# **2018 Club Championships**

Thurs-Fri 20-21st September 2018 Licence L4 Number: 4ER180444

Thurs 27th & Sat 29th September 2018 Licence L4 Number: 4ER180445

**Held under ASA Laws & Regulations and Technical Rules of Racing**

**For City of Norwich Swimming Club Members (including Link Swimmers) Only**

**Entrants must be CAT 1 or CAT 2 ASA Members**

Thu 20th Sep 5pm Sportspark UEA

Fri 21st Sep 5pm Sportspark UEA

Thu 27th Sep 5pm Sportspark UEA

Sat 29th Sep 7am Sportspark UEA

## Event Information and Entry Form

**CoNSC Meet Promoter: Tracey Spinner**

# **2018 City of Norwich Swimming Club Championships**

Licence Level 4: 4ER180444 and 4ER180445

**Venue** Sportspark, Norwich NR4 7TJ

**Pool** 8 Lane Short Course Racing Pool

 Electronic Timing & 8-Lane Display

### **Age-groups** 7, 8, 9, 10, 11, 12/13, 14/15, 16yrs/over (Age as on 29th September2018)

**Events** All events will be timed finals

All ages eligible for 100IM, 200m IM, 50m & 200m All Strokes

9yrs/+ may enter 100m Fl/Bc/Br/Fr

10yrs/+ may enter 400m Fr, 800Fr (Girls), 1500Fr (Boys), 400 IM

**Awards** Medals will be given on the day for each event to the first 3 places **by age group**

Trophies will be given on the day for trophy events in each age group.

**Data** City of Norwich Swimming Club 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 such as name, club, recorded and entered times may be made public during or after the meet.

**Entries** Entry is for City of Norwich Swimming Club members (including Link Swimmers) only

Entrants must be Cat 1 or Cat 2 ASA Members

Entry forms to Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB

Or Sportspark Noticeboard Mailbox, or Hewett Green Box

**Promoter** Meet Promoter is Tracey Spinner (in the event of Tracey Spinner not being available there may be a Day Promoter).

**Fee** £4.00 per event

**Closing Date Monday 10th September 2018**

**Seeding** All events will be seeded and spearheaded swum slow-to-fast based on entry times. If no time is available then swimmers will be entered with ‘no time’ – ‘NT’.

**Starts** Over the top starts may be used at the Referee's discretion.

**Results** Web-live at the championships, Meet Mobile live app event compatible, posted on the CoNSC website & sent to the ASA for inclusion in the national rankings.

##### **Spectators** Free Entry – included in event fees - programmes will be on sale

**Health & Safety** Only swimmers who have reached the standard of the ASA Competitive Start Award are permitted to start from the starting blocks. If unable to execute a competent racing dive do not use starting blocks during this gala.

It is the responsibility of the swimmer and/or parent to declare to the referee any disability or medical condition that could present a health or safety risk. If such a disability or medical condition exists swimmers must produce a medical certificate confirming that their participation presents no health or safety problems.

