

Mid-Summer Madness Open 2019 – Level 3 Long Course (Level 3 License No.3ER191302)

Sportspark, UEA, Norwich: Saturday 6th July 2019
Under Swim England Laws & Technical Rules

| | |
|--------------------|---|
| Venue | Sportspark, UEA, Norwich, NR4 7TJ |
| Pool | 8 Lane Long Course Racing Pool Electronic Timing & 8-Lane Display Free Parking |
| Age Groups: | 9, 10, 11, 12, 13, 14 and over Ages as at 6th July 2019 |
| Awards | Medals to Podium Finishes in All Events, All Age Groups Top Male Athlete & Top Female Athlete Awards Top Visiting Club Award plus spot prizes |

*** Level 3 Long Course Meet ***

*** 8 Lane Long Course Racing Pool, Electronic Timing, Quality Racing Blocks ***

*** Free Parking ***

*** Real Time Results on Meet Mobile – Free WIFI ***

| | |
|----------------------------------|---|
| Events | 50m, 100m All Strokes 200m Freestyle & 200m IM |
| Fees | Race Entry Fee: £5.50 per event Spectator Entry: £5.00 per session or £10.00 all day Programmes: £3.00 – limited to first 100 (Meet Mobile Free of Charge) |
| Entries To Meet Promoter: | Tracey Spinner, CONSC, 16 Ethel Road, Norwich, NR1 4DB Enquiries can be e-mailed to tbirdspinner@gmail.com - call/text 07970289643 |
| Closing Date | Friday 14th June 2019 |

City of Norwich Swimming Club Mid-Summer Madness Open 2019 - Long Course Format - (Level 3 License No. 3ER191302)

