**Norwich Swan Swimming Club**

Affiliated to ASA East Region and Norfolk County ASA

**Norwich Swan Open Meet**

**21st and 22nd April 2018**

**3ER180720**

**Conditions**

1. The Gala will be held under ASA Laws and Regulations, ASA Technical Rules of Racing and to ASA Open Meet Licensing Criteria.
2. The Promoter is Jane Weston
3. In the conditions below Norwich Swans Swimming Club is referred to as NSSC. The Club website refers NSSC web page where any information relevant to this meet will be published. All meet correspondence should be directed to galasecretary@norwichswansc.co.uk

Entries

1. Entrants must be ASA registered Category 2 members, belong to an affiliated club and enter in the name of one club.
2. Entry times must have been achieved since 21st April 2017
3. Times converted using the Sportsystems converter will be accepted
4. All entries of 5 or more swimmers must be made electronically. A Sports Systems entry file will be made available on the club website. There will be a charge of £20 for group entries not submitted electronically
5. Submitted entries and full payment shall reach the entry administrator by midnight on 21st March 2018. Late entries or those for which payment has not been received by the closing date will be rejected. Incorrect entries may be rejected at the Promoter’s discretion
6. Where possible payments should be made by BACS. Bank details will be on entry information. Cheques should be payable to NSSC and sent to Gala Entry-Kings Head House, Whissonsett, Dereham. NR20 5TH.
7. Submission of the electronic file will be regarded as full acceptance and agreement to all the Promoters conditions
8. Competing clubs will be notified by email the list of accepted and rejected entries one week after the closing date. It is the responsibility of the competing club to notify NSSC within seven days of any error or omissions. A corrected list will be published at the end of this 7 day period. No refunds will be given after this date.
9. The promoter reserves the right to reject entries to ensure the gala meets the ASA Open Meet Licensing Criteria. This meet is to give opportunity to swimmers to get East Region Championship qualifying times and therefore if oversubscribed the rejections start with slowest in each age group until the gala meets the criteria.
10. Entries to this meet will be held on computer and consent as deemed by the Data Protection Act 1998, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal data including name, age submitted and recorded times will be made public during the meet.

Fees

1. Entry fee for each event is £4.50
2. Coaches Passes will be £5 per person including lunch
3. Spectator entry fees are £2.50 per Session or £4 all day. Children under 10 are free
4. Weekend Programmes £3.00

Access to poolside

1. No club Officials or swimmers will be allowed poolside more than 30 minutes before the start of the first warm up on each day
2. Access to the changing room is not restricted to swimmers only. The other half of the pool is open to the public.
3. Access to the competition end of the pool is restricted to competitors for the session, club officials with passes, technical officials and appointed volunteers
4. No additional equipment such as chairs or treatment tables may be brought on pool side
5. All club officials planning to be on poolside must apply for a coaches passes for each day of the meet when submitting entry forms. Passes will not be available on the day.
6. It is the responsibility of the competing club to ensure that all their official have been DBS checked
7. All passes must be used by the club official named. All named persons must be ASA members
8. All swimmers under the age of 16 must be under the supervision of a pass holder during warm up, during the competition and in the vicinity of the pool
9. All passes must be worn in a prominent place whilst pool side
10. Club officials without passes on display may be asked to leave.
11. Swimmers must wear suitable clothes and foot wear poolside. Swimmers not wearing tops and foot wear will not be allowed dry side or in the viewing balcony.
12. In order to comply with the requirements of the venue, the promoter is obliged to ensure that anyone who wishes to take photographs or video at the meet first signs the photography book at the entry desk. Anyone signing the book will be issued with a photography sticker, which should be worn prominently.  The rules on photography apply to swimmers, coaches, team managers, officials and volunteers as well as spectators, and to the use of mobile phones, tablets or other image-capturing electronic devices as well as cameras
13. No photography is permitted in changing rooms.

