



SPECTATOR GUIDE

TOLLCROSS INTERNATIONAL SWIMMING CENTRE



**SWIMMING AND
PARA SWIMMING**

24 JULY - 29 JULY 2026



CONTENTS

Top Tips	3
Welcome to Glasgow	4
About the Venue	5
Swimming and Para Swimming	6
Travel: Getting to and from the Venue	14
Venue Arrival Information	20
Prohibited Items	22
Restricted Items	23
Venue Facilities	25
Accessibility	27
Tickets	29
A Greener Games	30
What else is on in Glasgow?	32
Our Partners	34

TOP TIPS

- Download the Glasgow 2026 App on [Apple IOS](#) or [Android](#). Get up to date information in one place for your Altogether Brilliant Games.
- Don't arrive earlier than 90 minutes before the session start time.
- There is no parking at the venue (except pre-booked accessible parking), so travel green!
- Don't bring water bottles larger than 750ml. [Full list of restricted and prohibited items.](#)
- Have tickets ready to scan before reaching the entrance, to help keep queues moving.
- Capture your favourite moments and [share them with us on social](#). #Glasgow2026
- Visit our Live Sites at [SWG3](#) and [Kelvingrove Park](#) and check out a range of arts and culture across the city in the [Glasgow 2026 Festival](#).

**COME FOR THE GAMES,
STAY FOR GLASGOW**

RIGHT THEN, GLASGOW. LET'S DO THIS.

From 23 July to 2 August the Commonwealth Games return to Glasgow and it's brilliant to be back.

ELEVEN DAYS. ONE CITY. ZERO CHILL.

This is your front-row seat to the world's best going head-to-head, right here in one of the friendliest cities in the world. Everything is packed into a compact eight-mile corridor, so you're close enough to hear the splash, feel the roar and lose your voice.

Thousands of athletes from 74 nations and territories will battle it out for 215 gold medals across 10 sports and six Para sports. And we're buzzin' to host them.

This guide is designed to give you all the information you need to enjoy every moment of these game-changing Games. There will be celebrations spilling out of the venues and onto the streets; this is a festival of sport, brought to life through a proper Glasgow welcome, all rolled into one unforgettable summer.

So bring your scarf, your flag, your mates and your loudest cheer. We can't wait to see you!

THESE GAMES ARE OURS.

Altogether brilliant. Come and be part of it.

ABOUT THE VENUE



Opened in 1997, Tollcross International Swimming Centre has significant major events' pedigree having hosted:

- Glasgow 2014 Commonwealth Games
- 2015 World Para Swimming Championships
- 2018 LEN European Aquatics Championships
- LEN European Short Course Swimming Championships 2019

Tollcross has a competition standard 50 metre pool and availability of an additional pool for warm-up and training.

Address: [350 Wellshot Road, Glasgow, G32 7QR](https://www.tollcrossswimmingcentre.co.uk/)



ALL ABOUT SWIMMING AND PARA SWIMMING

Swimming has been part of The Commonwealth Games since the very first Games in 1930, while Para Swimming made its debut in Manchester 2002.

The sport features fast-paced sprint races and stamina-sapping distance events. Freestyle, backstroke, breaststroke and butterfly are the competition strokes, combining all four in the Medley events. Mixed relays were added to the programme in 2022 adding an extra edge to the competition.

Since 2002, the Para Swimming programme has grown at every Games, running alongside Swimming to showcase world-class athleticism and thrilling finishes.

