

www.cityofnorwichsc.co.uk

City of Norwich Swimming Club
Easter Long Course Meet
Inc British Junior Summer Championships Qualification
(Level 1 License No. 1ER180144)

Sportspark ,UEA, Norwich: Fri 30th - Sat 31st March and Sun 1st April 2018
Under ASA Laws & Regulations & ASA Technical Rules of Racing

Venue	Sportspark, UEA, Norwich, NR4 7TJ
Pool	8 Lane Long Course Racing Pool Electronic Timing & 8-Lane Display Free Parking Saturday and Sunday
Age Groups:	10, 11, 12, 13/14 15/16 and 17/over All ages eligible for 50m, 100m, 200m and 400m all strokes 11yrs/+ may enter 800m Female, 1500m Male Ages as at 31st December 2018
Awards	British Junior Champ Ranking Finals: 100m & 50m all events Age groups for finals: 13/14, 15/16, 17/Over Top Male Athlete & Top Female Athlete Awards Top Visiting Club Award Spot Prizes <i>No additional awards for finals – opportunity to swim for ranking times</i>

HEATS AND FINALS – 2 CHANCES TO IMPROVE RANKINGS FOR BRITISH SUMMER CHAMPS
THREE FULL DAYS OF SWIMMING
EXCELLENT FACILITIES WITH FREE PARKING SAT AND SUN
RESULTS ON MEET MOBILE AS YOU WATCH – FREE WIFI

Events	50m, 100m & 200m All Strokes 400m Freestyle, 200m & 400m IM 800m Freestyle Female, 1500m Freestyle Male
Fees	Race Entry Fee: £7.00 per 50m, 100m, 200m and 400m events £10.00 per 800m & 1500m Spectator Entry: £4.00 per session or £67.00 per day, £20 for full weekend Programmes: £5 Free Parking Saturday and Sunday, Friday all day parking rates may apply.
Entries To	Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB. Enquiries can be e-mailed to tbirdspinner@gmail.com , or call 07970289643
Closing Date:	7pm on 9 th March 2018.

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(Level 1 License No. 1 1ER180144)