Sportspark ,UEA, Norwich: Saturday 6th July 2019

Under Swim England Laws & Technical Rules - *Meet Conditions*

1. The event will be held at Sportspark, UEA, on 6th July 2019, held under Swim England Laws and Regulations, Swim England Technical Rules of Racing and to the Swim England Open Meet Licensing Criteria. Entries may only be accepted from Swim England, Swim Scotland or Swim Wales members; or competitors from one of the countries affiliated to FINA.
2. **Competitors' ages shall be as at 6th July 2019.**
3. All entries must be long course times or converted short course times, and must be **slower** than the cut off times listed. Swimmers with no times may also enter. Swimmers wishing to enter who are faster than the cut off times may be permitted **after** the closing date, but will be listed as "exhibition swims" and will not be eligible for medals.
4. **Individual entries** from visiting swimmers shall be made on the official entry forms and will be subject to an additional £5 administration charge **per swimmer**. This charge will be waived if the swimmer is entered using the Hytek TM electronic entry file.
5. Where there are 3 or more competitors entered by a Club, entries **MUST** be submitted electronically with a summary form, Hytek TM Entry File, Entry Report and either 1 cheque payable to the City of Norwich Swimming Club Ltd or payment by BACS.
6. If you wish to pay by BACS please make payment to Account 59071068, Sort 30-96-17, City of Norwich Swimming Club. Make reference to MSM17 and add your club name.
7. Entry file, summary form **and** payment must be received by 15/06/18. Clubs manually entering 3/o swimmers will be subject to a £25 administrative charge **BEFORE** entries are processed.
8. Swimmers in possession of Swim England Certificate of Swimming Disability or whose Swim England membership record details a disability sport class (S1-S15) are welcome to enter the competition. An entry time from Swim England Rankings must be provided. Personal care attendants are permitted for swimmers who require them without the need to pay for an additional Poolside Pass.
9. Masters swimmers are eligible to enter if they are able to evidence entry times from a Masters results site.
10. Should the meet be oversubscribed we will be operating a waiting list to fill lanes following withdrawals on the day. If you wish names to be added to the waiting list contact the promoter after accepted/rejected entries have been published. Swimmers on the waiting list must still comply with the meet entry criteria.
11. The promoter retains the right to accept entries on a first come first served basis. If the number of entries meeting the entry criteria is high the promoter reserves the right to limit entries by closing entry early to enable the gala to meet licensing requirements. Entries received will be acknowledged by email, but must be made in full (ie electronic entry file, payment, club summary form, entry summary report). Partial entries and entries received after the closing date may not be accepted.
12. Accepted entries will be published on www.cityofnorwichsc.co.uk approx 2 weeks prior to the competition. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of mistakes or changes required. Club contacts will be notified of rejections where/if appropriate. No on the day entries will be accepted unless the swimmer is on the waiting list and a formal withdrawal has been made.
13. There will be no refund of entry fees unless entries are rejected.
14. The meet promoter may check entries against rankings. Falsely entered times will be rejected without a refund.
15. **Swimmers withdrawing from events:** Each Club should have their own record of swimmers entered. Swimmers unable to compete must be withdrawn. Withdrawal forms are available from the timing desk - with a £5 penalty for failure to notify 45 minutes prior to the start of the first event in each session.
16. The pool length is 50 metres, 8 lanes with anti-wave ropes and Omega electronic timing. The depth of the pool is 1.8m. A secondary strobe for the starting system is available.
17. Competitors must report to the marshalling area in a timely manner, normally 1 event prior to their own, where they will be placed in start order. Any swimmer not reporting may be deemed to have withdrawn from that event. It is the club/swimmer duty to check the start lists and report in a timely manner.
18. Heats will be seeded on submitted times and spearheaded. All events are timed finals, and the first 3 swimmers in each age group will receive awards. Swimmers who entered as exhibition swimmers will not be eligible for medals but may be awarded speeding tickets if they swim faster than the cut off time on the day. Awards will be made to the Top Boy, Top Girl and Top Visiting Club. All competitors' points will go towards Top Visiting Club points tally, including speeders. Speeders on entry will not be eligible for Top Boy or Top Girl.
19. 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. Items have gone missing in the past so please look after your belongings. **UEA Sportspark lockers require a padlock which you should bring with you, or hire from Sportspark reception.** Please minimise the number of kit bags brought poolside.
20. Entries to this meet will be processed in accordance with our privacy notice for swim meets. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials, coaches/team managers has been passed to use by a swim club rather than by the individuals themselves, we rely on the swim club to ensure that consent has been obtained. If required, the club should be able to provide evidence to us that such consent has been given. Please see "Meets Privacy Policy" at <https://www.cityofnorwichsc.co.uk/> for further information.
21. Closing date for full entry submission is **7pm on 14th June 2019.**
22. Charges as follow:
 - Entry Fees £5.50 per event
 - Coaches Passes £10.00 (no food); £15 (with food)
 - Spectator fees £5.00 per session or £8.00 for the day.
 - Concessions – children age 8/u £4 for the day
 - Programmes for the meet £3.00, limited to first 100.
23. Coaches' passes will not be sold on the day.
24. 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 promoter.
25. 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.
26. Warm up protocol: 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. Swimmers using sprint lanes must swim 15m before slowing up. 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.
27. A secondary starting strobe will be available at this meet.
28. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Laws, Regulations and the Swim England Technical Rules of Racing.

We hope you have an enjoyable meet and please let us know of anything you think could help us to improve the meet in the future

City of Norwich Swimming Club Mid-Summer Madness Open 2019
Long Course Format - (Level 3 License No. 3ER191302)

Sportspark, UEA, Norwich: Saturday 6th July 2019

Session 1 – Warm up 8.30am – Start 9.30am

| | | | | |
|---------|-------|------------|------------------|----|
| Event 1 | Girls | 9 and over | 200 IM | TF |
| Event 2 | Boys | 9 and over | 200 Freestyle | TF |
| Event 3 | Girls | 9 and over | 100 Butterfly | TF |
| Event 4 | Boys | 9 and over | 100 Breaststroke | TF |
| Event 5 | Girls | 9 and over | 50 Breaststroke | TF |
| Event 6 | Boys | 9 and over | 50 Backstroke | TF |
| Event 7 | Girls | 9 and over | 100 Backstroke | TF |

Session 2 – Warm up TBA – Start TBA*

| | | | | |
|----------|-------|------------|------------------|----|
| Event 8 | Girls | 9 and over | 200 Freestyle | TF |
| Event 9 | Boys | 9 and over | 200 IM | TF |
| Event 10 | Girls | 9 and over | 100 Breaststroke | TF |
| Event 11 | Boys | 9 and over | 100 Freestyle | TF |
| Event 12 | Girls | 9 and over | 50 Freestyle | TF |
| Event 13 | Boys | 9 and over | 50 Butterfly | TF |

