# 

# **City of Norwich Swimming Club**

# **2019 Club Championships**

**Held under Swim England Laws & Regulations, the Swim England Technical Rules of Swimming and to the Swim England Open Meet Licensing Criteria**

**Thurs-Fri 19-20th September 2019 - License L4 Number: 4ER192688**

**Thurs 26th & Sat 28th September 2019 - License L4 Number: 4ER192689**

**Sat 28th September 2019 – 100IM License L3 Number 3ER192690**

**For City of Norwich Swimming Club Members Only**

**Entrants must be CAT 1 or CAT 2 Swim England Members**

Thu 19th Sep 5pm Sportspark UEA

Fri 20th Sep 5pm Sportspark UEA

Thu 26th Sep 5pm Sportspark UEA

Sat 28th Sep 8am Sportspark UEA

## Event Information and Entry Form

**CoNSC Meet Promoter: Tracey Spinner**

**City of Norwich Swimming Club Championships 2019**

**(Level 4 License No. XXXXXXXX; Level 3 License No. XXXXXX)**

**Sportspark ,UEA, Norwich: Thu 19th, Fri 20th, Thu 26th, Sat 28th September 2019**

1. The competition is a Level 4 licensed meet, held under Swim England Laws, Swim England Technical Rules of Swimming., and these conditions. The 100IM event will be licensed L3 for swimmers age 9/over.
2. The competition is only open to members of City of Norwich Swimming Club.
3. The promoter is Tracey Spinner on behalf of City of Norwich Swimming Club.
4. 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.
5. Age-groups: Age 7/u, 8, 9, 10, 11, 12/13, 14/15, 16yrs/over.
6. Age as at 28th September 2019.
7. Events: All events will be timed finals. All ages eligible for 200m IM, 50m & 200m all Strokes. . 9yrs/+ may enter 100m Fl/Bc/Br/Fr. 10yrs/+ may enter 400m Fr, 400 IM.
8. The competition will take place at the Sportspark, UEA, in an 8 Lane Short Course (25m) Racing Pool with anti-wave devices in place. There will be electronic timing & 8-lane display
9. Heats will be swum as mixed age with swimmers seeded by entry times.
10. Over the top starts may be used at the referee’s discretion.
11. Cost of entry will be £4.00 per event; entry forms to Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB, [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com), or Sportspark Noticeboard Mailbox. Closing date is Monday 9th September, 2019.
12. Results will be posted live to Meet Mobile, after the event they will be posted on the CoNSC website & sent to the British Swimming for inclusion in the national rankings.
13. 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.
14. Participants and spectators are requested to follow the Swim England guidelines for photography and use of photographs on social media. The Swim England Child Safeguarding Policy and Procedures, Wavepower 2016-19 Section 2 provides guidance on the use of social networking (page 72-75) and guidance on photography (page 76–77). <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/> . Both sets of guidance apply if social media platforms are being used to share images or recordings either after the meet or during live streaming of the event.
15. No photography is permitted in changing rooms. Any person found to be contravening this condition will be required to leave the competition and venue without refund.
16. All participants must observe the safety precautions in operation at the Sportspark, UEA. Neither the Promoter nor City of Norwich Swimming Club will be responsible for any loss or damage occurring during this meet.
17. The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes: obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018. Consent to process such personal data is deemed to have been given by the submission of the entry.
18. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Laws, Regulations and Technical Rules of Racing.
19. Spectators will be charged an entry fee of £3**,** there will be a limited number of programmes at £3 each, but details of meet mobile publication will be available..