SWIMMING AND PARA SWIMMING

Session Schedule

Opens on glasgow2026.com

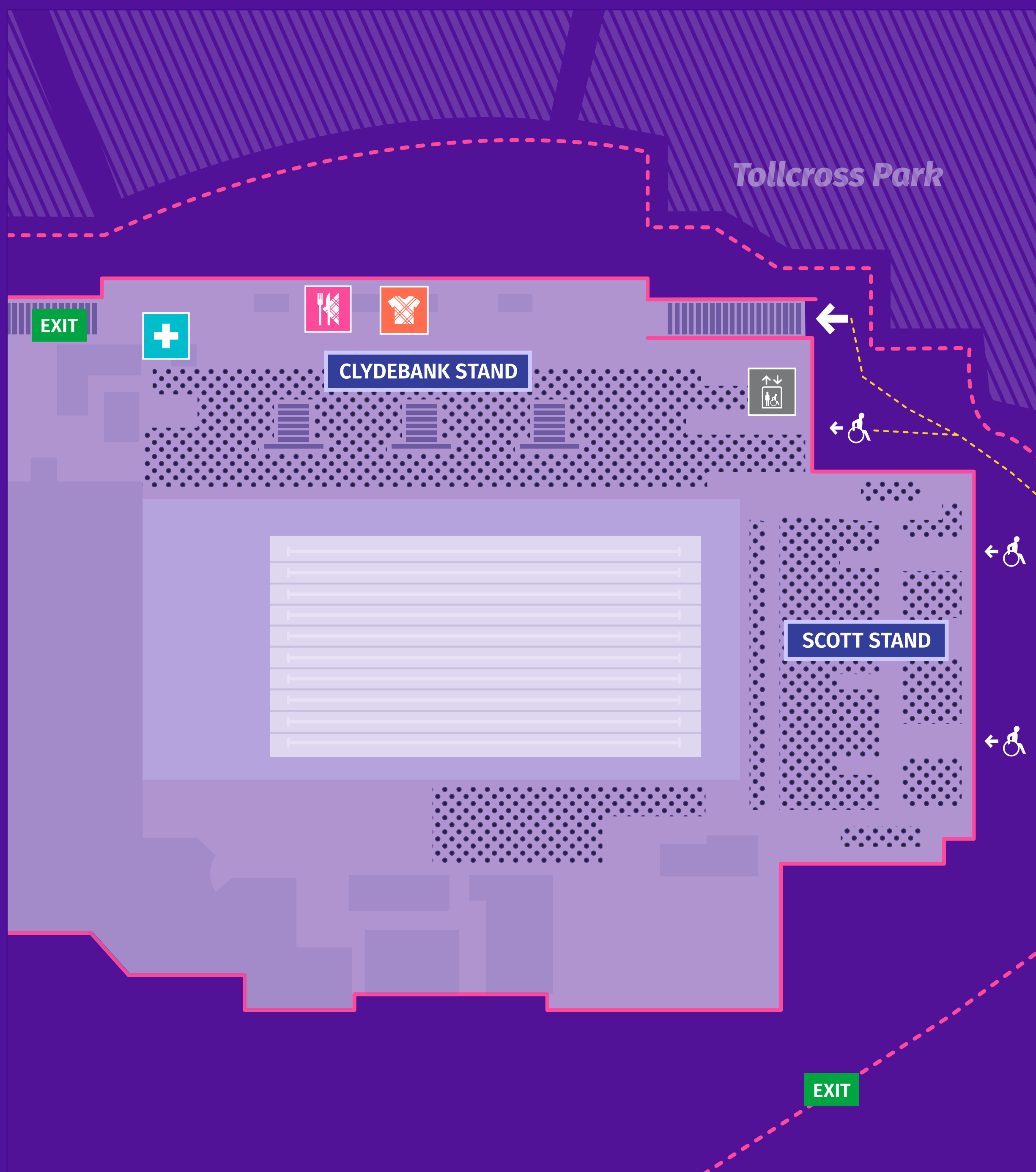


TOLLCROSS SPECTATOR PLAZA MAP



- | | | | |
|---|---|---|--|
|  TICKET OFFICE |  BUGGY STORAGE |  FINNIE STATUE | |
|  TOILETS |  INFORMATION POINT |  FOOD AND DRINK |  ASSISTANCE DOG RELIEF AREA |
|  ACCESSIBLE TOILET |  FAMILY REST AREA |  FIRST AID |  MERCHANDISE |
|  CHANGING PLACES TOILET |  WATER REFILL STATION |  SPECTATOR ENTRANCE |  ACCESSIBLE SPECTATOR ENTRANCE |

TOLLCROSS INTERNAL VENUE MAP



LIFT



**FOOD AND
DRINK**



MERCHANDISE



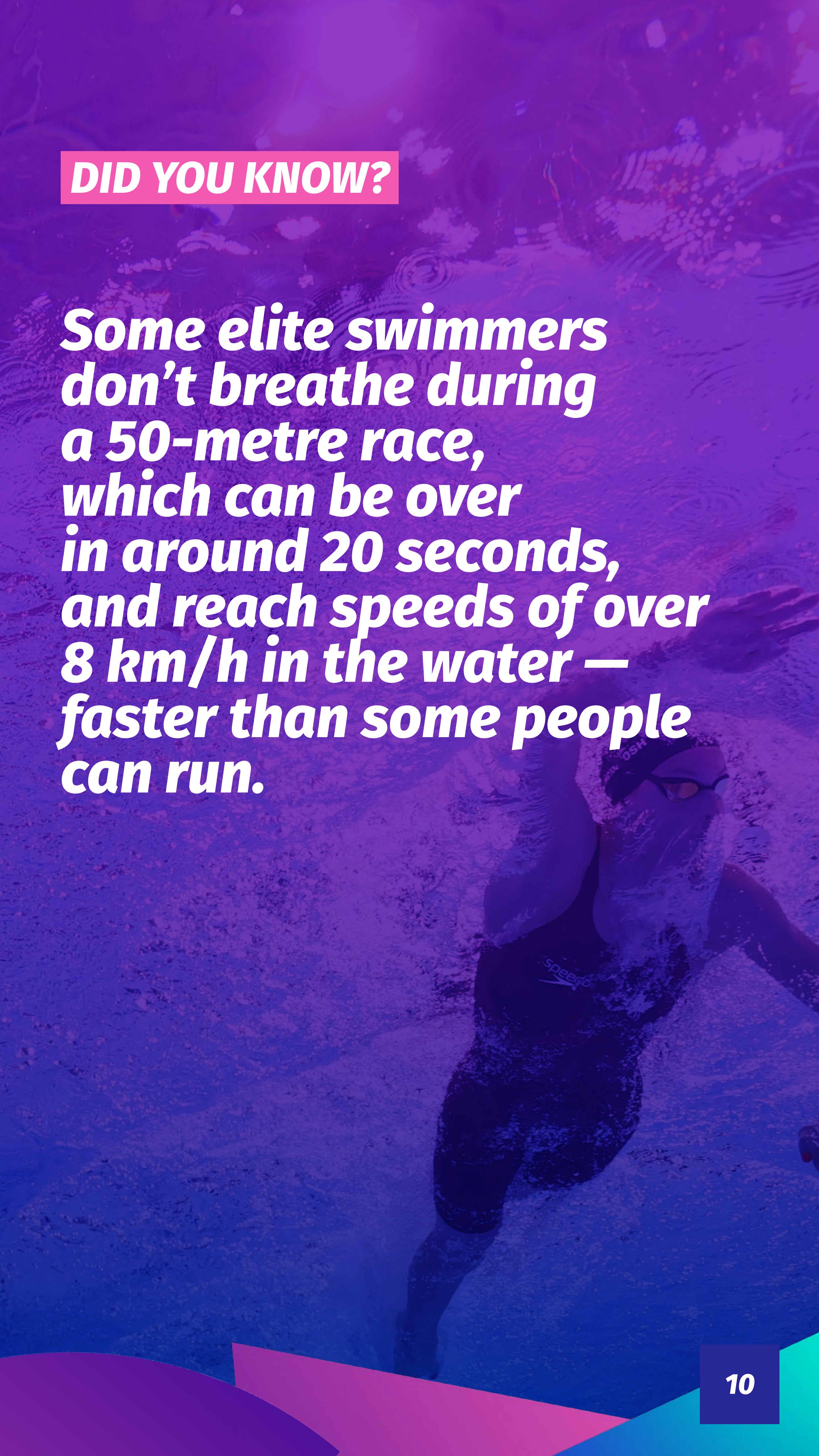
FIRST AID



**SPECTATOR
ENTRANCE**



**ACCESSIBLE SPECTATOR
ENTRANCE (LIFT INSIDE)**

A swimmer in a pool, wearing a black Speedo swimsuit and a swim cap, is captured in motion. The water is splashing around them, and the background is a deep blue. The swimmer's arms are extended forward, and their legs are kicking. The overall scene is dynamic and energetic.

DID YOU KNOW?

Some elite swimmers don't breathe during a 50-metre race, which can be over in around 20 seconds, and reach speeds of over 8 km/h in the water — faster than some people can run.

DID YOU KNOW?

Scotland has hosted Commonwealth Games Swimming on multiple occasions, helping shape the sport's legacy, from Edinburgh 1970 to Glasgow 2014.



DID YOU KNOW?

The Commonwealth Games has been a launchpad for future stars, with many swimmers winning their first major international medals at the event.