Session 3 – Warm up TBA – Start TBA*

| | | | | |
|----------|-------|------------|-----------------|----|
| Event 14 | Boys | 9 and over | 100 Backstroke | TF |
| Event 15 | Girls | 9 and over | 50 Butterfly | TF |
| Event 16 | Boys | 9 and over | 50 Breaststroke | TF |
| Event 17 | Girls | 9 and over | 100 Freestyle | TF |
| Event 18 | Boys | 9 and over | 100 Butterfly | TF |
| Event 19 | Girls | 9 and over | 50 Backstroke | TF |
| Event 20 | Boys | 9 and over | 50 Freestyle | TF |

* Sessions 2 and 3 start times may change depending on entries.
Information will be posted with accepted entries.



Cut off Times – Long Course *(Swimmers must be slower than these times)*

| Event | | BOYS | | | | | | GIRLS | | | | | |
|--------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | 9 | 10 | 11 | 12 | 13 | 14+ | 9 | 10 | 11 | 12 | 13 | 14+ |
| Freestyle 50m | Cut off | 35.00 | 33.50 | 32.00 | 30.00 | 28.00 | 26.00 | 35.00 | 33.50 | 31.00 | 30.00 | 29.00 | 28.00 |
| Freestyle 100m | Cut off | 1.13.00 | 1.10.00 | 1.07.00 | 1.04.00 | 1.01.00 | 56.00 | 1.14.00 | 1.10.00 | 1.07.00 | 1.04.50 | 1.02.00 | 1.00.00 |
| Freestyle 200m | Cut off | 2.40.00 | 2.32.00 | 2.24.00 | 2.16.00 | 2.10.00 | 2.04.00 | 2.44.00 | 2.33.00 | 2.24.00 | 2.18.00 | 2.14.00 | 2.10.00 |
| Breaststroke 50m | Cut off | 42.00 | 39.50 | 37.50 | 35.50 | 33.50 | 31.50 | 44.00 | 42.00 | 40.00 | 38.00 | 37.00 | 36.00 |
| Breaststroke 100m | Cut off | 1.29.50 | 1.25.50 | 1.21.50 | 1.17.50 | 1.13.50 | 1.09.50 | 1.34.00 | 1.29.00 | 1.25.00 | 1.21.00 | 1.18.00 | 1.15.00 |
| Butterfly 50m | Cut off | 37.50 | 35.50 | 33.50 | 31.50 | 29.50 | 27.50 | 38.50 | 36.00 | 34.00 | 32.00 | 31.50 | 31.00 |
| Butterfly 100m | Cut off | 1.23.00 | 1.19.00 | 1.15.00 | 1.11.00 | 1.07.00 | 1.02.00 | 1.23.00 | 1.20.00 | 1.16.00 | 1.12.00 | 1.09.00 | 1.06.00 |
| Backstroke 50m | Cut off | 40.50 | 38.50 | 36.50 | 34.50 | 32.50 | 30.50 | 40.50 | 38.50 | 36.50 | 35.00 | 33.50 | 32.00 |
| Backstroke 100m | Cut off | 1.24.00 | 1.20.00 | 1.16.00 | 1.12.00 | 1.08.00 | 1.04.00 | 1.24.00 | 1.20.00 | 1.18.00 | 1.14.00 | 1.10.00 | 1.08.00 |
| Ind Medley 200m | Cut off | 2.58.00 | 2.50.00 | 2.42.00 | 2.34.00 | 2.26.00 | 2.18.00 | 2.58.00 | 2.50.00 | 2.44.00 | 2.40.00 | 2.34.00 | 2.28.00 |



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Sportspark, UEA, Norwich: Saturday 6th July 2019

External Club Summary Entry Form

Please return this completed form when entering multiple swimmers with a **SINGLE** cheque* payable to **City of Norwich Swimming Club Ltd**, along with a large stamped addressed envelope to:

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

NB The club electronic entry file must be emailed to: tbirdspinner@gmail.com.

