotas as defined in the Commonwealth Games Manual – Accreditation. Please refer to the Glasgow 2014 CGA Accreditation Manual for quotas and other specific details relating to accreditation.

| Category | Population | Venue access | Zone access | Seating | Transport | Dining |
|-----------------|--|--|------------------|-----------------|-----------|--------|
| Ac | Chef de Mission | Infinity, IBC, MPC, CGV | Blue, 1, 2, 3, R | Stand of Honour | T1 | Yes |
| Ac | General Team Manager | Infinity, IBC, MPC, CGV | Blue, 1, 2, 3, R | Stand of Honour | T1 | Yes |
| Ac** | 1 guest for each Chef de Mission, General Team Manager | Infinity, IBC, MPC, CGV | Red, 1, 2, R | Stand of Honour | T2 | Yes |
| Ac | Team Attachés and Aides to the Attaché | Infinity, IBC, MPC, CGV | Red, 1, 2, R | Stand of Honour | T2 | Yes |
| Aa | Athletes | Own sport venue(s), CGV | Blue, 2, R | Athletes Stand | T3 | Yes |
| Aa ¹ | Competition partners | Own Sport venue(s), CGV | Blue, 2, R | Athletes Stand | T3 | Yes |
| Ao | Team officials | Access to 1, 3 or All Sport venue(s) (depending on allocation), CGV | Blue, 2, R | Athletes Stand | T3 | Yes |
| Ao | Administrative personnel | Access to CGV Only, 3 or All Sport venue(s) (depending on allocation), CGV | R | Athletes Stand | T3 | Yes |

5. General Information

| Category | Population | Venue access | Zone access | Seating | Transport | Dining |
|----------|---|---|-------------|----------------|-----------|--------|
| Ao | Medical personnel | Access to 1, 3 or All Sport venue(s) (depending on allocation), CGV | Blue, 2, R | Athletes Stand | T3 | Yes |
| Ao | Press Attachés | Access to 1, 3 or All Sport venue(s) (depending on allocation), CGV, IBC, MPC | Blue, 2, R | Athletes Stand | T3 | Yes |
| P | Training partners (Judo and Wrestling only) | Training venues only | N / A | N / A | N / A | N / A |
| P | Personal coaches (except Judo, Wrestling, Rugby Sevens, Hockey and Netball) | Training venues only | N / A | N / A | N / A | N / A |

1. Exception for Athletics. Where an Athlete Competition Partner (guide) can be entered in accordance with Article 24, they will be treated and accredited as athletes (Aa). They will receive the same privileges as athletes and will be eligible to receive a prize medal if successful. However, where a guide cannot satisfy entry requirements in accordance with Article 24, they may be entered by a CGA as a team official (Ao). Full details are available in the Sport Handbook/Athletics Guide.

5. General Information

Privilege definitions

Venues

Infinity = all competition and training venues

IBC = International Broadcast Centre

MPC = Main Press Centre

CGV = Commonwealth Games Village

Zones

Yellow = general circulation areas/front of house

Red = operational areas/back of house

Blue = FOP/athlete preparation areas

R = Residential zone of the village

1 = Hospitality Lounge

2 = Press areas

3 = Rights Holding areas

Please note a blue access privilege allows access to yellow and red zones and red access privilege allows access to yellow zones also.

Privilege definitions

Transport

T1 = personal car with driver

T2 = on-call fleet

T3 = team buses

Note: the Dining privilege refers to access to this service at all Commonwealth Games Villages (including satellite villages).

Sport specific notes:

Training partners and personal coaches

Glasgow 2014 recognises that whilst not referred to in the Commonwealth Games Manual – Accreditation, past practice has been to allow for the accreditation of training partners and personal coaches in some sports. The CGF and Glasgow 2014 have agreed a policy which provides access to standalone training venues and to competition venues in training mode up to and including the day before the venue transitions from training mode to competition mode. Training partners and personal coaches will not be entitled to access the CGV or use the Games Transport Network. CGAs will be responsible for all associated costs and arrangements for training partners and personal coaches including meals, accommodation, travel and transport.

CGAs will be entitled to apply for accreditation for training partners in the sports of Judo and Wrestling only.

Accreditation for personal coaches will be available to CGAs with a quota of one per 25 athletes entered into sports other than Judo, Wrestling, Hockey, Netball and Rugby Sevens. Personal coaches will not be entitled to access competition venues when in competition mode and will not be permitted to hold Upgrade Passes.

5. General Information

All applications for training partner and personal coach accreditation must be submitted in line with same timeline as the rest of the CGA delegation, and will be eligible to receive an NVP, including the associated visa-waiver entitlement.

All training partners and personal coaches will be required to complete the Entry and Eligibility Conditions Form.

Further detailed information on accreditation is available in the CGA Accreditation Manual.

5.2 Team Welcome Ceremonies (TWC)

The TWC will take place from 14–22 July 2014 and will officially welcome the athletes and team officials to Glasgow and the CGV. Taking place in the International Zone of the CGV, each TWC will consist of a brief welcome speech by the Village Mayor, a cultural performance that will reflect the music, culture and traditions of Glasgow and Scotland, the CGA's national flag being raised and the respective national anthem being played. The TWC promises to be fun, engaging and interactive. Each CGA will be able to request up to 10 additional guest passes for the CGV on the day of their TWC.

In addition, residents and guests will be invited to a CGV Opening Ceremony (13 July 2014) and a CGV Farewell Ceremony on 3 August 2014.

5.3 Opening and Closing Ceremonies

The Opening Ceremony of the Games will take place on Wednesday 23 July 2014 at Celtic Park. It is likely to begin at approximately 21.00 and conclude by around 23.00. This unique celebration of Glasgow, Scotland and the Commonwealth will provide a warm and heartfelt welcome to the athletes of the Commonwealth.