Adam Peaty won Commonwealth Gold for England at Glasgow 2014, early in his senior career, before redefining breaststroke on the world stage and becoming a multiple Olympic champion.

DID YOU KNOW?

These Games have the most gender parity of any Commonwealth Games swimming programme.

There are 20 male and 20 female swimming events, with two mixed events.

Women will be swimming 1500m and the men swimming 800m for the first time.

And, there are seven male and seven female Para Swimming events!

TRAVEL

GETTING TO AND FROM TOLLCROSS INTERNATIONAL SWIMMING CENTRE

BY TRAIN:

The primary station for access to the venue is Carntyne, which is served by trains on the North Clyde Line.

Carntyne Station is approximately 0.7 miles from Tollcross International Swimming Centre, with a 15-20 minute walk to the Spectator Entrance. The route from the station will be signposted to the venue. The route includes a number of dropped kerbs and a road crossing to navigate.

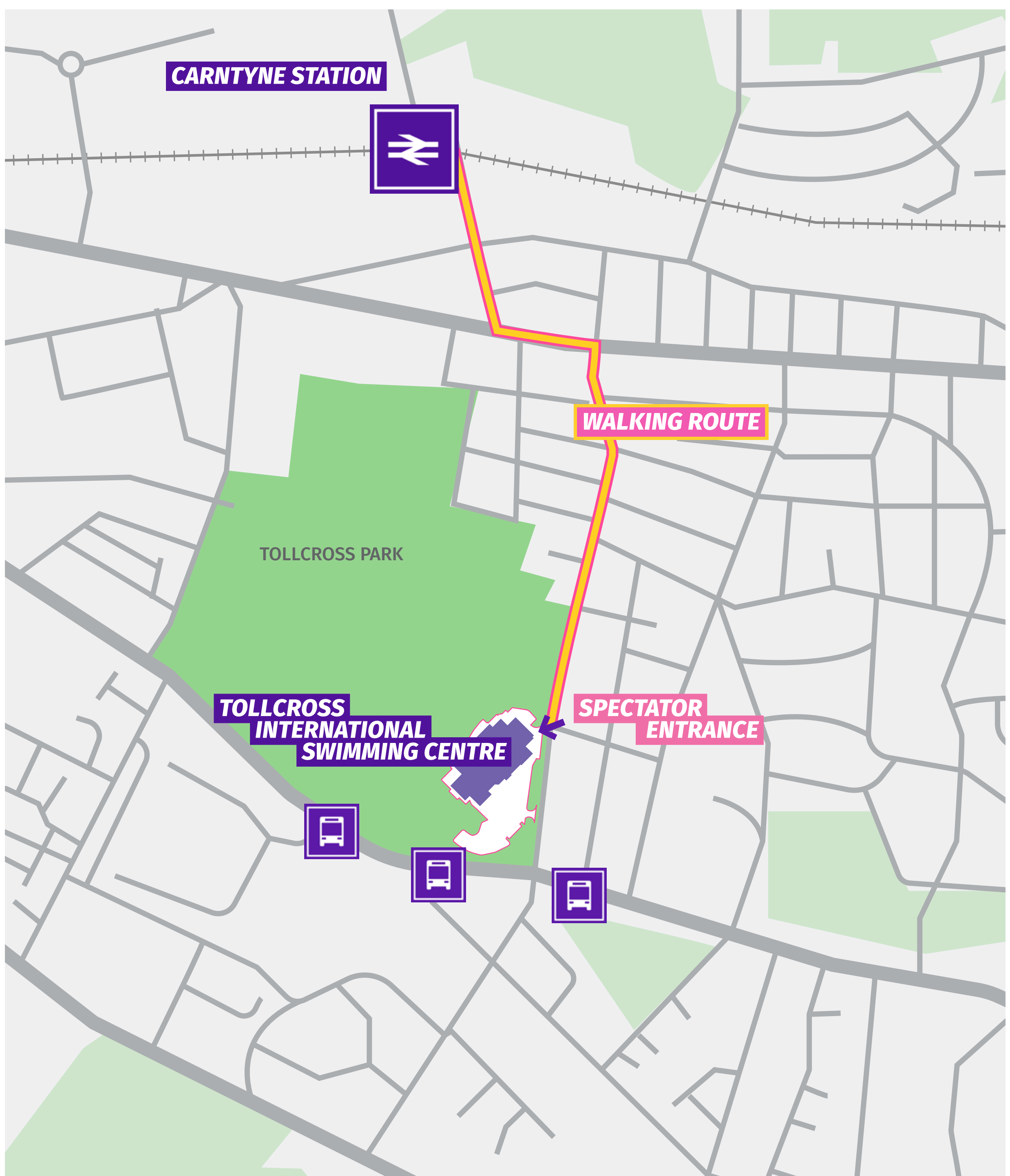
BY BUS:

Bus stops are located on Tollcross Road for routes 61, 64, 164, 240, 255 and N240. Bus journey time is approximately 27 minutes from the city centre. Bus stops are covered and have seating incorporated. All buses operated by Glasgow First are low floor and feature easy access.

Please access the venue via the designated walking route and Spectator Entrance.

GETTING TO AND FROM TOLLCROSS INTERNATIONAL SWIMMING CENTRE CONT.