Closing date for full entry submission: Friday 14th June 2019

| | | | |
|-----------------------|-------------------|---------------|-------------|
| Club Name: | | | |
| Contact Name: | | | |
| Email Address: | | | |
| Telephone No: | | | |
| | | | |
| Entry Details: | | | |
| | | Number | Cost |
| Individual entries | @ £5.50 per event | | £ |
| Coach Pass | @£10.00 No Food | | £ |
| | @£15.00 With Food | | |
| TOTAL | | | £ |

* If you wish to pay by BACs please make payment to Account: 59071068; Sort 30-96-17; Ref MSM19 and add your club code. Email tbirdspinner@gmail.com to confirm payment has been made.

Checklist – By the Closing Date Friday 14th June 2019 please ensure you have:

Emailed:

Hytek Entry File
Hytek Meet Entry Report
(BACS Transfer)
Officials Form

OR

Posted:

Club Summary Entry Form (this form)
Hytek Entry Report
Coach/Chaperone Forms
Payment by cheque
Officials Forms



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| INDIVIDUAL ENTRY FORM | | | |
|--|---------------------|------------------------|---------------------------------------|
| FORENAME: | | SURNAME: | |
| CLUB: | | AGE (AS 06/07/19): | |
| SEX: | MALE/FEMALE | DATE OF BIRTH: | |
| EMAIL ADDRESS: | | | |
| TELEPHONE NO: | | | |
| SWIM ENGLAND NO: | | DISABILITY CLASS & NO: | |
| EVENT | COST PER EVENT | ENTRY TIME (LC) | IF CONVERTED STATE SHORT COURSE TIME: |
| 50M FREESTYLE | £5.50 | | |
| 100M FREESTYLE | £5.50 | | |
| 200M FREESTYLE | £5.50 | | |
| 50M BACKSTROKE | £5.50 | | |
| 100M BACKSTROKE | £5.50 | | |
| 50M BREASTSTROKE | £5.50 | | |
| 100M BREASTSTROKE | £5.50 | | |
| 50M BUTTERFLY | £5.50 | | |
| 100M BUTTERFLY | £5.50 | | |
| 200M IM | £5.50 | | |
| | <i>Total Events</i> | | £ |
| <i>CoNSC Swimmers Admin Fee/Visiting Clubs individual manual entry fee</i> | | £5.00 | £ |
| | | Total: | £ |

CLOSING DATE FOR ENTRIES IS 7pm ON Friday 14th June 2019

Please return this form and/or an "Entries Summary Form" as appropriate, to Tracey Spinner, CONSC, 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, make payment to Account: 59071068, Sort 30-96-17, Ref MSM19 plus club or first four letters of your surname. Email promoter when payment has been made.



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Coaches / Chaperone Pass Application Form

Closing date 14th June 2019

| | |
|--|--------------------------------------|
| Full Name: | |
| Club Name: | |
| Position (Coach/TM): | |
| PASS: | @£10 without food @ £15 with food |
| Telephone No: | |
| Email Address: | |
| Swim England Number: | |
| Safeguarding Certificate Expiry Date: | |

The above named person is authorised to hold a pass for this club and has been on the appropriate safeguarding course and has been DBS checked by the club:

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 £10.00 (no food) or £15 (with food) each and include entry to poolside and results service.

Return form to Tracey Spinner, Meet Promoter, on tbirdspinner@gmail.com



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Officials Request Form

| | | | | | | |
|-------------------------------|---|-----------------------------|------|--------------------|-------|--|
| Full Name: | | | | License No: | | |
| Current Qualification: | TK: | JL1: | JL2: | JL2S: | LRef: | |
| Sessions Available: | S1 | | S2 | | S3 | |
| Licensed: | Yes/No | License Expiry Date: | | | | |
| Mobile No: | | | | | | |
| Email Address: | | | | | | |
| Club: | | | | | | |
| Swimmers Name: | | | | | | |
| Dietary Requirements | <i>If you are doing all 3 sessions, please let us know if you would like to join us for lunch and any dietary requirements.</i> | | | | | |
| Mentoring Request | <i>If you require mentoring you are welcome to attend. Please let us know what you require mentoring for:</i> | | | | | |

Submit form with club or swimmer entry, or email separately to Adele Gilbertson at adele.gilbertson@btinternet.com