The extraordinarily close proximity of the venue to the CGV means that the journey to and from the ceremony will be as quick, easy and stress-free as possible. Marching athletes and team officials will arrive at the stadium on foot. Provision will be made for Para-Sport athletes based on their requirements.

The goal is for the Parade of Athletes to commence within 15–20 minutes of the start of the ceremony. The athletes will then be seated in the stadium.

The Closing Ceremony will take place on 3 August 2014 with a likely start time around 20.00. This celebration of 11 days of sporting excellence will be held at Hampden Park – the venue for Athletics.

Travel to and from the Closing Ceremony will be via a short bus ride from the CGV – approximately 10 minutes.

5. General Information

5.4 Ticketing

CGAs have been granted the right to purchase a quantity of the Games tickets for internal use and for re-sale within their local territory, either directly or through an appointed General Sales Agent (GSA).

Full details of the phased purchasing programme can be found in the CGA Ticketing Manual.

Same Sport Athletes

Athletes and team officials will have admission to competition venues within their own sport. A designated seating area with limited space will be made available in every competition venue and such seating will be allocated on a first come, first served basis. Access will be permitted upon demonstration of a valid Games accreditation with the corresponding sport code.

Different Sport Spectating Athletes (DSA)

A limited number of tickets will be made available for every session to Athletes and team officials to access competition venues other than their own.

Only the Chef de Mission, General Team Managers or Proxy Card Holders may request DSA tickets. All requests will be compiled and if the number of requests exceeds the number of DSA tickets CGA Relations will determine which CGA's are allocated tickets based on availability, team size and the CGAs competing in that particular session.

Allocated tickets will be made available for collection between 18.00–22.00 from the CGA Services Centre the day before the scheduled sessions.

Subject to availability DSA tickets may be available on the day of a session. To access these tickets athletes or team officials should go to the Ticket Office at the CGV and check availability. If tickets are available for the requested session a DSA ticket will be provided. Athlete accreditation numbers will be recorded in the ticketing system as there will be a restriction of one ticket per athlete per session.

Usage of DSA tickets at all venues will be subject to the ticket holder being appropriately accredited.

Prime Event Access (PEA) Sessions

Due to a combination of limited Games Family seating capacity and the expected high demand for seats, specific sessions have been designated as being Prime Event Access (PEA) sessions.

Those classified as PEA sessions are:

- Aquatics: Diving – all sessions
- Aquatics: Swimming – medal sessions
- Cycling: Track – medal sessions

The Opening and Closing Ceremonies are always all ticketed events so tickets will be required for those entitled to attend.

5. General Information

Access to the Games Family seating area at a PEA session is by ticket and appropriate accreditation.

Tickets can be requested by CGA delegations on the appropriate form by 12.00 the day before the scheduled PEA session. All requests will be compiled and if the number of requests exceeds the number of PEA tickets Games Family Protocol will determine which members of the Games Family are allocated tickets based on availability, team size and the CGAs competing in that particular session.

Any ticket holder leaving the PEA Session early will be requested to hand back their ticket for redistribution

Athlete Family and Friends tickets

Glasgow 2014 is committed to provide all Athletes who are competing in or qualifies for a medal session with the opportunity to purchase two tickets for their family and friends.

This programme includes:

- Athletes in straight finals.
- Athletes competing in a semi-final that takes place within a medal session.
- Athletes competing in a team sport medal match.
- Athletes in a Bronze medal sessions that are outside a Gold medal session.
- Athletes who have won medals to attend medal ceremonies that are outside the medal session.

- Guides, pilots and directors for visually impaired athletes competing in medal sessions.

Tickets will be reserved in mid or low price category seats.

The Athlete Family and Friends Ticketing process:

- Tickets can be purchased at any Ticket Office including those at the Games Family hotel and in the CGV.
- Tickets will go on sale at least two hours before the medal session begins.
- All tickets must be paid for.
- The ticket buyer will be required to provide the athlete's full name and the athlete's accreditation number when purchasing Family and Friend tickets.
- The ticket buyer will have to show photo ID for security purposes that will be logged on the ticketing system.
- Any uncollected tickets will be returned for sale to the public 30 minutes prior to the start of the session.

If a CGA would like to purchase Family and Friend tickets on behalf of their athletes, this can be done at the Ticket Office in the CGV. Payment for the tickets will be processed and the tickets will be held on the system awaiting collection from any ticket office as detailed above.

5. General Information

Ticket touting

Tickets cannot be resold (even at face value) without the express authorisation from Glasgow 2014, reselling tickets is a criminal offence. Please make your team members, sponsors or others who will have access to tickets aware of this offence. DSA tickets, PEA tickets and Athlete and Team Officials' Opening and Closing Ceremony tickets are for use by athletes and team officials with accreditation only. These tickets must not be redistributed to any individuals without accreditation as they will not be allowed entry to the venue.

Ticket distribution

To avoid any potential security issues the police have advised that all tickets should be distributed away from competition venues where possible.

5.5 Transport

Transport Desks

Transport Desks will be provided at the following locations:

- CGA Services Centre at the CGV
- Games Family Hotel (GFH)
- International Broadcast Centre/Main Press Centre (IBC/MPC)

The Transport Desk will provide the following services:

- Schedule and service information;
- Maps and transport guidance;
- T2 booking and reservation service;
- Transport issue resolution; and
- Public transport information.