**City of Norwich Swimming Club Championships 2019 - 1**

**(Level 4 License No. XXXXXXXX; Level 3 License No. XXXXXX)**

**Sportspark ,UEA, Norwich: Thu 19th, Fri 20th, Thu 26th, Sat 28th September 2019**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Thursday 19th September** | | |  | **Friday 20th September** | | |
| **Session 1 – Warmup 5.00pm, Start 5.30pm** | | |  | **Session 2 – Warmup 5.00pm, Start 5.30pm** | | |
|  | | |  | | |
| 101 | Boys | 400 IM - 10/over | 201 | Girls | 200 Butterfly |
| 102 | Girls | 200 IM | 202 | Boys | 200 Breaststroke |
| 103 | Boys | 200 Freestyle | 203 | Girls | 100 Freestyle – 9/over |
| 104 | Girls | 50 Breaststroke | 204 | Boys | 100 Butterfly – 9/over |
| 105 | Boys | 50 Backstroke | 205 | Girls | 100 Butterfly – 9/over |
| 106 | Girls | 100 Backstroke – 9/over | 206 | Boys | 200 Backstroke |
| 107 | Boys | 100 Breaststroke – 9/over | 207 | Girls | 50 Freestyle |
| 108 | Girls | 400 Freestyle – 10/over | 208 | Boys | 50 Butterfly |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Thursday 26th September** | | |  | **Saturday 28th September** | | |
| **Session 3 – Warmup 5.00pm, Start 5.30pm** | | | **Session 3 – Warmup 5.00pm, Start 5.30pm** | **Session 4 – Warmup 8.00am, Start 9.00am** | | |
|  | | |  | | |
| 301 | Girls | 400IM – 10/over | 401 | Boys | 200 Butterfly |
| 302 | Boys | 200IM | 402 | Girls | 200 Breaststroke |
| 303 | Girls | 200 Freestyle | 403 | Boys | 100IM 8/under |
| 304 | Boys | 50 Breaststroke | 404 | Girls | 100IM 8/under |
| 305 | Girls | 50 Backstroke | 405 | Boys | 100 Freestyle – 9/over |
| 306 | Boys | 100 Backstroke – 9/over | 406 | Girls | 200 Backstroke |
| 307 | Girls | 100 Breaststroke – 9/over | 407 | Boys | 50 Freestyle |
| 308 | Boys | 400 Freestyle – 10/over | 408 | Girls | 50 Butterfly |
|  |  |  |  | \*\*1 | Boys | 100IM 9/over |
|  |  |  |  | \*\*2 | Girls | 100IM 9/over |

*\* Session start times may change depending on entries. Information will be posted with accepted entries*

*\*\* 100IM for 9/over licensed to Level 3.*

# **2019 City of Norwich Swimming Club Championships**

###### **19th – 28th September 2019**

**(Level 4 License No. XXXXXXXX; Level 3 License No. XXXXXX)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **INDIVIDUAL ENTRY FORM** | | | | | | | | | | |
| **FORENAME:** |  | **SURNAME:** | | |  | | | | | |
| **CLUB:** |  | **AGE (@ 28/09/19):** | | |  | | | | | |
| **SEX:** | **MALE/FEMALE** | **DATE OF BIRTH:** | | |  | | | | | |
| **EMAIL ADDRESS:** |  | **DISABILITY CLASSIFICATION:** | | | |  | | | | |
| **TELEPHONE NO:** |  | **ASA REG NO** | |  |  |  |  |  |  |  |
|  |  |  | | | | |  | |  | |
| **EVENT** | **COST PER EVENT** | **6-8 YEAR OLD** | **9/OVER** | | | | **10/OVER** | | | |
| **50M FREESTYLE** | £4.00 |  |  | | | |  | | | |
| **100M FREESTYLE** | £4.00 |  |  | | | |  | | | |
| **200M FREESTYLE** | £4.00 |  |  | | | |  | | | |
| **400M FREESTYLE** | £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:** | | | | | **£** | | | |

**Closing Date – Monday 9th September 2019**

\*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. If you would like to pay by BACS make payment to Acct: 59071068, Sort 30-96-17, using the reference CC19 and the first 4 letters of your swimmer’s surname. Email [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com) to confirm payment has been made.

# **2019 City of Norwich Swimming Club Championships**

###### **19th – 28th September 2019**

**(Level 4 License No. XXXXXXXX; Level 3 License No. XXXXXX)**

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** |  | | | |
| **Swimmer’s Name and Squad** |  | | | |
| **Email Address** |  | | | |
| **Phone Number:** |  | | | |
| **Role** | Please indicate the role you would like to have a go at and when you are available (tick) | | | |
|  | **19th** | **20th** | **26th** | **28th** |
| **Door/Entry/**  **Programme Sales** |  |  |  |  |
| **Heat Marshal** |  |  |  |  |
| **Timekeeper** |  |  |  |  |
| **Licensed Official** |  |  |  |  |
| **Medal Table** |  |  |  |  |
| **Runner** |  |  |  |  |
| **Official** |  |  |  |  |
| **Team Manager** |  |  |  |  |

Send this form in with the entry form. For further information about volunteer roles talk to Sally White; for information on officiating talk to Adele Gilbertson.