Warm up

1. Warm up will start 1 hour before the session start time
2. Warm up marshals will control the warm up lane session and their instructions must be adhered to at all times
3. All swimmers must follow the announced and posted warm up procedures made available on the day of the meet
4. The age groups for both boys and girls in each event will be 10, 11, 12, 13, 14, 15 and16 and over
5. Competitors’ ages shall be age 31st December 2018

Awards

1. Results will be heat declare swimmers. There will be no age group finals
2. Medals will be awarded to the first 3 in each age group
3. There will be spot prizes at random times throughout the 2 days

On The Day

1. Swimmer declaration forms must be completed before the start of each session and must be submitted to the recorder at least 30 minutes before the end of each warm up session. Club officials must not declare swimmers who are not present
2. Withdrawals after this deadline may only be made on medical grounds. Once a swimmer has be withdrawn on medical grounds they may not swim for the rest of the day
3. Any swimmer not present when required to swim will be identified from the results as DNC.
4. Swimmers must report to the marshalling area one event prior to their own. Any swimmer not reporting in time may be excluded from the event
5. The length of the pool is 25 m, 8 lanes with anti wave lane ropes and electronic timing.
6. It is the responsibility of the competitors and club officials to ensure that the diving blocks are only used if the swimmers are competent to dive at least to the standard of the ASA competitive start award
7. Starts in the water are allowed but swimmers must notify the Referee of their intention to do so (other than back stroke)
8. Swimmers are requested to remain in their designated lane until the race has finished they asked to leave the pool by the Referee. Swimmers must leave the pool by the side of the pool.

General Conditions

1. Neither the promoter nor NSSC will be responsible for any loss or damage occurring during this meet
2. The safety of swimmers, officials, spectators and others is paramount at all times. Everyone attending this meet must familiarise themselves with the location of the emergency exits which must be kept clear at all times. Everyone is asked to observe all normal precautions in the pool area, whilst moving around and to listen to the safety announcements which will be made prior to the start of each session
3. The Promoter and Pool Management reserve the right o refuse admission to any person whose behaviour is considered unsafe to themselves or to others or is against the pool rules, these conditions or the efficient running of the Meet
4. 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.

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www.norwichswansc.co.uk

*3ER180720*

**Norwich Swan Open Meet**

Programme of Events

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Saturday 21st April 2018** | | | | | | |
| **Session 1 - Warm up TBC** | | | **Session 2 - Warm up TBC** | | | |
| **Event Number** | **Sex** | **Event** | **Event Number** | **Sex** | **Event** | |
| 101 | Boys | 400m Free | 201 | Girls | 400m IM | |
| 102 | Girls | 200m IM | 202 | Boys | 200m Back | |
| 103 | Boys | 100m Breast | 203 | Girls | 100m Free | |
| 104 | Girls | 100m Back | 204 | Boys | 100m Fly | |
| 105 | Boys | 50m Back | 205 | Girls | 200m Breast | |
| 106 | Girls | 50m Breast | 206 | Boys | 50m Fly | |
| 107 | Boys | 200m Fly | 207 | Girls | 50m Free | |
| 108 | Girls | 200m Free |  |  |  | |
| **Sunday 22nd April 2018** | | | | | | |
| **Session 3 - Warm up TBC** | | | **Session 4 - Warm up TBC** | | | |
| **Event Number** | **Sex** | **Event** | **Event Number** | **Sex** | | **Event** |
| 301 | Girls | 400m Free | 401 | Boys | | 400m IM |
| 302 | Boys | 200m IM | 402 | Girls | | 200m Back |
| 303 | Girls | 100m Breast | 403 | Boys | | 100m Free |
| 304 | Boys | 100m Back | 404 | Girls | | 100m Fly |
| 305 | Girls | 50m Back | 405 | Boys | | 200m Breast |
| 306 | Boys | 50m Breast | 406 | Girls | | 50m Fly |
| 307 | Girls | 200m Fly | 407 | Boys | | 50m Free |
| 308 | Boys | 200m Free |  |  | |  |