Transport Desk operational dates and times:

| Location | Start date | End date | Start time | End time |
|----------|--------------|---------------|------------|----------|
| CGV | 8 July 2014 | 12 July 2014 | 08.00 | 20.00 |
| | 13 July 2014 | 6 August 2014 | 07.00 | 23.00 |
| IBC/MPC | 13 July 2014 | 21 July 2014 | 08.00 | 20.00 |
| | 22 July 2014 | 4 August 2014 | 07.00 | 23.00 |
| GFH | 16 July 2014 | 6 August 2014 | 07.00 | 23.00 |

In addition, each Protocol Desk in the Games Family Lounge at competition venues will assist with client transport requests and will operate in line with Lounge operational hours, one hour pre- and post-competition.

5. General Information

CGA dedicated vehicles

CGAs will be provided with a number of dedicated vehicles as defined by the Commonwealth Games Manual – Transport. The number of vehicles allocated to each CGA will be determined by a CGA's final team size (Ac, Ao and Aa), confirmed during the DRM.

In addition, the T1 vehicle allocations for the Chef de Mission and General Team Managers will be included into the pool of CGAs' dedicated vehicles. These additional vehicles (Ford Focus Estate) for the Chef de Mission and General Team Managers will be allotted as per their accreditation entitlements.

Vehicles will include the following:

- Fuel card
- Insurance
- Driver route book including venue route maps
- Vehicle Access and/or Parking Permit (VAPP)

Further details on CGA dedicated vehicle management and usage is available in the Chefs de Mission Manual.

All queries regarding CGA dedicated vehicles can be directed to the Transport Desk at the CGA Services Centre.

T1, T2 and T3 transport services

The T1 vehicles allocated to the Chefs de Mission and General Team Managers will be added to the CGA allocated pool of vehicles to allow CGAs greater flexibility on vehicle use. The T1 vehicles will be provided with the following:

- Fuel card
- Insurance
- Driver route book including venue route maps
- T1 – VAPP

Vehicles will be driven by CGA Assistants or available for self-drive provided the self-drive criteria is met.

Presidents and Secretaries General T1 service

CGA Presidents and Secretaries General will have access to a T1 dedicated service. Each CGA President and Secretary General will be assigned a vehicle (Ford S-Max) and fleet driver. The name(s) and mobile contact number(s) of the driver will be confirmed to the Chef de Mission during the DRM and also in a letter to the CGA President and Secretary General on arrival at the Games Family Hotel. The driver is available for 10 consecutive hours per day between 07.00 and 23.00 and:

- after six consecutive days of work they require a day off. A replacement driver will be provided for those days;
- the mobile phone provided to the driver is to be the primary means of communication. Please note the driver will not have access to the Protocol Lounges or Officials Stand; and
- the driver is responsible for all traffic and parking infringements they incur. Parking costs incurred at the request of the client will be the responsibility of the client and should be paid at the time.

5. General Information

The T1 service will be suspended between 15.00 on 23 July 2014 and 07.00 on 24 July 2014, and between 15.00 on 3 August 2014 and 07.00 on 4 August 2014.

T1 vehicles will come fitted with a VAPP that will allow drop-off and pick-up and parking at competition and non-competition venues.

T2 services

The T2 service will be available 24 hours from 13 July–6 August 2014. A limited service (by reservation only – RFT) will be offered from 8–12 July 2014 from 07.00–21.00 for all eligible T2 accredited CGA delegates. The T2 service will consist of a shared car or coach. The T2 car service will provide a taxi-style service available on demand or by reservation (RFT).

The T2 service will be available on-demand at:

- all competition venues from the start of competition until one hour post-competition or until the Games Family Lounge is empty and medal presentations are completed.
- Hilton Glasgow (GFH)
- CGV
- Glasgow Airport from 13 July to 5 August 2014

T2 vehicles will only travel to venues on the official T2 destination list.

T2 dates of operation

| Date | Hours | Service |
|-----------------|--------------|-----------------------------|
| 8–12 July | 07.00– 21.00 | Request for Transport (RFT) |
| 13 July – 5 Aug | 07.00– 23.00 | On demand |
| | 23.01–06.59 | Request for Transport (RFT) |
| 6 Aug | 0700–18.00 | On demand |
| | | Request for Transport (RFT) |

The T2 destination list is included in the Chefs de Mission Manual.

Booking for the T2 service outside of ‘on-demand’ periods at venues can be made via the Transport desks, which are located at the CGV, Games Family Hotel, IBC/MPC and at all competition venues. Reservations can also be made via a dedicated telephone hotline. To ensure service, reservations must be made at least four hours before the service is required, reservations made with less than four hours’ notice will be serviced as soon as possible.

The T2 service will be suspended between 15.00 on 23 July 2014 and 07.00 on 24 July 2014 and between 15.00 on 3 August 2014 and 07.00 on 4 August 2014.

5. General Information

5.5.1 Athletes/CGA transport system

T3 services

The following T3 services will be available to all athletes and team officials with T3 transport entitlement:

- Arrivals and departures service from official port of entry.
- Training and competition services.
- Team sport services.
- Same sport spectating athletes' service (access via existing competition service).
- Inter-Village Connection Service (IVCS).

5.5.2 Arrivals and departures

Official port of entry – Glasgow Airport

An arrivals bus/coach transfer service will be provided to the Commonwealth Games Village from 13 July – 3 August 2014.

CGAs departing Glasgow through Glasgow Airport (GLA) will be able to utilise scheduled transport services provided by Glasgow 2014. CGAs should provide or confirm their departure information with the Arrivals and Departures team at the CGA Services Centre within the CGV 48 hours prior to departing. The Transport desk will display the departure time and location 24 hours prior to departing.

