



Swedish swim ace powers towards fulfilling his dream of Olympic glory

Aug 04, 2018 06:22 EDT

## Chasing Olympic times in Glasgow, Sweden's Adam Paulsson has sights firmly on Tokyo 2020

Glasgow, Scotland, August 4, 2018 – Chasing a moment of glory at the 2018 Glasgow European Aquatic Championships is one of Sweden's most talented young swimmers, Adam Paulsson. Supported by <u>Bluewater</u>, Adam is chasing Olympic times in Glasgow in his race to represent Sweden in the 2020 Toyo Olympic Games.

The Glasgow 2018 European Championships will see over 1,000 of the

leading stars in European Aquatics compete for moments of glory. Visitors will witness history as athletes from four exhilarating disciplines – swimming, diving, synchronised swimming and open water swimming – battle it out to be crowned European Champion.

Adam competes in the 'Swimming' discipline, which sees competition distances range from 50 - 1,500m with four swimming styles, backstroke, breaststroke, butterfly and freestyle. Medley events require athletes to swim all four swimming strokes in one race. Four athletes can also join forces in the freestyle and medley relay events.

Sweden's swimming stars in a 19 strong-team of eight womena and 11 men competing in Glasgow include Sarah Sjöström, Louise Hansson and Erik Persson – and Adam Paulsson, competing in the 200 meters freestyle, 400 meters freestyle and 400 meters individual medley.

"Competing in Glasgow is another key step towards fulfilling my dream to represent Sweden at the 2020 Olympic Games in Glasgow," said Adam Paulsson. He added: "One thing is sure, the swimming in Glasgow is going to be fast and furious and very, very competitive as we all work to get great times!"

Times are everything in Olympic level swimming. To qualify to take part as a member of a national federation (country), an athlete must in principal meet the minimum Olympic qualifying time set for each respective event, although there are circumstances where a national federation may enter a swimmer regardless of time standard.

"Adam is keeping his Tokyo 2020 dream alive with his strong desire to be there, sheer hard work, dedication, commitment and ability – and all he needs is a little luck too," said Anders Jacobson, President and Chief Strategy Officer at Bluewater, a Stockholm-headquartered leader in innovative water purification technologies and solutions.

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