**Camera Use** In accordance with the Swim England 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 meet promoter.

**General** 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.

# **2018 City of Norwich Swimming Club Championships**

###### **20th – 29th September 2018**

Licence Level 4: 4ER180444 and 4ER180445

**Programme of Events**

**Thursday 20th September 2018**

Session 1 – w-up 5pm, start 5.30pm, finish 8:30pm approx

Event 101 Boys 10/over 400 IM TF

Event 102 Girls Open 200 IM TF

Event 103 Boys Open 200 Freestyle TF

Event 104 Girls Open 50 Breaststroke TF

Event 105 Boys Open 50 Backstroke TF

Event 106 Girls 9/over 100 Backstroke TF

Event 107 Boys 9/over 100 Breaststroke TF

Event 108 Girls 10/over 400 Freestyle TF

**Friday 21st September 2018**

Session 2 - w-up 5pm, start 5.30pm, finish 8:15pm approx

Event 201 Girls Open 200 Butterfly TF

Event 202 Boys Open 200 Breaststroke TF

Event 203 Girls Open 100 IM TF

Event 204 Boys 9/over 100 Butterfly TF

Event 205 Girls 9/over 100 Freestyle TF

Event 206 Boys Open 200 Backstroke TF

Event 207 Girls Open 50 Freestyle TF

Event 208 Boys Open 50 Butterfly TF

**Thursday 27th September 2018**

Session 3 - w-up 5pm, start 5.30pm, finish 8:30pm approx

Event 301 Girls 10/over 400 IM TF

Event 302 Boys Open 200 IM TF

Event 303 Girls Open 200 Freestyle TF

Event 304 Boys Open 50 Breaststroke TF

Event 305 Girls Open 50 Backstroke TF

Event 306 Boys 9/over 100 Backstroke TF

Event 307 Girls 9/over 100 Breaststroke TF

Event 308 Boys 10/over 400 Freestyle TF

**Saturday 29th September 2018**

Session 4 - w-up 7am, start 7.30am, finish 9.15am approx

Event 401 Girls 10/over 800m Freestyle TF

Event 402 Boys 10/over 1500m Freestyle TF

Session 5 - w-up 9:15 start 9.45am, finish 11.30pm approx

Event 501 Boys Open 200 Butterfly TF

Event 502 Girls Open 200 Breaststroke TF

Event 503 Boys Open 100 IM TF

Event 504 Girls 9/over 100 Butterfly TF

Event 505 Boys 9/over 100 Freestyle TF

Event 506 Girls Open 200 Backstroke TF

Event 507 Boys Open 50 Freestyle TF

Event 508 Girls Open 50 Butterfly TF

# **2018 City of Norwich Swimming Club Championships**

###### **20th – 29th September 2018**

Licence Level 4: 4ER180444 and 4ER180445

|  |
| --- |
| **INDIVIDUAL ENTRY FORM** |
| **FORENAME:** |  | **SURNAME:** |  |
| **CLUB:** |  | **AGE (@ 29/09/18):** |  |
| **SEX:** | **MALE/FEMALE** | **DATE OF BIRTH:** |  |
| **EMAIL ADDRESS:** |  | **DISABILITY CLASSIFICATION:** |  |
| **TELEPHONE NO:** |  | **ASA REG NO** |  |  |  |  |  |  |  |
|  |  |  |  |  |
| **EVENT** | **COST PER EVENT** | **7-8 YEAR OLD** | **9/OVER** | **10/OVER** |
| **50M FREESTYLE** | £4.00 |  |  |  |
| **100M FREESTYLE** | £4.00 |  |  |  |
| **200M FREESTYLE** | £4.00 |  |  |  |
| **400M FREESTYLE** | £4.00 |  |  |  |
| **800M FREESTYLE (GIRLS)** | £4.00 |  |  |  |
| **1500M FREESTYLE (BOYS)** | £4.00 |  |  |  |
| **50M BACKSTROKE** | £4.00 |  |  |  |
| **100M BACKSTROKE** | £4.00 |  |  |  |
| **200M BACKSTROKE** | £4.00 |  |  |  |
| **50M BREASTSTROKE** | £4.00 |  |  |  |
| **100M BREASTSTROKE** | £4.00 |  |  |  |
| **200M BREASTSTROKE** | £4.00 |  |  |  |
| **50M BUTTERFLY** | £4.00 |  |  |  |
| **100M BUTTERFLY** | £4.00 |  |  |  |
| **200M BUTTERFLY** | £4.00 |  |  |  |
| **100M IM** | £4.00 |  |  |  |
| **200M IM** | £4.00 |  |  |  |
| **400M IM** | £4.00 |  |  |  |
|  | *Total Events @ £4.00* |  |  | **£** |
|  | *Admin Fee* | **£5.00** |
|  |  | **Final Total:** | **£** |

\*Please tick the events you wish to enter – our Hytek database will submit your PB. Younger swimmers may be entered with no time (NT) in the event of no pb. If you are not sure which events to enter please talk to your coach.

Please return this form to Tracey Spinner, CONSC, 16 Ethel Road, Norwich, NR1 4DB, with a cheque made payable to: **City of Norwich Swimming Club Ltd** by Monday 10th September 2018. Alternatively post your form in the Club Mailbox at Sportspark or put it in the Green Box at Hewett. **Any cash payments must be handed over in person.**

# **2018 City of Norwich Swimming Club Championships**

###### **20th – 29th September 2018**

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Every home meet run by the City of Norwich SC takes over 40 volunteers to run. Club Championships is the ideal meet to start helping if you have not done so before. Please let me know below if you are available to support the Club Championships, and in what capacity:

|  |  |
| --- | --- |
| **Name** |  |
| **Squad** |  |
| **Email Address** |  |
| **Phone Number:** |  |
| **Role** | Please indicate the role you would like to have a go at and when you are available (tick) |
|  | **20th**  | **21st** | **27th** | **29th** |
| **Programme Sales** |  |  |  |  |  |
| **Heat Marshal** |  |  |  |  |  |
| **Timekeeper** |  |  |  |  |  |
| **Medal Table** |  |  |  |  |  |
| **Runner** |  |  |  |  |  |
| **Official** |  |  |  |  |  |
| **Team Manager** |  |  |  |  |  |

Send this form in with the entry form. For further information about volunteer roles talk to Tracey Spinner.