Sportspark, UEA, Norwich: Fri 30th - Sat 31st March & Sun 1st April 2018

Under ASA Laws & Regulations & ASA Technical Rules of Racing

Meet Rules and Information

- The event will be held at Sportspark, UEA, on 18-19th November 2017, ASA Laws and Regulations, ASA Technical Rules of Racing and to the ASA Open Meet Licensing Criteria. Entries may only be accepted from competitors registered as members of the ASA, SASA or WASA or competitors from one of the countries affiliated to FINA.
- Competitors' ages shall be as at **31st December 2018**. No 10 year old age group events in 800m Freestyle (Female) and 1500m Freestyle (Male).
- Entries will be eligible provided the swimmer meets the long course qualifying time. For the 800m and 1500m swimmers must meet the QT and will be limited to 4 heats (800m) and 3 heats (1500m) based on fastest entries. If there is no long course time available then a converted time using the ASA comparative performance tables can be submitted.
- Any competitor wishing to withdraw from the 1500m or 800m event can do so and will receive a refund provided notification is received in writing **two clear weeks** before the meet date so that reserves can be notified to fill their place.
- Individual entries from visiting clubs shall be made on the official entry forms and will be subject to an additional £5 administration charge **per swimmer**. Where there are three or more competitors from a Club, entries must be submitted electronically together with a summary form and the Hytek Team Manager Entry Report with either cheque payable to the City of Norwich Swimming Club Ltd or payment by BACS (account details on request) **MUST** be provided for the consolidated payment of all entry fees. If you wish to pay by BACS please email tbirdspinner@gmail.com for further details. Any Club manually entering 3 or more swimmers or who fail to submit the additional charge for individual entries will be subject to a further £25 administration charge **BEFORE** entries are processed. Entry software can be obtained from www.cityofnorwichsc.co.uk.
- Swimmers in possession of an ASA Certificate of Swimming Disability or whose ASA membership record details a disability sport class (S1-S15) are welcome to enter the competition with an entry time from ASA Rankings. Personal care attendants for swimmers who require them are not required to pay for an additional Poolside Pass.
- Masters swimmers are eligible to enter if they are able to evidence entry times from a Masters results site.
- The promoter reserves the right to limit entries. The slowest competitors **may** be rejected if the meet is over subscribed. The promoters reserve the right to give preference to accepting complete clubs entries when swimmers are travelling from overseas and pre book accommodation and flights.
- Should the meet be oversubscribed we will be operating a waiting list for additional entries to fill lanes following withdrawals on the day. If you wish to have your name added to the waiting list please contact the promoter after accepted/rejected entries have been published.
- The list of accepted and rejected entries will be published/available for download on the club website (www.cityofnorwichsc.co.uk) approximately two weeks prior to the competition. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that are required.
- Unfortunately there can be no refunds of entry fees unless entries are rejected by the organisers for any reason other than the long distance events if notified in accordance with the above rule 3 and a reserve can be found.
- No on the day entries will be accepted unless the swimmer is on the waiting list and a formal withdrawal has been made.
- The meet promoter will check entries against the British Rankings where it is felt that a swimmer may be submitting a faster time in order to gain entry to this meet. Falsely entered times will be rejected without refund.
- Swimmers withdrawing from events:** Each club's coach or team manager should have a list of swimmers entered. Swimmers unable to compete must be withdrawn. Withdrawal slips will be available from the recorders desk. There is a **£5 penalty for failure to notify 30 minutes prior to the start of the first event in each session**. Swimmers failing to withdraw in a timely manner **will not be allowed to participate until the fine is paid**. This is to minimise empty lanes and enable the meet to progress smoothly.
- Swimmers in the 800m and 1500m events are asked to report to the timing desk at the start of Session 1 (800m) and Session 4 (1500m) to confirm they are swimming. Text confirmation on the day to 07970289643 is also permitted.
- The pool length is 50 metres, 8 lanes with anti-wave ropes and Omega electronic timing and the depth of the pool is 1.8m.
- Competitors must report to the marshalling area in a timely manner, normally 1 event in advance of their own, where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from that event. It is the swimmers duty to inspect the start list posted by the marshalling area, and report to the event marshals when instructed to do so.
- All events will be seeded on submitted times and all heats will be spearheaded. The first three swimmers in each event in each age group will receive awards. All 50m and 100m events will have age grouped finals.
- There will be an award for the top visiting club and points will be awarded as follows for the top 8 places 8,7,6,5,4,3,2 and 1.
- Finalists and reserves for a final must inform the timing desk of their intention to compete **30 minutes** after finalists are announced. Failure to do so will result in the waiting reserve being offered their place. Finalists reporting late will be deemed excluded.
- Team Managers/Coaches will be allowed on poolside if wearing a pre-purchased pass. Passes can be requested with the entry forms and will be £20.00 per person or £40.00 per person inc food for all 3 days of the weekend. Coaches and Team Managers must be club trained personnel and clubs are asked to maintain the recommended ratio of 1:10. Untrained parents without DBS checks are **NOT** allowed poolside.
- Over the top starts may be used at the referee's discretion.
- The promoters reserve the right to refuse admission to any competitor or spectator.
- The promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings. Sportspark lockers require a padlock, please bring your own.
- City of Norwich SC uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data handled (name, club, recorded/entered times) may be made public during or after the meet.
- Closing date for entries 7pm, 9th March 2018.**
- Charges as follows:
 - Entry Fees £7 per 50m/100m/200m/400m, £10 per 800m/1500m event
 - Coaches Passes £20.00 (no food); £40 (with food)
 - Spectator fees £4.00 per session or £7.00 per day, £20 full Weekend
 - Programmes for the weekend £5.00
- Coach passes will not be sold on the day – no pass, no admission poolside.
- In accordance with the ASA Child Safeguarding Policies and Procedures, any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images. Should you have any concerns about photography or filming please bring them to the attention of the promoter.
- Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags and report any issues immediately to a member of the pool staff or to the Open Meet Promoter.
- Warm up protocol: Strictly no diving during any warm-up sessions, except in the designated sprint lanes, odd lanes will swim clockwise (1, 3, 5, 7) even lanes (2, 4, 6, 8) will swim counter clockwise. All swimmers must leave the water by the side of the pool and not over the timing pads. Coaches should manage the lanes their swimmers are using during the warm up sessions. Guidance will be given by the meet announcer.
- Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing.

We hope you have an enjoyable meet. Please let us know of anything you feel may help us improve the meet in the future.