It is essential that the requirement for departure services be advised through the Arrivals and Departures system to ensure that resources are available to support delegations departing Glasgow. Glasgow 2014 encourages delegations to depart through GLA, the official port of exit.

| T3 Service | From | To | Dates |
|------------|-----------------|-----------------|-----------------------|
| Arrivals | Glasgow Airport | CGV | 3 July–3 August 2014 |
| Departures | CGV | Glasgow Airport | 14 July–6 August 2014 |

Peak and off-peak services will run in accordance with CGA arrivals and departures information received via the Arrivals and Departures System.

5. General Information

Other Ports of Entry

A bookable arrivals service will be available from Glasgow Central Station and Glasgow Queen Street Station between 13 July and 3 August 2014 between the hours of 06.00–00.30.

Clients wishing to be met at these stations must enter their data into the Arrivals and Departures (AAD) System at least seven days in advance.

Groups of 15 or more will be collected by a coach and transferred to the Commonwealth Games Village (CGV). Groups of 14 or less will be transferred to the CGV via a taxi pre-paid by Glasgow 2014. Logistics support will only be provided for oversized luggage if it is notified in the AAD system.

Please note that the arrivals service is only available to those who have entered their data into the AAD system.

Internal Village Transport Service (IVTS)

The IVTS will connect key locations inside the CGV, including the Main Dining Hall, the Welcome Centre and the Residential Zones, and make approximately six stops en route, with a round trip expected to take 15 minutes.

Pre-Games

A limited 30-minute frequency service from 07.00–23.00 will also be in operation during the pre-opening period to assist with the arrival of DRM participants.

Games Time

A full service will run from 13 July–6 August 2014, with a peak seven minute frequency service from 05.00 to midnight (00.00) and an off-peak service overnight.

Post Games

In the period 4–6 August 2014 the IVTS shuttle will operate on a 30 minute frequency to facilitate athletes' departures.

All vehicles on this service will be fully-accessible and will have one wheelchair space. It is anticipated that an accessible minibus with 4–6 wheelchair spaces will also be available for use as and when required.

Throughout the arrivals and departures period, Transport will work with the Village Support Operations team to move accompanying luggage and equipment to and from the CGAs' allotments.

5. General Information

5.5.3 Competition and training services

Athlete and team officials' training and competition transport services are planned and developed in consultation with the IFs. Service timings are planned to enable:

- arrivals for warm-up and preparation;
- arrivals and departures during the session time;
- departures immediately after the session;
- departures after the session following warm-down;
- other requirements such as doping control procedures; and
- CGV Transport Mall to competition venues.

In principle, competition venue shuttles will start approximately three hours prior to the event start time with the last vehicle leaving the venue two hours after the event.

The Triathlon athlete load zone for SCP is back of house, 50m from the athlete entry and approximately 350m from Athletes' Lounge.

CGV Transport Mall to Training Venues

Regular transport services will be scheduled to connect athletes to designated training venues. These services will commence on 13 July 2014 and will continue until the close of each sport's individual training sessions.

T3 system vehicle types

T3 system vehicles will vary in size, seating capacities, make, model and colour. Coaches have been allocated to services which have an expected longer journey time to ensure passenger comfort. Vehicle sizes and types are also based on anticipated passenger demand; athlete specific requirements and the destination venue footprint e.g. load zone size or access restrictions.

Coaches (50 seats) will be used for:

- arrivals and departures service;
- IVCS from CGV to the Diving Village.
- IVCS from CGV to the Shooting Village.

A mixture of the following vehicle types will be used on all other T3 services:

- Low floor accessible single-deck bus (28–48 seats).
- Low floor accessible double-deck bus (65 seats).
- Mini bus (20–30 seats).
- Coaches (50 seats).

Spectating athletes

Same sport spectating athletes and team officials

These athletes and team officials will use the existing T3 service. They will be dropped off at venue athlete load zones and will be directed to their seats from the athlete entry point. Load zones will accommodate the accessibility requirements of the athletes. Please note that priority will be given to competing athletes using the T3 service.

5. General Information

Different sport spectating athletes (DSA)

These athletes are encouraged to utilise public transport, walk or use their CGA dedicated vehicles to travel to competition venues.

The following table shows the options for travel available.

Travel options for DSAs

| Venue | Sport | Transport option | Details |
|---|------------------------|------------------|---|
| Kelvingrove Lawn Bowls Centre | Lawn Bowls | Public transport | Dalmarnock Rail Station to Glasgow Central Low Level Rail Station; walk to St Enoch Subway Station; Subway to Kelvinbridge Subway Station. Travel time approximately 26 minutes. |
| Scotstoun Sports Campus | Squash Table Tennis | Public transport | Dalmarnock Rail Station to Scotstounhill Rail Station. Travel time approximately 22 minutes. Walk from Scotstounhill to Scotstoun Sports Campus. |
| Tollcross International Swimming Centre | Swimming | Public transport | Any east bound bus service on Gallowgate will provide a service to Tollcross Park. Travel time approximately 20 minutes. Dalmarnock Rail Station to Argyle Street Rail Station; walk to Queen Street Low Level Rail Station; train to Carntyne Rail Station. Travel time approximately 29 minutes. |
| | | Walk | Walk north to Gallowgate/ Tollcross Road, turn right, follow Tollcross Road to Tollcross Park. Entry is within the Park. Travel time is approximately 20 minutes. |
| Glasgow National Hockey Centre | Hockey | Public transport | Dalmarnock Rail Station to Bridgeton Rail Station. Travel time is approximately two minutes. |
| | | Walk | Walking distance is 1.3 km. |