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Cut Off Times

Entry Times must be SLOWER than the times listed below

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Girls** |  |  |
| **EVENT** | **12/U** | **13** | **14** | **15/O** |
| **50 Fr** | 31.29 | 30.17 | 29.30 | 28.16 |
| **100 Fr** | 1:08.39 | 1:06.12 | 1:03.55 | 1:00.51 |
| **200 Fr** | 2:27.58 | 2:22.35 | 2:17.85 | 2:11.92 |
| **400 Fr** | 5:07.22 | 4:57.47 | 4:51.51 | 4:36.70 |
| **50 Br** | 41.05 | 39.20 | 38.02 | 37.08 |
| **100 Br** | 1:29.76 | 1:24.26 | 1:23.83 | 1:20.61 |
| **200 Br** | 3:10.96 | 3:02.86 | 2:58.94 | 2:54.25 |
| **50 Fly** | 34.98 | 33.53 | 32.04 | 30.91 |
| **100 Fly** | 1:21.02 | 1:16.99 | 1:13.69 | 1:08.05 |
| **200 Fly** | 3:06.94 | 3:03.60 | 2:49.62 | 2:38.88 |
| **50 Ba** | 36.04 | 34.66 | 33.57 | 32.21 |
| **100 Ba** | 1:17.06 | 1:13.93 | 1:11.77 | 1:08.93 |
| **200 Ba** | 2:43.17 | 2:39.18 | 2:36.48 | 2:28.73 |
| **200 IM** | 2:46.42 | 2:43.11 | 2:36.51 | 2:30.78 |
| **400 IM** | 5.56.70 | 5.46.67 | 5.36.68 | 5.29.05 |
| **Boys** | | | | |
| **Event** | **12/U** | **13** | **14** | **15/O** |
| **50 Fr** | 31.38 | 29.61 | 27.90 | 25.07 |
| **100 Fr** | 1:09.42 | 1:05.73 | 1:02.09 | 54.83 |
| **200 Fr** | 2:29.60 | 2:22.78 | 2:15.20 | 1:59.70 |
| **400 Fr** | 5:12.64 | 5:00.67 | 4:46.74 | 4:15.03 |
| **50 Br** | 41.65 | 38.52 | 36.30 | 33.04 |
| **100 Br** | 1:32.57 | 1:26.17 | 1:21.50 | 1:11.02 |
| **200 Br** | 3:15.27 | 3:08.45 | 2:57.13 | 2:37.30 |
| **50 Fly** | 35.40 | 32.82 | 31.33 | 27.67 |
| **100 Fly** | 1:23.70 | 1:16.83 | 1:11.76 | 1:01.27 |
| **200 Fly** | 3:10.74 | 3:01.33 | 2:46.91 | 2:20.30 |
| **50 Ba** | 36.42 | 34.20 | 32.39 | 29.10 |
| **100 Ba** | 1:18.84 | 1:14.72 | 1:11.09 | 1:02.40 |
| **200 Ba** | 2:45.21 | 2:39.91 | 2:32.04 | 2:15.41 |
| **200 IM** | 2:51.53 | 2:41.97 | 2:34.00 | 2:16.47 |
| **400 IM** | 6:03.04 | 5:46.39 | 5:29.63 | 4.51.96 |

**Norwich Swan Open Meet**

**21st and 22nd April 2018**

**3ER180720**

**Where possible the meet will be swum under ASA Laws & Regulations and ASA Technical Rules of Racing**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 (SC)\*** | | **IF CONVERTED STATE LONG COURSE TIME\*:** | | | | | | | |
| **50M FREESTYLE** | **£4.50** | |  | |  | | | | | | | |
| **100M FREESTYLE** | **£4.50** | |  | |  | | | | | | | |
| **200M FREESTYLE** | **£4.50** | |  | |  | | | | | | | |
| **400M FREESTYLE** | **£4.50** | |  | |  | | | | | | | |
| **50M BACKSTROKE** | **£4.50** | |  | |  | | | | | | | |
| **100M BACKSTROKE** | **£4.50** | |  | |  | | | | | | | |
| **200M BACKSTROKE** | **£4.50** | |  | |  | | | | | | | |
| **50M BREASTSTROKE** | **£4.50** | |  | |  | | | | | | | |
| **100M BREASTSTROKE** | **£4.50** | |  | |  | | | | | | | |
| **200M BREASTSTROKE** | **£4.50** | |  | |  | | | | | | | |
| **50M BUTTERFLY** | **£4.50** | |  | |  | | | | | | | |
| **100M BUTTERFLY** | **£4.50** | |  | |  | | | | | | | |
| **200M BUTTERFLY** | **£4.50** | |  | |  | | | | | | | |
| **200M IM** | **£4.50** | |  | |  | | | | | | | |
| **400M IM** | **£4.50** | |  | |  | | | | | | | |
| **TOTAL ENTRIES** | | |  | | **£** | | | | | | | |
| **CONSC Admin Fee** | | | **£5.00** | | **£5.00** | | | | | | | |
| **Total** | | |  | | **£** | | | | | | | |

**CONSC CLOSING DATE FOR ENTRIES IS Friday 9th March 2018**

Please return this form to Tracey Spinner, UEA or Hewett Club Mailbox or 16 Ethel Road, Norwich, NR1 4DB, with a cheque made payable to: **City of Norwich Swimming Club Limited.** If you wish to pay by BACS please use the reference **NOST18** and the first 4 letters of your swimmers name, payment to Account 59071068; Sort 30-96-17.