

MINI MEET



22nd June 2019

3.00pm warm-up for 3.30pm start at Sportspark, UEA

- Age as at 22nd June 2019.**
- Restrictions:** 25m events are open to swimmers age 5-10; 50m and 100m events are open to ages 5-12. Swimmers may only enter 1 distance per stroke.
- Cut off times:** All swimmers age 9/over cannot swim the 50m or 100m events if they are **faster than** the cut off times for their age group as listed in the table below. If faster than the 50m time the swimmer cannot swim the 25m distance.
Please speak to your coach/teacher before entry if you need to confirm events.

Cut Off Times:	9 years	10 years	11 years	12 years
50 Freestyle	42.0	37.0	35.0	33.0
50 Butterfly	57.0	50.0	43.0	33.0
100 IM	1:47.0	1:36.0	1:27.0	1:21.0
50 Backstroke	49.0	44.0	42.0	38.0
50 Breaststroke	50.0	49.0	47.0	44.0

- Awards:** Bronze, Silver and Gold Badges & Certificates will be available to purchase for those achieving ASA award times.
- Medals/Ribbons:** For 1-6th place swimmers there will be awards (medals 1st – 3rd, ribbons 4th – 6th) in each 25m event in the following age groups: **6/under, 7, 8, 9, 10.** In the 50m and 100m events there will be awards for swimmers placing 1st – 6th in the following age groups: **7/under, 8, 9, 10, 11, 12.**
- Entry Fee:** There will be a small charge of £3.00 each for spectators - this includes a programme.
- Entry To:** Return form indicating in the tick box below whether you are paying by Cheque or BACS payment .
 Cheques payable to **City of Norwich Swimming Club Ltd** to: **Helen Crowley, CONSC, 48 Constitution Hill, Norwich, NR3 4BT.**
 BACS Payment 59071068 30-96-17 REF: JMM19 Name: **Closing date 1st June 2019. Events £3.00 each.**
 Please check Penguins/CoNSC websites for detail on what to do on the day. Alternatively ask your coach/teacher/squad rep.
Any other queries, please contact Helen Crowley on 07910041149 or email: CONSCminimeet@gmail.com

Mini Meet Entry – 22nd June 2019

NAME:		SURNAME:	
SQUAD/ PENGUINS CLASS:	DOB:	GENDER:	
FULL ADDRESS:			
POSTCODE:	EMAIL:		
EVENT	DISTANCE Tick either 25m or 50m		ENTRY TIME IF KNOWN
	25M	50M	
FREESTYLE			
BUTTERFLY			
INDIVIDUAL MEDLEY (100M)			
BACKSTROKE			
BREASTSTROKE			
TOTAL EVENTS		@ £3 each	= £

ONLY COMPLETE THIS SECTION IF YOU PLAN TO VOLUNTEER: Parents/Families of Swimmers: It takes over 40 volunteers to run a well organised, relaxed and above all safe gala. Most jobs are not difficult and with plenty of helpers it can be fun! No prior experience is needed. If you can help please complete your details below or contact Helen Crowley on 07910041149 or email CONSCminimeet@gmail.com.

I/we would like to help at the Gala on 22nd June 2019. Please ring your preference to help: **POOLSIDE** **GALLERY**

Name(s): _____ Email: _____

THERE MAY BE A JUDGE LEVEL 1/TIMEKEEPER COURSE RUNNING AT THIS MEET. IF YOU ARE INTERESTED AND WOULD LIKE TO ENROL PLEASE TICK HERE AND WE WILL SEND YOU AN APPLICATION FORM.