5. General Information

| Venue | Sport | Transport option | Details |
|------------------------------|---|---|---|
| Hampden Park | Athletics | Public transport | Dalmarnock Rail Station to Glasgow Central Low Level Rail Station; transfer to Glasgow Central Rail Station; train to Mount Florida Rail Station. Travel time approximately 40 minutes. |
| Ibrox Stadium | Rugby Sevens | Public transport | Dalmarnock Rail Station to Central Station; walk to St Enoch Subway Station; Subway to Ibrox Subway Station. Travel time approximately 22 minutes. |
| SECC | Boxing (Preliminaries) Judo Wrestling Netball (except medal matches) | Public transport | Dalmarnock Rail Station to Exhibition Centre Rail Station. Travel time approximately 12 minutes. |
| The SSE Hydro | Gymnastics Netball (medal matches) Boxing (Finals) | Public transport | Dalmarnock Rail Station to Exhibition Centre Rail Station. Travel time approximately 12 minutes. |
| Clyde Auditorium | Weightlifting Powerlifting | Public transport | Dalmarnock Rail Station to Exhibition Centre Rail Station. Travel time approximately 12 minutes. |
| Emirates Arena | Badminton | Walk | Less than 200 metres. |
| Sir Chris Hoy Velodrome | Cycling | Walk | Less than 200 metres. |
| Barry Buddon Shooting Centre | Shooting | Different sport spectating athlete service. | |
| Royal Commonwealth Pool | Diving | Different sport spectating athlete service. | |

5. General Information

| Venue | Sport | Transport option | Details |
|-------------------------------------|-----------|------------------|---|
| Glasgow City Marathon Course | Athletics | | No different sport spectating athletes tickets available. |
| Glasgow City Cycling Road Course | Cycling | | No different sport spectating athletes tickets available. |
| Glasgow City Road Time Trial Course | Cycling | | No different sport spectating athletes tickets available. |
| Cathkin Braes Mountain Bike Trails | Cycling | | No different sport spectating athletes tickets available. |
| Strathclyde Country Park | Triathlon | | No different sport spectating athletes tickets available. |

5.6 Public transport

Accredited CGA clients will be entitled to travel free of charge on the bus, train and Subway within SPT zone card area G1–G8 of the Glasgow public transport network over the course of the Games. Please note Glasgow Airport is not in areas G1–G8.

A SPT zone map can be found on www.spt.co.uk/travelcards/zonocard/

Accredited CGA clients will be able to access free public transport between 13 July and 6 August 2014 using their Accreditation Pass as the permit to travel.

Further information on Glasgow public transport network can be found at www.travelinescotland.com

A journey planner will be available on the Glasgow 2014 website that will allow you to enter where you are traveling from and to and will suggest the best travel options. Please visit www.glasgow2014/transport for details.

5. General Information

5.7 Villages

Glasgow 2014 will operate three villages, the CGV in the east end of Glasgow, the SVB in Dundee and Carnoustie and the DDV in Edinburgh. The villages will provide athletes and team officials with a residential environment that is secure, comfortable, friendly and stress-free; a home away from home, which enables residents to focus on their preparation and competition, and to enjoy their Games experience.

The CGV is built on a 35 hectare site on the north bank of the River Clyde in the Dalmarnock area of Glasgow's east end. This area has been the focus of regeneration since Glasgow won its bid to host the XX Commonwealth Games. The location of the CGV means that 80% of competition venues are within 20 minutes of the CGV and two venues, as well as the Opening Ceremony venue, are within a short walk. Consisting of brand new homes and apartment blocks, the development can accommodate up to 6,762 residents in high quality, sustainably-built accommodation. The CGV will officially open at 08.00 on Sunday 13 July and close at 18.00 on Wednesday 6 August 2014.

For details of these villages please see the Village Guide, available in the residential accommodation at each village.

5.8 Security

The responsibility for the security of the XX Commonwealth Games rests with the Scottish Government. A symbiotic partnership exists between the Glasgow 2014 Security Department and Police Scotland, creating the necessary plans, policies and procedures.

In close cooperation with agencies from the UK Government and Glasgow 2014, Police Scotland continues to work towards delivering a safe and secure Games by the implementation of up-to-date security infrastructure and the operational security measures to match. The flexibility and resilience of such security measures is paramount in planning and offers an ability to modify the level of security to mirror potential increases in threat; minimising any disturbance to the Games.

The Scottish Government Security Committee for the Commonwealth Games has final responsibility on all Commonwealth Games security planning and implementation and reports directly to the First Minister.

The Glasgow 2014 Commonwealth Games Security Directorate acts as the coordinating lead for all security stakeholders and maintains an overview of all matters relating to the security of the Games.

The International Liaison Unit is a police managed function with responsibility for engagement with the Commonwealth diplomatic community and reporting on all issues relating to safety and security.

5. General Information

Village security

The CGV has been categorised as belonging to the highest security classification tier and as such access to the village, both operational and residential areas, will be strictly controlled. All persons, luggage, equipment, vehicles and goods will be subject to screening, either remotely or at the point of entry, prior to being granted access. Police Scotland will also have a presence at the CGV including an information office.

Venues security

All venues have been classified into security tiered groups in order to adequately assign resources, thereby affording a greater degree of protection for those venues classed as presenting a greater degree of risk.

Venues will be subject to a security search conducted by specialist police search teams to ensure that they are free from prohibited items or substances. The security searches will be completed before the start of competition and their clean status maintained by a fully integrated, tailored, physical security system for that venue. Such measures may include:

- security fencing;
- perimeter intrusion detection systems;
- closed circuit television;
- security lighting;
- hostile vehicle mitigation; and
- electronic access control.

Reinforcing the many physical security measures will be a private contract security company who, with the assistance of Police Scotland, will continuously monitor perimeters in order to maintain a safe and secure venue.

