



Singapore Swimmers Eye Commonwealth Games Glory in Glasgow 2026

Description

With the Glasgow 2026 Commonwealth Games just over a week away, Singapore's swimming team is putting the finishing touches on months of intensive preparation. Six swimmers – representing a blend of established stars and emerging talent – will compete at Tollcross International Swimming Centre from 24 to 29 July, carrying the hopes of a nation into the pool in Scotland.

The team was officially unveiled at the Commonwealth Games Flag Presentation Ceremony on 6 July, where swimmer Gan Ching Hwee was announced as one of Team Singapore's two flag bearers for the Opening Ceremony on 23 July. It was a fitting honour for one of Singapore swimming's most celebrated figures – a recognition of not just her athletic achievements but her leadership and longevity in the sport.



Gan Ching Hwee will carry the flag for Team Singapore at the Opening Ceremony. Image: SNOC

The Six Swimmers Flying the Flag

Singapore's six-strong swimming contingent features a mix of experience and youth. At the forefront is **Teong Tzen Wei**, the sprinter who has become Singapore's most exciting swimming prospect of his generation. Teong has been steadily improving his personal bests in the 50m and 100m freestyle events, and a podium finish in Glasgow would represent one of Singapore's most significant aquatic achievements in recent memory at a Commonwealth Games.

Joining Teong and flag bearer Gan Ching Hwee are **Mikkel Lee**, **Russel Pang**, **Sarah Sim**, and **Zavy Lee**. Mikkel Lee has been one of Singapore Aquatics' most consistent performers over the past two years, while Russel Pang adds depth and versatility across multiple events. Sarah Sim and Zavy Lee provide strength in the women's programme and will be looking to make their marks in the individual freestyle and butterfly events.

It is a squad that reflects Singapore Aquatics' investment in developing a pipeline of talent. The national programme, headquartered at Queenstown Swimming Complex, has been bolstered by technology partnerships – most recently with SMU and SUTD, who have deployed drone-based AI

analytics to help coaches fine-tune swimmers' stroke mechanics and race strategies with unprecedented precision.



Singapore's swimming squad has been in intensive preparation ahead of Glasgow.
Image: SNOC

A Tournament That Rewards Speed

The Commonwealth Games pool programme spans six days in Glasgow, with heats and finals running from 24 to 29 July at Tollcross International Swimming Centre – a venue with a strong track record of hosting elite-level swimming. The programme includes 40 individual events plus relays, covering the full range of strokes and distances from the 50m sprint to the 1500m freestyle.

For Singapore, the sprint events – particularly the 50m and 100m freestyle – represent the clearest route to the podium. Teong Tzen Wei's times in recent international competition suggest he is capable of challenging the top-ranked swimmers from Australia, England, and Canada in the sprints. A medal would not be out of reach if he can replicate his best form on the day.

Gan Ching Hwee, competing in what may be one of her final major international championships, has the experience to perform in the high-pressure environment of a multi-sport Games. Her leadership role

within the team extends beyond the pool: she is widely respected as a mentor figure for the younger swimmers making their Commonwealth Games debuts.



Queenstown Swimming Complex has been the hub of Singapore Aquatics’s preparations.
Image: Singapore Aquatics

Broader Context: Singapore’s Commonwealth Games Campaign

Singapore’s 53-strong contingent at Glasgow 2026 competes across seven sports, with swimming forming one of the key pillars of the medal programme. The [full list of Team Singapore’s medal hopefuls across all sports](#) spans athletics, cycling, gymnastics, bowls and weightlifting, with the swimming team among the most closely watched.

Chef de Mission Lau Kok Keng has spoken about the team’s ambition to surpass Singapore’s medal haul from the 2022 Commonwealth Games in Birmingham, where the Republic finished with a respectable collection of medals across multiple disciplines. Swimming has historically been one of Singapore’s strongest programmes at the Games, and the squad’s depth this time around gives

good reason for optimism.

How to Follow the Action

Singapore fans can follow the swimming programme on Mediacorp's live coverage channels, with streaming also available via the meWATCH platform. With Glasgow eight hours behind Singapore, the evening finals will be broadcast live in the early morning hours SGT - so set those alarms for the sprint finals, where Singapore's best medal chances are likely to come.

The [flag bearers announcement and full team details](#) are available for fans wanting the complete picture of Singapore's Glasgow campaign. As the countdown to the Opening Ceremony enters its final week, all eyes in the Singapore sporting community will be fixed on Tollcross and what Teong Tzen Wei, Gan Ching Hwee and their teammates can achieve in the Scottish summer.

Date Created

15/07/2026

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