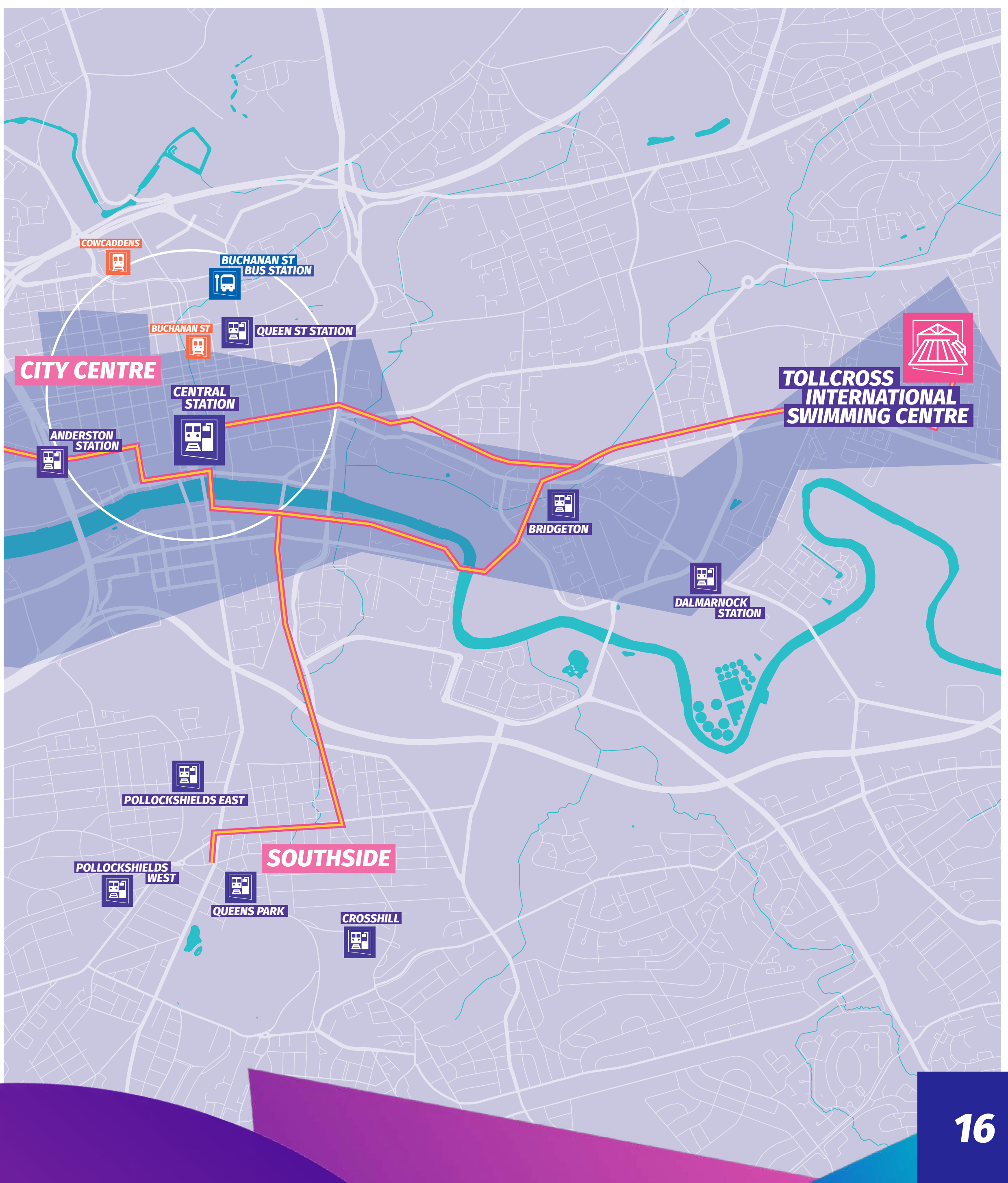
MAP SHOWING BUS AND TRAIN LOCATIONS



GETTING TO AND FROM TOLLCROSS INTERNATIONAL SWIMMING CENTRE CONT.

BY FOOT OR WHEEL:

The most direct walking and wheeling routes from the city centre are approximately four miles with a walking time of 75 minutes or a cycle time of 25 minutes. This is a longer route which includes slopes and changes in level.



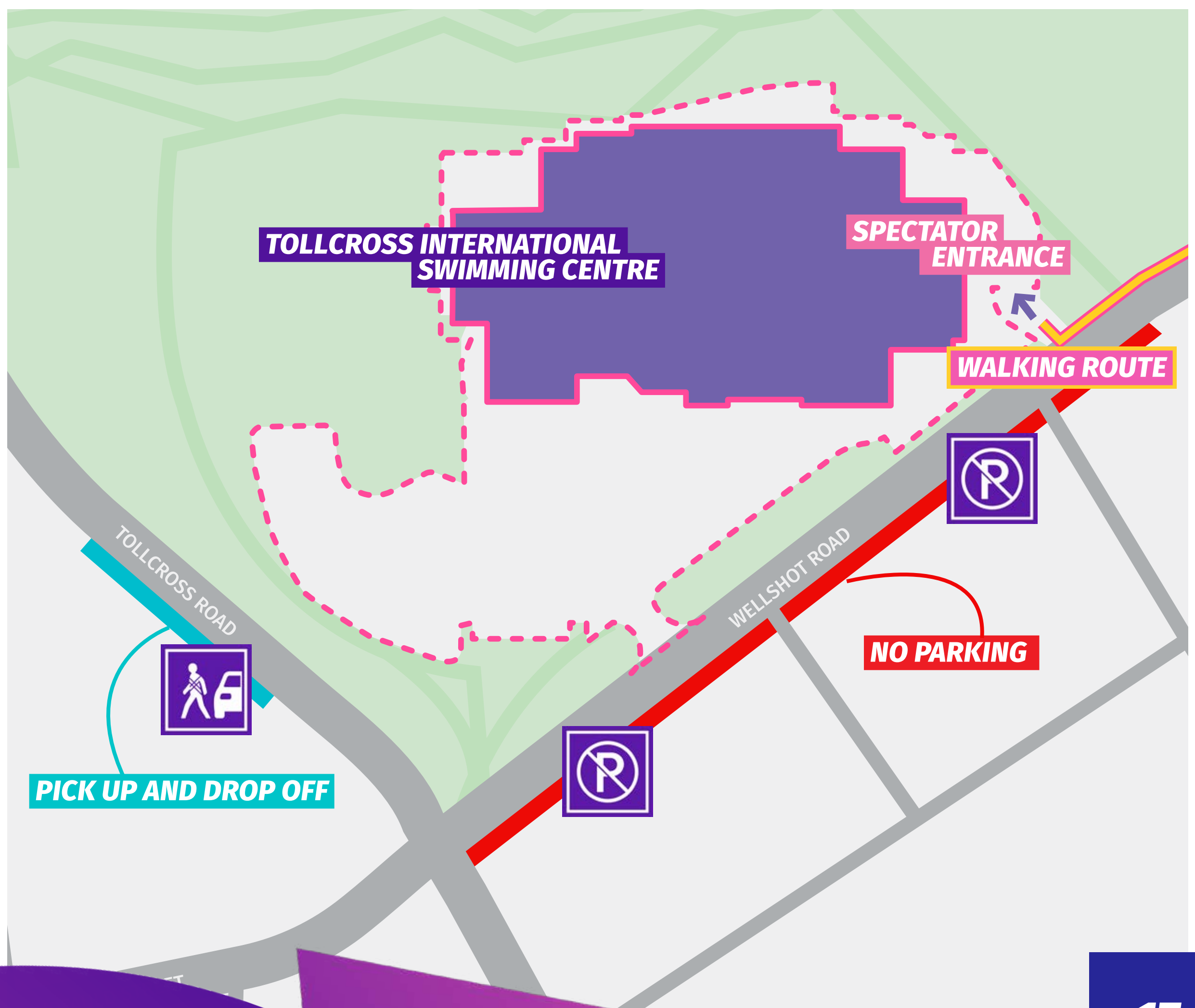
GETTING TO AND FROM TOLLCROSS INTERNATIONAL SWIMMING CENTRE CONT.