Upon arrival to any venue and prior to entry, all persons will be subject to screening at a level adequate with the venue's secure status. Such screening is likely to include passage through a walk through metal detector, with all accompanying items of baggage being passed through an X-ray machine. Internationally Protected Persons will be exempt from screening.

A list of prohibited items, articles and substances will be communicated when confirmed.

5. General Information

5.9 Sustainability and recycling

Glasgow 2014 has put sustainability and recycling at the forefront of its planning, allowing it to make informed choices and ensure that everyone enjoys a great Games experience whilst leaving a lasting legacy for Glasgow and Scotland.

Glasgow 2014 encourage everyone to make sustainable choices during the Games. Sustainable choices include:

- Being resource minded – conserve energy and water – switch off lights and taps, refill your water bottle, think before you print.
- Being travel smart – ditch the car - walk, cycle or use public transport – reduce transport emissions and lead a healthier lifestyle.
- Being respectful – in some of our venues we have fenced-off areas for a reason, so please keep to designated paths or authorised routes and avoid sensitive areas to help minimise damage to the natural environment.
- Being waste wise – use the recycling bins provided and put the right item in the right bin – help communicate this to your colleagues, and help meet our zero waste target.

Glasgow 2014 has adopted the principles of zero waste for the Games. This does not mean there will be no waste, rather that it will seek to reduce, reuse and recycle and not just throw away to landfills.

Glasgow 2014 sees waste as a resource; and wants to make sure that waste is minimised; valuable resources are not disposed of in landfills, and waste is sorted, leaving only limited amounts to be treated.

Across venues and villages there will be an adequate provision of recycling and general waste bins, and these will be accompanied by easy-to-understand instructions.

Glasgow 2014 urges everyone to help meet our recycling targets by using these bins properly.



Maps

6. Maps

6.1 Overview – Glasgow competition and training venues

- 01 SCOTSTOWN SPORTS CAMPUS**
Squash
Table Tennis
- 02 SECC PRECINCT**
The SSE Hydro
Clyde Auditorium
SECC Exhibition Halls

Boxing
Netball
Gymnastics
Wrestling
Judo
Weightlifting
International
Broadcast Centre (IBC)
Main Press Centre (MPC)
- 03 KELVINGROVE LAWN BOWLS CENTRE**
Lawn Bowls
- 04 IBROX STADIUM**
Rugby Sevens
- 05 HAMPDEN PARK**
Athletics
Closing Ceremony
- 06 CATHKIN BRAES COUNTRY PARK**
Mountain Bike
- 07 STRATHCLYDE COUNTRY PARK**
Triathlon
- 08 GLASGOW ROAD COURSE**
Marathon
Road Cycling
- 09 ROYAL COMMONWEALTH POOL**
Diving
- 10 BARRY BUDDON SHOOTING CENTRE**
Shooting

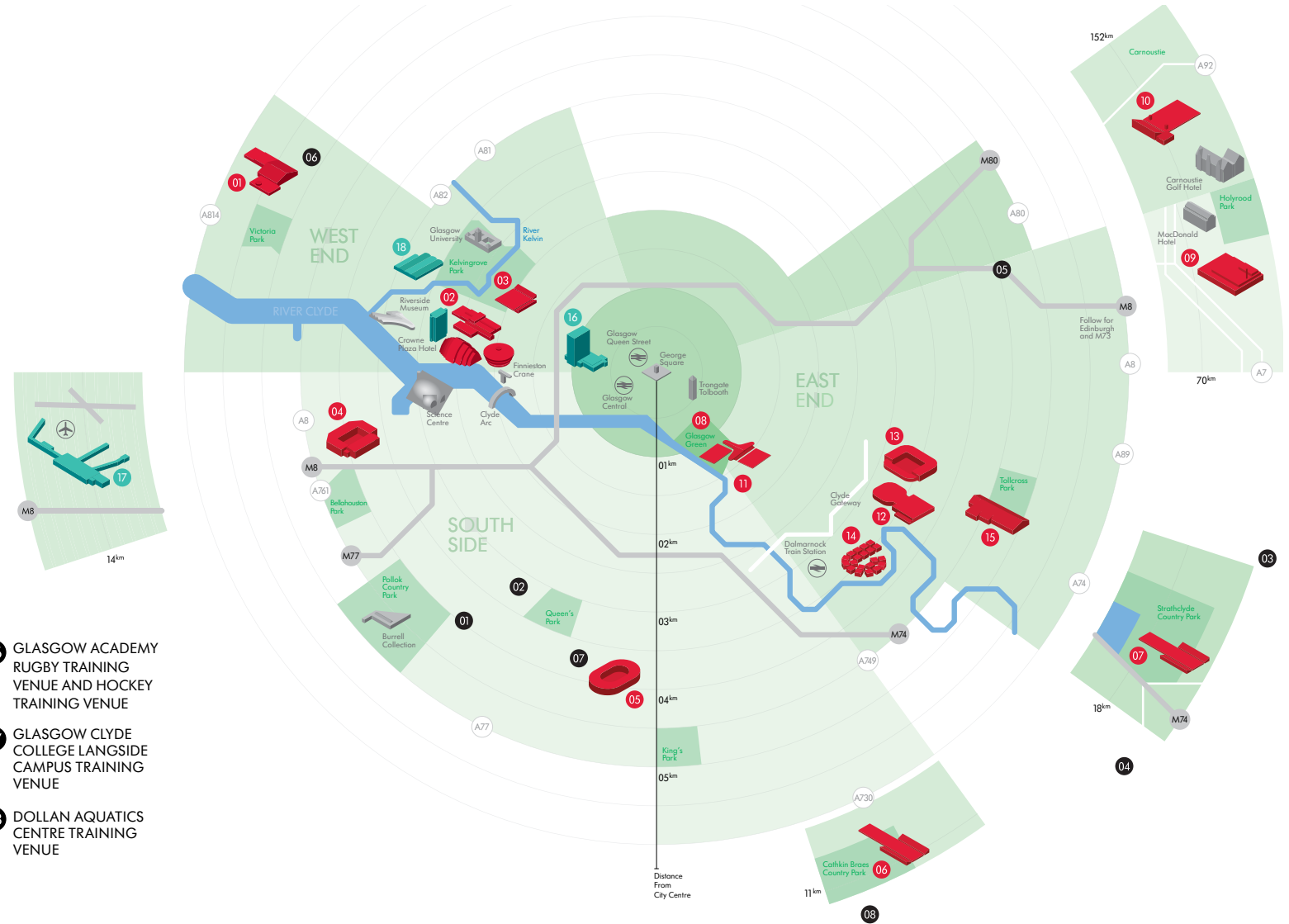
- 11 GLASGOW GREEN**
Hockey
- 12 EMIRATES ARENA & SIR CHRIS HOY VELODROME**
Badminton
Track Cycling
- 13 CELTIC PARK**
Opening Ceremony
- 14 DALMARNOCK**
Commonwealth Games
Athletes' Village
- 15 TOLLCROSS INTERNATIONAL SWIMMING CENTRE**
Swimming

