



# 2018 Club Championships

Thurs-Fri 20-21<sup>st</sup> September 2018 Licence L4 Number: 4ER180444

Thurs 27<sup>th</sup> & Sat 29<sup>th</sup> 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 20 <sup>th</sup> Sep	5pm	Sportspark UEA
Fri 21 <sup>st</sup> Sep	5pm	Sportspark UEA
Thu 27 <sup>th</sup> Sep	5pm	Sportspark UEA
Sat 29 <sup>th</sup> Sep	7am	Sportspark UEA

**Event Information and Entry Form**

**CoNSC Meet Promoter: Tracey Spinner**

## 2018 City of Norwich Swimming Club Championships

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<b>Venue</b>	Sportspark, Norwich NR4 7TJ
<b>Pool</b>	8 Lane Short Course Racing Pool Electronic Timing & 8-Lane Display
<b>Age-groups</b>	7, 8, 9, 10, 11, 12/13, 14/15, 16yrs/over (Age as on 29th September 2018)
<b>Events</b>	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
<b>Awards</b>	Medals will be given on the day for each event to the first 3 places <b>by age group</b> Trophies will be given on the day for trophy events in each age group.
<b>Data</b>	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.
<b>Entries</b>	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
<b>Promoter</b>	Meet Promoter is Tracey Spinner (in the event of Tracey Spinner not being available there may be a Day Promoter).
<b>Fee</b>	£4.00 per event
<b>Closing Date</b>	<b>Monday 10<sup>th</sup> September 2018</b>
<b>Seeding</b>	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'.
<b>Starts</b>	Over the top starts may be used at the Referee's discretion.
<b>Results</b>	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.
<b>Spectators</b>	Free Entry – included in event fees - programmes will be on sale
<b>Health &amp; Safety</b>	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.
<b>Camera Use</b>	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.
<b>General</b>	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**  
**20<sup>th</sup> – 29<sup>th</sup> September 2018**

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**Programme of Events**

**Thursday 20<sup>th</sup> 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 21<sup>st</sup> 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 27<sup>th</sup> 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 29<sup>th</sup> 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

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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			
	<i>Total Events @ £4.00</i>			£
	<i>Admin Fee</i>			£5.00
		<b>Final Total:</b>		£

\*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 10<sup>th</sup> 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.**



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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:

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

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