BY CAR:

There will be no parking anywhere in or around the venue with the exception of pre-booked Blue Badge parking.

We ask our spectators to use public transport or active travel routes to arrive and depart from the venue.

Please note there will be temporary traffic regulation orders around the venue that will be enforced on event days.



GETTING TO AND FROM TOLLCROSS INTERNATIONAL SWIMMING CENTRE CONT.

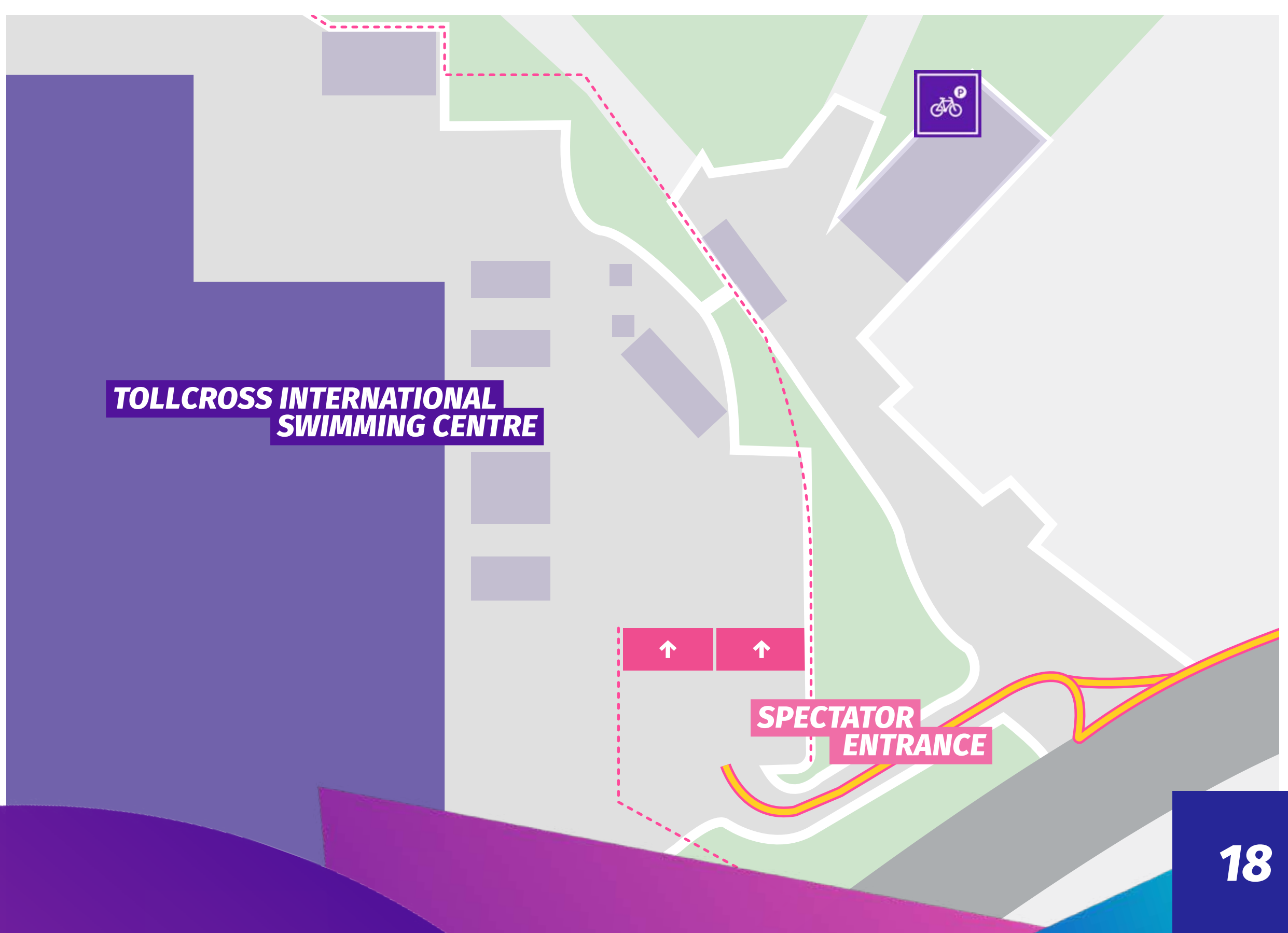
BY BIKE:

Bike parking will be located close to the venue.

Spaces are limited and will be available on a first-come, first-served basis. The bike parking is a self-service “lock and leave” area with plenty of room for everything from standard pedal bikes to larger frames.

Although barriered, the zone is not monitored and spectators will be responsible for securing their own bike. All bikes are left entirely at the owner’s risk.

Please access the venue via the designated walking route and Spectator Entrance.