City of Norwich Swimming Club Easter Long Course Meet 2018

(Level 1 License No. 1 1ER180144)
 SportsPark ,UEA, Norwich: Fri 30th - Sat 31st March & Sun 1st April 2018

Friday 30 th March				
Session 1 – Warmup 8.00am, Start 9.10am			Session 3 – Finals – Warmup TBA	
101	Boys	200 Breaststroke HDW	205F	Girls 11/Over 800 Freestyle Fastest Heat
102	Girls	200 Backstroke HDW	103F	Boys 13/14 100 Butterfly Final
103	Boys	100 Butterfly Heats	103F	Boys 15/16 100 Butterfly Final
104	Girls	100 Freestyle Heats	103F	Boys 17/Over 100 Butterfly Final
105	Boys	50 Backstroke Heats	104F	Girls 13/14 100 Freestyle Final
106	Girls	50 Breaststroke Heats	104F	Girls 15/16 100 Freestyle Final
107	Boys	400 Freestyle HDW	104F	Girls 17/Over 100 Freestyle Final
Session 2 – Warmup TBA, Start 0144			105F	Boys 13/14 50 Backstroke Final
201	Girls	200 Breaststroke HDW	105F	Boys 15/16 50 Backstroke Final
202	Boys	200 Backstroke HDW	105F	Boys 17/Over 50 Backstroke Final
203	Girls	100 Butterfly Heats	106F	Girls 13/14 50 Breaststroke Final
204	Boys	50 Breaststroke Heats	106F	Girls 15/16 50 Breaststroke Final
205	Girls	11/Over 800 Freestyle (4 heats)	106F	Girls 17/Over 50 Breaststroke Final
			204F	Boys 13/14 50 Breaststroke Final
			204F	Boys 15/16 50 Breaststroke Final
			204F	Boys 17/Over 50 Breaststroke Final
			203F	Girls 13/14 100 Butterfly Final
			203F	Girls 15/16 100 Butterfly Final
			203F	Girls 17/Over 100 Butterfly Final

Saturday 31 st March				
Session 4 – Warmup 8.00am, Start 9.10am			Session 6 – Finals – Warmup TBA	
401	Girls	200 IM HDW	506F	Boys 11/Over 1500 Freestyle Fastest Heat
402	Boys	200 Butterfly HDW	403F	Girls 13/14 50 Freestyle Final
403	Girls	50 Freestyle Heats	403F	Girls 15/16 50 Freestyle Final
404	Boys	100 Freestyle Heats	403F	Girls 17/Over 50 Freestyle Final
405	Girls	400 Freestyle HDW	504F	Boys 13/14 50 Butterfly Final
Session 5 – Warmup TBA, Start 0144			504F	Boys 15/16 50 Butterfly Final
501	Girls	200 Butterfly HDW	504F	Boys 17/Over 50 Butterfly Final
502	Boys	200 IM HDW	505F	Girls 13/14 50 Butterfly Final
503	Girls	100 Backstroke Heats	505F	Girls 15/16 50 Butterfly Final
504	Boys	50 Butterfly Heats	505F	Girls 17/Over 50 Butterfly Final
505	Girls	50 Butterfly Heats	404F	Boys 13/14 100 Freestyle Final
506	Boys	11/Over 1500 Freestyle HDW (3 Heats)	404F	Boys 15/16 100 Freestyle Final
			404F	Boys 17/Over 100 Freestyle Final
			503F	Girls 13/14 100 Backstroke Final
			503F	Girls 15/16 100 Backstroke Final
			503F	Girls 17/Over 100 Backstroke Final

Sunday 1 st April				
Session 7 – Warmup 8.00am, Start 9.10am			Session 9 – Finals – Warmup TBA	
701	Boys	100 Backstroke Heats	701F	Boys 13/14 100 Backstroke Final
702	Girls	200 Freestyle HDW	701F	Boys 15/16 100 Backstroke Final
703	Boys	50 Freestyle Heats	701F	Boys 17/Over 100 Backstroke Final
704	Girls	100 Breaststroke Heats	704F	Girls 13/14 100 Breaststroke Final
705	Boys	400 IM HDW	704F	Girls 15/16 100 Breaststroke Final
Session 8 – Warmup TBA, Start 0144			704F	Girls 17/Over 100 Breaststroke Final
801	Boys	200 Freestyle HDW	803F	Boys 13/14 100 Breaststroke Final
802	Girls	50 Backstroke Heats	803F	Boys 15/16 100 Breaststroke Final
803	Boys	100 Breaststroke Heats	803F	Boys 17/Over 100 Breaststroke Final
804	Girls	400 IM HDW	802F	Girls 13/14 50 Backstroke Final
			802F	Girls 15/16 50 Backstroke Final
			802F	Girls 17/Over 50 Backstroke Final
			703F	Boys 13/14 50 Freestyle Final
			703F	Boys 15/16 50 Freestyle Final
			703F	Boys 17/Over 50 Freestyle Final

* Session start times may change depending on entries. Information will be posted with accepted entries.