NON COMPETITION VENUES

- 16 HILTON HOTEL**
Games Family Hotel
- 17 GLASGOW AIRPORT**
Official Port of Entry
- 18 KELVIN HALL**
Uniform and Accreditation
Centre (UAC)

TRAINING VENUES

- 01 CRAIGHOLME TRAINING VENUE**
- 02 CLYDESDALE HOCKEY TRAINING VENUE**
- 03 RAVENS CRAIG TRAINING VENUE**
- 04 HAMILTON RUGBY TRAINING VENUE**
- 05 UNIVERSITY OF STRATHCLYDE RUGBY TRAINING VENUE**
- 06 GLASGOW ACADEMY RUGBY TRAINING VENUE AND HOCKEY TRAINING VENUE**
- 07 GLASGOW CLYDE COLLEGE LANGSIDE CAMPUS TRAINING VENUE**
- 08 DOLLAN AQUATICS CENTRE TRAINING VENUE**



6.2 Strathclyde Country Park – Individual Triathlon



6.3 Strathclyde Country Park – Mixed Team Relay Triathlon





Appendices

7. Appendices

7.1 Competition schedule for all sports

● Event ① Gold medals awarded

*Marathon medal ceremonies will take place at Hampden Park during the afternoon Athletics Track & Field session on Sunday 27.07

| | | | Day 0 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 | Day 11 |
|------------------|---------------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|
| | | | Wed | Thu | Fri | Sat | Sun | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| | | | 23.07 | 24.07 | 25.07 | 26.07 | 27.07 | 28.07 | 29.07 | 30.07 | 31.08 | 01.08 | 02.08 | 03.08 |
| Aquatics | Diving | Royal Commonwealth Pool, Edinburgh | • | • | • | • | • | • | • | ● 3 | ● 2 | ● 3 | ● 2 | • |
| | Swimming | Tollcross International Swimming Centre | • | ● 6 | ● 8 | ● 7 | ● 7 | ● 7 | ● 9 | • | • | • | • | • |
| Athletics | Marathon | Glasgow City Marathon Course | • | • | • | • | ● * | • | • | • | • | • | • | • |
| | Track & Field | Hampden Park | • | • | • | • | ● 4 | ● 6 | ● 7 | ● 8 | ● 9 | ● 6 | ● 10 | • |
| Badminton | | Emirates Arena | • | ● | ● | ● | ● | ● 1 | ● | ● | ● | ● | ● | ● 5 |
| Boxing | | Scottish Exhibition + Conference Centre Precinct (Finals: The SSE Hydro) | • | • | ● | ● | ● | ● | ● | ● | • | ● | ● 13 | • |
| Cycling | Mountain Bike | Cathkin Braes Mountain Bike Trials | • | • | • | • | • | • | ● 2 | • | • | • | • | • |
| | Road | Glasgow City Cycling Road Courses | • | • | • | • | • | • | • | • | ● 2 | • | • | ● 2 |
| | Track | Sir Chris Hoy Velodrome | • | ● 4 | ● 4 | ● 4 | ● 5 | • | • | • | • | • | • | • |
| Gymnastics | Artistic | The SSE Hydro | • | • | • | • | • | ● | ● 2 | ● 2 | ● 5 | ● 5 | • | • |
| | Rhythmic | The SSE Hydro | • | ● 1 | ● 1 | ● 4 | • | • | • | • | • | • | • | • |
| Hockey | | Glasgow National Hockey Centre | • | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● 1 | ● 1 |
| Judo | | Scottish Exhibition + Conference Centre Precinct | • | ● 5 | ● 4 | ● 5 | • | • | • | • | • | • | • | • |
| Lawn Bowls | | Kelvingrove Lawn Bowls Centre | • | ● | ● | ● 1 | ● 2 | ● 2 | ● | ● | ● 2 | ● 3 | • | • |
| Netball | | Scottish Exhibition + Conference Centre Precinct (medal matches: The SSE Hydro) | • | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● 1 |
| Rugby Sevens | | Ibrox Stadium | • | • | • | ● | ● 1 | • | • | • | • | • | • | • |
| Shooting | | Barry Buddon Shooting Centre, Carnoustie | • | • | ● 3 | ● 5 | ● 2 | ● 4 | ● 5 | • | • | • | • | • |
| Squash | | Scotstoun Sports Campus | • | ● | ● | ● | ● | ● 2 | ● | ● | ● | ● | ● 1 | ● 2 |
| Table Tennis | | Scotstoun Sports Campus | • | ● | ● | ● | ● 1 | ● 1 | ● | ● | ● | ● 2 | ● 3 | • |
| Triathlon | | Strathclyde Country Park | • | ● 2 | • | ● 1 | • | • | • | • | • | • | • | • |
| Weightlifting | Weightlifting | Clyde Auditorium | • | ● 2 | ● 2 | ● 2 | ● 2 | ● 2 | ● 2 | ● 2 | ● 1 | • | • | • |
| | Powerlifting | Clyde Auditorium | • | • | • | • | • | • | • | • | • | • | ● 4 | • |
| Wrestling | | Scottish Exhibition + Conference Centre Precinct | • | • | • | • | • | • | ● 5 | ● 5 | ● 4 | • | • | • |
| Opening Ceremony | | Celtic Park | ● | • | • | • | • | • | • | • | • | • | • | • |
| Closing Ceremony | | Hampden Park | • | • | • | • | • | • | • | • | • | • | • | ● |