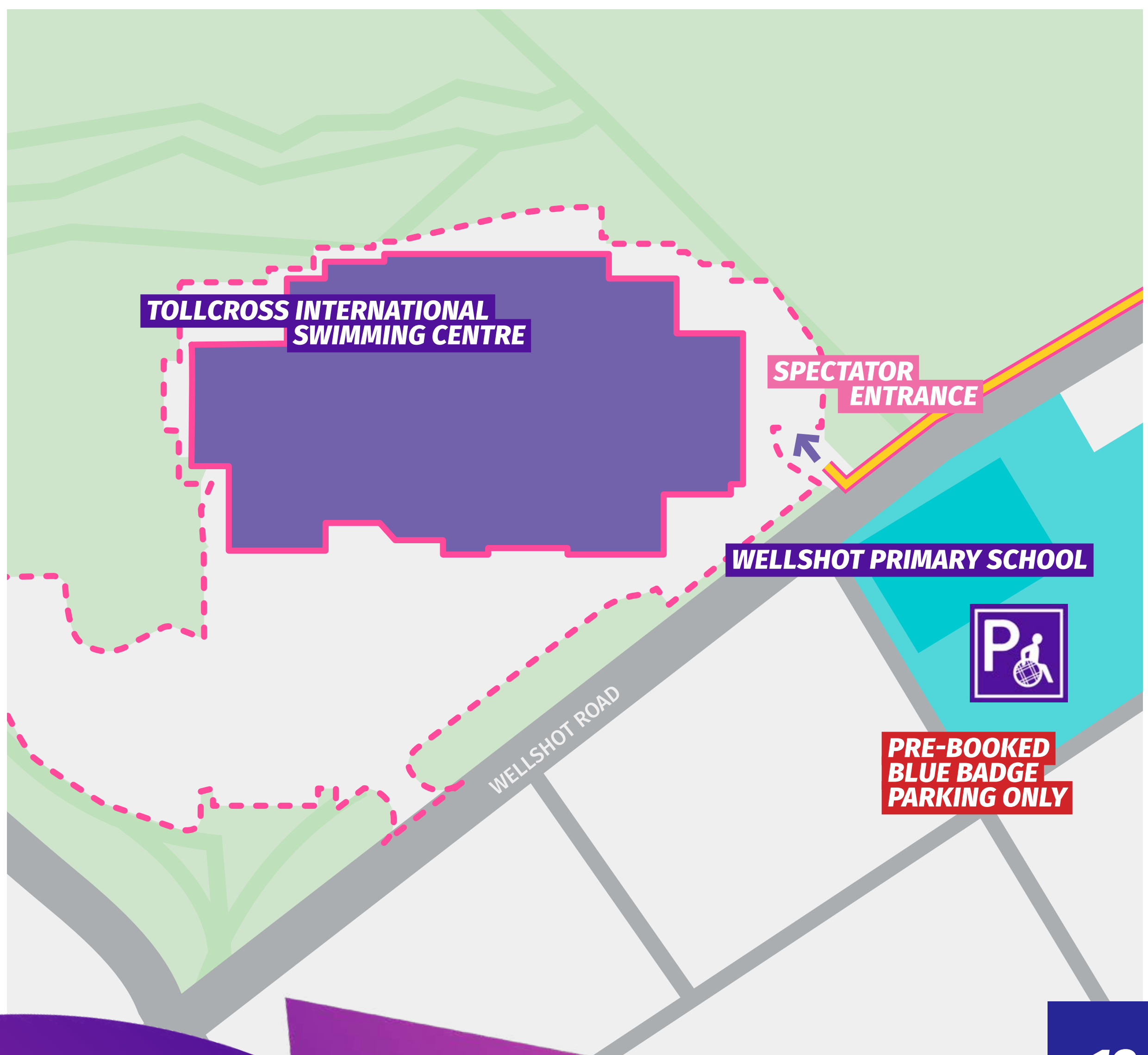
GETTING TO AND FROM TOLLCROSS INTERNATIONAL SWIMMING CENTRE CONT.

ACCESSIBLE PARKING

There is no cost to park, but you do need to book in advance, as spaces are limited and will be allocated on a first-come, first-served basis.

You will need to hold a Blue Badge to be permitted entry to the parking area.

More information on how to book your Blue Badge parking space is available [on our website](#).



VENUE ARRIVAL INFORMATION

Plan your journey and give yourself plenty of time to get to the venue. Please follow the rules and regulations of the event and venue.

Spectators will have access to the venue 90 minutes prior to the commencement of competition.

There will be no re-entry to the venue once the tickets have been validated. If you have any accessibility requirements, there are a wide range of accessible facilities available inside the venue.

The Spectator Entrance to Tollcross International Swimming Centre is off Wellshot Road.

An accessible queue will be open to people who have specific accessibility requirements or who are unable to stand for long periods of time. However, please note that all spectators may have to queue on arrival to enter the venue, even at our accessible entrances.

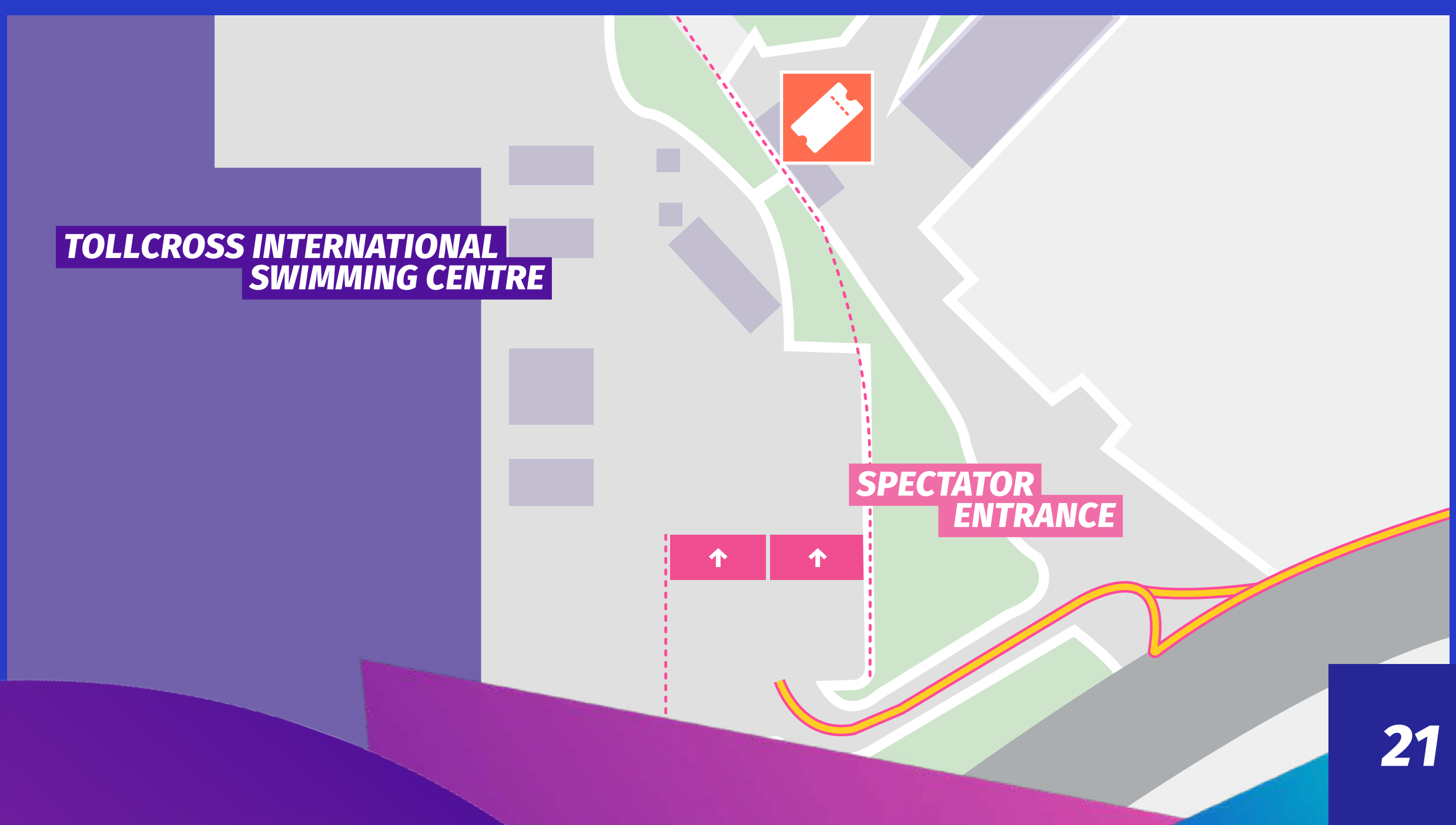
At the entrance, spectators will go through a security check before having their tickets scanned and validated.