City of Norwich Swimming Club Easter Long Course Meet 2018

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SportsPark ,UEA, Norwich: Fri 30th - Sat 31st March & Sun 1st April 2018

BOYS Qualifying Times						Long Course Times	GIRLS Qualifying Times					
10	11	12	13/14	15/16	17/o		10	11	12	13/14	15/16	17/o
39.00	37.00	34.90	33.00	29.70	27.70	Freestyle 50m	39.80	37.30	35.40	34.00	32.20	31.20
1:23.90	1:18.80	1:13.70	1:09.80	1:04.40	1:00.40	Freestyle 100m	1:26.20	1:21.10	1:16.30	1:13.20	1:10.70	1:08.70
2:53.60	2:44.30	2:35.80	2:27.60	2:13.70	2:05.70	Freestyle 200m	2:58.40	2:48.30	2:37.50	2:28.20	2:18.10	2:14.10
5:55.40	5:30.00	5:14.10	5:05.80	4:44.60	4:28.60	Freestyle 400m	6:07.40	5:51.40	5:35.80	5:16.30	4:52.80	4:44.80
	22:04.70	20:49.50	19:41.60	18:12.10	16:52.10	1500m (Boys) Freestyle 800m (Girls) Freestyle		12:01.60	10:58.00	10:19.80	9:49.50	9:33.50
51.60	48.20	44.60	41.80	37.80	35.80	Breaststroke 50m	51.20	47.80	45.00	43.10	40.60	39.60
1:50.30	1:41.50	1:34.70	1:28.80	1:21.40	1:17.40	Breaststroke 100m	1:59.10	1:50.30	1:41.60	1:35.20	1:28.50	1:26.50
3:50.20	3:35.10	3:19.20	3:07.50	2:50.40	2:42.40	Breaststroke 200m	3:55.50	3:32.60	3:17.90	3:10.50	3:01.70	2:57.70
43.50	40.80	38.10	35.90	32.20	30.20	Butterfly 50m	44.00	40.70	38.60	36.70	34.80	33.80
1:33.50	1:25.70	1:21.50	1:16.80	1:09.80	1:05.80	Butterfly 100m	1:38.90	1:33.10	1:27.90	1:22.60	1:16.20	1:14.20
3:32.30	3:12.50	2:59.90	2:49.90	2:34.40	2:26.40	Butterfly 200m	3:34.60	3:12.60	3:01.70	2:53.50	2:45.70	2:41.70
46.00	43.20	40.50	38.20	34.50	32.50	Backstroke 50m	46.00	43.10	40.90	39.40	37.00	36.00
1:35.20	1:29.80	1:24.10	1:19.20	1:12.20	1:08.20	Backstroke 100m	1:37.50	1:33.50	1:27.90	1:22.50	1:15.60	1:13.60
3:25.80	3:04.00	2:55.70	2:46.30	2:30.00	2:22.00	Backstroke 200m	3:26.30	3:08.00	3:00.60	2:52.50	2:38.80	2:34.80
3:29.60	3:14.30	3:02.80	2:52.70	2:38.40	2:30.40	Ind Medley 200m	3:29.60	3:14.30	3:03.30	2:56.80	2:48.90	2:44.90
7:06.30	6:35.80	6:16.70	5:49.40	5:19.20	5:03.20	Ind Medley 400m	7:26.20	6:43.30	6:28.90	6:00.60	5:35.20	5:27.20

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Under ASA Laws & Technical Rules, Affiliated to the East Region ASA

Club Summary Entry Form

Please return this completed form with your entries and a **SINGLE** cheque* payable to **City of Norwich Swimming Club Ltd**, to: Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB

Closing date 7pm 9th March 2018

Club Name:			
Contact Name:			
Postal Address:			
Email Address:			
Telephone No:			
Entry Details:			
		No of Entries/ Passes	Cost
Swimmers	@ £7 per 50m, 100m, 200m and 400m event		£
	@ £10 per 800m & 1500m event		£
Coaches Pass	@ £20 no food		£
	@ £40 with food		£
Admin Fee	@£5 per swimmer if manual entry		
		TO	£

* If you wish to pay by BACS please make payment to:

Sort: 30-96-17; Account: City of Norwich Swimming Club Ltd; Account No: 59071068; Ref: EM18 "Club 4 character ASA Code" or contact tbirdspinner@gmail.com for further information and guidance.