7. Appendices

7.2 Acronyms

| | | | |
|------|--|-------|--|
| ADS | CGF Anti-Doping Standard | G2014 | Glasgow 2014 |
| AIBA | International Boxing Association | GFH | Games Family Hotel |
| AMR | Athlete Medical Room | GHN | Glasgow National Hockey Centre |
| ARC | Athlete Recovery Centre | GHQ | Games Headquarters |
| AVM | Athlete Venue Meal | GOC | Games Operations Centre |
| BBS | Barry Buddon Shooting Centre | GRM | Glasgow City Marathon Course |
| BWF | Badminton World Federation | GRN | Games Route Network |
| CAB | Emirates Arena | GRR | Glasgow City Cycling Road Course |
| CAD | Computer Aided Design | GRT | Glasgow City Cycling Time Trial Course |
| CAS | Court of Arbitration for Sport | HPA | Hampden Park |
| CBM | Cathkin Braes Mountain Bike Trails | IAAF | International Association of Athletics Federations |
| CCTV | Closed Circuit Television | IBC | International Broadcast Centre |
| CGA | Commonwealth Games Association | IBD | International Bowls for the Disabled |
| CGF | Commonwealth Games Federation | IF | International Federation |
| CGV | Commonwealth Games Village | IJF | International Judo Federation |
| CHT | Sir Chris Hoy Velodrome | INF | International Netball Federation |
| CIS | Commentator Information System | IOC | International Olympic Committee |
| CMO | Chief Medical Officer | IPC | International Paralympic Committee |
| COH | Commonwealth House | IRB | International Rugby Board |
| CRIS | Commonwealth Games Results & Information Service | ISR | Ibrox Stadium |
| DDV | Diving Village | ISSF | International Shooting Sport Federation |
| DOP | Anti-doping | ITO | International Technical Official |
| DRM | Delegation Registration Meeting | ITTF | International Table Tennis Federation |
| DSA | Different Sport Athlete | ITU | International Triathlon Union |
| EU | European Union | IVCS | Inter-Village Connection Service |
| FA | Functional Areas | IWF | International Weightlifting Federation |
| FF&E | Furniture, Fittings and Equipment | KLB | Kelvingrove Lawn Bowls Centre |
| FIG | Fédération Internationale de Gymnastique | MDH | Media Hotels |
| FIH | International Hockey Federation | MED | Medical Services |
| FILA | Fédération Internationale des Luttes Associées | | |
| FINA | Federation Internationale de Natation | | |
| FOP | Field of play | | |

7. Appendices

7.2 Acronyms

| | | | |
|------------|---|-------------|---|
| MMH | Main Media Hub | SVB | Satellite Shooting Village |
| MOU | Memorandum of Understanding | SXB | Scottish Exhibition Conference Centre - Hall 4A |
| MPC | Main Press Centre | SXG | The SSE Hydro |
| NCV | Non-competition venue | SXJ | Scottish Exhibition Conference Centre - Hall 3 |
| NGB | National Governing Body | SXN | Scottish Exhibition Conference Centre – Hall 4B |
| NTO | National Technical Official | SXW | Clyde Auditorium |
| NVP | Non-Valid Pass | TD | Technical Delegate |
| OC | Glasgow 2014 Ltd., The Organising Committee for the XX Commonwealth Games | TIS | Tollcross International Swimming Centre |
| PEA | Prime Event Access | TOC | Technology Operations Centre |
| RPD | Royal Commonwealth Pool (Edinburgh) | TOK | Transfer of Knowledge |
| RZ | Residential Zone | TOV | Technical Officials Village |
| SCM | Sport Competition | TRV | Training Venues |
| SCP | Strathclyde Country Park | TUE | Therapeutic Use Exemption |
| SCS | Scotstoun Sports Campus – Squash | TWC | Team Welcome Ceremony |
| SCT | Scotstoun Sports Campus – Table Tennis | UAC | Uniform and Accreditation Centre |
| SG | Scottish Government | UCI | Union Cycliste International |
| SGB | Scottish Governing Body | UK | United Kingdom |
| SIC | Sport Information Centre | VAHO | Venue Accreditation Help Office |
| SID | Sport Information Desk | VAPP | Vehicle Access and/or Parking Permit |
| SPO | Sport Operations | VIK | Value in Kind |
| SPT | Glasgow Partnership for Transport – subway and bus system | VIP | Very Important Person |
| SSV | Sport Services | WADA | World Anti-Doping Agency |
| | | WB | World Bowls Ltd |
| | | WSF | World Squash Federation |

7. Appendices

7.3 Notes

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