VENUE ARRIVAL INFORMATION CONT.

Internet and mobile signal can sometimes be variable, so make sure you have added your ticket(s) to your mobile wallet or downloaded them before you arrive. Please note that screenshots of tickets will not be permitted. More information on Tickets is [available here](#).

If you have a ticket(s) for a second session on the same day, please note you will need to leave the venue after the first session ends. Each session is treated as a separate event and you will need to have your second session ticket(s) scanned before re-entering the venue. The venue will open 90 minutes before the second session start time.

The Ticket Office will be located within the park, near the spectator entry point on the North East side.



PROHIBITED ITEMS



Any item that is illegal to carry or possess under UK Law



Offensive weapons knives, martial arts weapons and batons

Exceptions: Kirpan when present with other Sikh articles of faith.



Flammable substances

Flammable substances, liquids and fuel including items producing naked flames. Doesn't apply to small personal lighters.



Ambush marketing

Clothing, items, leaflets or signage with the likely purpose of engaging in Ambush Marketing.



Drones, radio transmitters, walkie talkies, radio scanners or radio jamming devices



Offensive messaging

Any item carrying wording deemed abusive, discriminatory or which may cause distress to others.



Laser pointers

Strobe lights and similar emitting devices.



Alcoholic beverages

Prohibited, unless purchased or supplied from within the venue.



Balls, rackets and frisbees

Including similar objects or projectiles and inflatables.



Any item deemed a risk to safety

Including to the bearer or other Games attendees.



Noise-making devices

Unless at specified venues communicated in the Spectator Guide.



Protest items and materials

Unless authorised by the Organising Company or Police Scotland.



Bicycles and scooters

Exception: mobility scooters and other wheeled mobility aids.



Firearms

Including hoax or replica items.



Fireworks or flares

Including pyrotechnic devices.



Glass bottles or containers



Incapacitant sprays

e.g., pepper spray



Selfie sticks



Non-prescription drugs



Portable oxygen cylinders

Unless for medical use.

RESTRICTED ITEMS



Beverage containers

One full, sealed, plastic, beverage container, or an empty resealable plastic or metal container not exceeding 750ml in volume.
No alcohol permitted.



Photography

Only mobile phones, single external (mobile phone) power sources, personal use cameras or lenses of no more than 30cm in length will be allowed. No professional and broadcast equipment including tripods and monopods are allowed except for accredited media.



Medicines

Medically prescribed in quantity for individual personal use, commercially packaged, and labelled with contents. All other non-prescribed medication at the discretion of the Security Team Leader.



Food

Limited amount for personal consumption and non-commercially branded. Including reasonable amounts of baby food, milk, formula and food for dietary needs.



Prams/baby carriers

These are not allowed in seating areas, but can be left in buggy storage at venues.



Vapes & E-cigarettes

Or other battery powered devices used to heat a liquid for personal inhalation.



Portable seats

Chairs, folding chairs, stadium seats, allowed when required for a disability or injury. At the discretion of Security Team Leader.



Animals

With the exception of certified assistance dogs.



Suncream

Up to 200ml and other liquids, aerosols, creams and gels up to 100ml in non-glass containers.



Umbrellas

Must be small enough to fit inside a small bag. Not to be opened inside the venue or stands where it would restrict the view of others. No golf umbrellas.



Flags

National flags of competing nations, Union flag, LGBTQ+ flag (and individual community flags) max size 0.5m x 1m. No flag poles. Small, hand-held flags on plastic sticks allowed. Flags of non-competing nations are restricted and should not be visible in the seating bowl.



Bags

One per person, soft-sided bags, no greater than 48cm in length, 34cm in height and 23cm in depth.

RESTRICTED ITEMS

ADDITIONAL INFORMATION

All Glasgow 2026 venues are smoke-free.

Smoking, including the use of electronic cigarettes or vapes, is not permitted within any Games venue.

Photography and filming for personal use is permitted. However, tripods, monopods and other photographic equipment are considered restricted items and are not permitted inside the venue.

Please respect other spectators and their right to enjoy this event. This includes refraining from using foul and abusive language and engaging in any other disruptive behaviour.

Stay hydrated and take breaks when needed. Sporting events can be long and tiring, so make sure you take care of yourself. Refillable water bottles up to 750ml are permitted.

VENUE FACILITIES

The Information Point is located within the Spectator Plaza to the left of the Spectator Entrance.

The Information Point is your best place for information on the venue, the available services and the Games.

The services available on venue include:



Toilets



Accessible Toilets



Baby Changing



Family Rest Area



Assistance Dog
Relief Area



Food and Drink



Water Refill
Station



Buggy Storage



Shared Welfare
Spaces



Wheelchair Loan



Lost and Found



Merchandise



Information Point



Hearing Loop
Assistance



Changing Places
Toilet

VENUE FACILITIES CONT.

Buggies, prams, and venue-loaned wheelchairs are not permitted in our general seating areas. They can be stored at our dedicated storage area located beside the Information Point in the Spectator Plaza. Please note, any item is left at your own risk.

Merchandise, Food and Drink outlets and Water Refill points are available across the venue.

If you require medical assistance while at the venue, stewards or any member of staff will be able to support you. First Aid is located inside the venue in the Clydebank Stand.

Baby Change facilities are available in the Spectator Plaza, and changing tables are present in most accessible toilets throughout the venue. Please ask a member of staff or volunteer for the nearest one.



ACCESSIBILITY

The Spectator Entrance for Tollcross International Swimming Centre is off Wellshot Road.