Checklist – By the Closing Date of 7pm 9th March 2018 please ensure you have:

Emailed:

Hytek Entry File
Hytek Meet Entry Report
Coach/Chaperone Forms
Officials Forms (1 licensed official for every 10 swimmers)
(BACS Transfer)

Posted:

Club Summary Entry Form (this form) including £5 admin
Hytek Entry Report
Coach/Chaperone Forms
Officials Forms (1 licensed official for every 10 swimmers)
Cheque (payable to City of Norwich Swimming Club Ltd)

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INDIVIDUAL ENTRY FORM									
FORENAME:		SURNAME:							
CLUB:		AGE (@ 31/12/18):							
SEX:	MALE/FEMALE	DATE OF BIRTH:							
EMAIL ADDRESS:		DISABILITY CLASSIFICATION:							
TELEPHONE NO:		ASA REG NO							
EVENT	COST PER EVENT	ENTRY TIME (LC)*	IF CONVERTED STATE SHORT COURSE TIME*:						
50M FREESTYLE	£7.00								
100M FREESTYLE	£7.00								
200M FREESTYLE	£7.00								
400M FREESTYLE	£7.00								
800M FREESTYLE (G)	£10.00								
1500M FREESTYLE (B)	£10.00								
50M BACKSTROKE	£7.00								
100M BACKSTROKE	£7.00								
200M BACKSTROKE	£7.00								
50M BREASTSTROKE	£7.00								
100M BREASTSTROKE	£7.00								
200M BREASTSTROKE	£7.00								
50M BUTTERFLY	£7.00								
100M BUTTERFLY	£7.00								
200M BUTTERFLY	£7.00								
200M IM	£7.00								
400M IM	£7.00								
TOTAL ENTRIES			£						
<i>Admin Fee (City of Norwich SC Swimmers and Visiting Clubs manual entry only)</i>		@ £5.00	£						
		TOTAL	£						

**If time not on ASA database please state origin on reverse of form. City of Norwich Swimmers please just tick the entry time boxes.*

CLOSING DATE FOR ENTRIES IS 7pm 9th March 2018

Please return this form and/or an "Entries Summary Form" as appropriate, to Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB , with a

cheque made payable to: **City of Norwich Swimming Club Ltd.** If you would like to pay by BACS tick here and use EM18 plus the first 4 letters of your surname as the reference – pay to: Account: 59071068; Sort 30-96-17.

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Sportspark ,UEA, Norwich: Fri 30th - Sat 31st March & Sun 1st April 2018

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Coaches / Chaperone Pass Individual Application Form

Closing date 9th March 2018

Full Name:		
Club Name:		
Position: (eg Coach)		
Postal Address:		
Telephone No:		
Email Address:		
ASA Affiliation Number:		
Meet Pass	Without Food: £20: <input type="checkbox"/>	With Food £40: <input type="checkbox"/>
Dietary Requirements		

The above named person is authorised to hold a pass for this club and their details are visible on the ASA Members Check Website:

Signed _____ Club Secretary

Coach's Passes will not be available on the day. There will be no access to poolside without a coach's pass Passes are £20.00 (no food) or £40 (with food) each and include entry to poolside and results service. All completed forms to be returned to:

Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB

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Officials Request Form

Please complete details, noting that only fully licensed officials are eligible to officiate at a L1 meet:

Full Name:				
Qualification <i>(tick box applicable):</i>	JL1	JL2	JL2S	LRef
Date License Valid To:				
Sessions Available:	Friday	S1	S2	S3
	Saturday:	S4	S5	S6
	Sunday:	S7	S8	S9
Mobile No:				
Email Address:				
Club:				
Swimmer's Name				
Mentor Request	<i>If you are in the middle of training to become an official and require mentoring, please indicate the session are available and use this box to detail the tasks you require mentoring for.</i>			
Dietary Requirements	<i>Officials working a full day will be provided with lunch. Let us know if you have any special requirements.</i>			

Please email completed form to consc.officials@gmail.com or return the form with your entry form via your club entry.
Thank you



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Race Sponsorship Form

For only £10 you can sponsor a race your child/grandchild will be competing in at The Easter Meet 2018.

Why not have an encouraging message printed in the Meet Programme?

To sponsor a race please complete the sponsorship form below. Pick 3 events in order of preference, events will be allocated on a first come first served basis. Return your sponsorship form, with a cheque for £10 payable to City of Norwich Swimming Club Ltd, with your entry form. Alternatively mail it direct to Tracey Spinner, CoNSC, 16 Ethel Road, Norwich NR1 4DB.

If your first choice is already taken we will go to the second or third choices. If all are taken we will contact you to choose another event. If you wish to sponsor more than 1 event please make this clear on the form and on the cheque (£10 per event).

I would like to sponsor:

Name to be used for Sponsorship:

1st Choice Event No:

2nd Choice Event No:

3rd Choice Event No:

Cheque for £..... enclosed, made payable to City of Norwich Swimming Club Ltd.