Accessible toilets are located across the venue.

A Changing Places toilet is available for this event in the South West of the Spectator Plaza near the toilets. It will not appear on the Changing Places website as you must be a ticket holder to access this facility.

Assistive Listening Devices, including Hearing Loops are available at the Information Point in the Spectator Plaza. These are available for loan on a first-come, first-served basis from the Information Point in the venue. These must be returned to the Information Point before leaving the venue.

A wheelchair loan service, provided by Allied Mobility, is available from the Information Point. Please note wheelchair loans are to assist in travelling across the venue and will not be available to hire for the full session.

ACCESSIBILITY CONT.

The Family Rest Area in the Spectator Plaza will have a shared welfare space for use by any spectator on a first-come, first-served basis.

Sensory bags will be available for loan on a first-come, first-served basis from the Information Point in the Spectator Plaza. These must be returned to the Information Point upon leaving the venue.

There is an Assistance Dog Relief Area located in the Spectator Plaza, adjacent to the toilets.

A lift is available to the accessible seating in the Clydebank Stand. The accessible seating in the Scott Stand is accessible by ramp.



TICKETS

Your tickets will be delivered by email, with links to add them to either Apple Wallet or Google Wallet.

You will also be able to access and **download your tickets as PDFs** from your Ticketmaster Sport account.

We recommend adding your tickets to your mobile wallet or downloading them in advance, so they are ready before you travel to the venue.





A GREENER GAMES

We're aiming to deliver a Games that's light on the planet, with low-carbon travel, circular economy thinking and less waste.

Here's how you can help us to deliver a Greener Games:

TRAVEL GREEN

Exchange traffic and congestion for trains, buses, bikes or your own two feet. Low-carbon travel helps to keep Glasgow moving and breathing easier. Plus, you'll discover the Commonwealth Mile and activations happening between venues along the way.

LOVE LOCAL

Fuel your fandom with Scottish produce and delicious plant-based options. Good for you, great for local businesses, even better for the planet.



A GREENER GAMES CONT.

RECYCLE RIGHT

When the cheering stops, make sure your rubbish lands in the right place. A little bin discipline goes a long way.

BRING A REFILLABLE WATER BOTTLE

There are free top-up taps at every venue. Hydrated fans are happy fans.

BE A GREEN SPECTATOR

Cheer loudly, tread lightly. Respect venues, use reusable items where you can and leave every space as you found it.

**More information
about how we're
delivering a
Greener Games can
be found [here](#).**



WHAT ELSE IS ON IN GLASGOW?



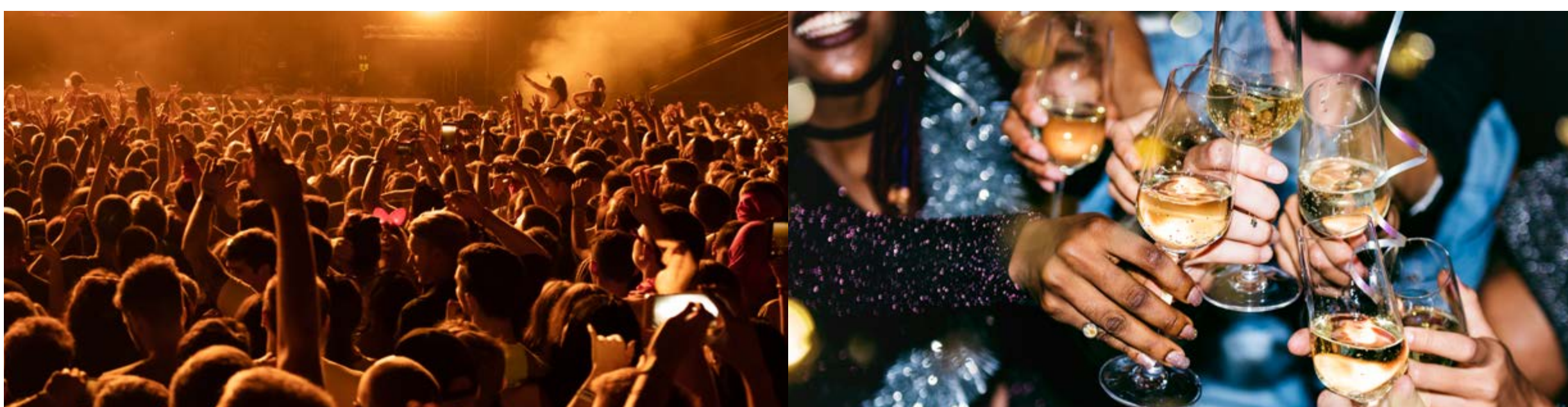
GLASGOW 2026 FESTIVAL

Glasgow 2026 Festival will bring the city to life through a programme of sport, culture and community.



GAME ON KELVINGROVE LIVE SITE

Join us in the park for family-friendly free activities, sport and live screenings of Games events.



LIVE@SWG3

Live screenings, special events and late night celebrating with a party vibe.



As the official charity partner of the Glasgow 2026 Commonwealth Games, the Commonwealth Sport Foundation is working with Scottish Sports Futures, Glasgow Children's Hospital Charity and Team Scotland Youth Trust to make a difference through sport across Glasgow, Scotland and the wider Commonwealth.

[Click here](#) to visit the CSF website, support the Foundation and find out more about its work.



OUR PARTNERS

More information about our Partner Family can be found [here](#).

OFFICIAL PRINCIPAL PARTNERS



Bupa



edf



OFFICIAL PARTNERS



allwyn



OFFICIAL PROVIDERS



MEDIA PARTNERS



TNT SPORTS



ABU



OFFICIAL SUPPORTERS

Aspen Solutions
Duncan Farms
First Travel Solutions
Glasgow Airport

OFX
Pasante
SAMH
Scotsman Group
Scottish Water

Superlative Collection
Vieve
Walker Slater
Zero Waste Scotland



**commonwealth
games
GLASGOW 2026**

Official Timekeeper
LONGINES


If you require this publication in a different format such as large print, Easy Read, audio recording, or Braille please contact Glasgow 2026 at using the [Contact Form](#) on our website.

Timings are local time (BST).
Correct at the time of publication (9 July 2026).

All information is subject to change.

Contact Information

Glasgow 2026 Limited

5th Floor
95 Bothwell Street
Glasgow, Scotland
G2 7HX

glasgow2026.com

Copyright ©2026 Glasgow Organising Company
for the 2026 Commonwealth Games Limited.
All rights reserved.