**[www.cityofnorwichsc.co.uk](http://www.cityofnorwichsc.co.uk)**

**March Long Course L3 Open Meet 2020**

**(Level 3 License No.3ER20019)**

**Sportspark ,UEA, Norwich: Saturday 7th - Sunday 8th March2020**

**Under Swim England Laws & Regulations and Swim England Technical Rules of Swimming**

**Venue** Sportspark, UEA, Norwich, NR4 7TJ

**Pool** 8 Lane Long Course Racing Pool

Electronic Timing & 8-Lane Display

Free Parking

**This is a Level 3 Licensed Meet**

**Age Groups: 9, 10, 11, 12, 13, 14 and over**

Ages as at 8th March 2020

**Awards** Medals to Podium Finishes in All Events, All Age Groups

Top Male Athlete & Top Female Athlete Awards

Top Visiting Club Award

**\* 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, 200m All Strokes & 200m & 400 IM

No 9 year olds in 400 IM

**Fees** Race Entry Fee: £5.50 per event

Spectator Entry: £8 per day, £15 for weekend

Programmes: £4.00 Limited to first 150

Free Parking

**Entries To**

**Meet Promoter:** Tracey Spinner, tbirdspinner@gmail.com – queries call/text 07970289643

**Closing Date 7pm on Friday 7th February 2020**

[**www.cityofnorwichsc.co.uk**](http://www.cityofnorwichsc.co.uk)

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**Sportspark ,UEA, Norwich: Saturday 7th - Sunday 8th March2020**

**Under Swim England Laws & Regulations and Swim England Technical Rules of Swimming**

***Meet Conditions***

1. The event will be held at Sportspark, UEA, on 7-8 March 2020 and is licensed by Swim England at Level 3 under Licence Number 3ER20XXXX. The meet will be run in accordance with Swim England Laws, Swim England Technical Rules of Swimming and these conditions.
2. Entries may only be accepted from Category 2 members of an affiliated club, eligible to compete and registered in accordance with Swim England Laws and Technical Rules, and may enter in the name of one club only. Entries will only be accepted from competitors registered as members of Swim England, SASA or WASA; or competitors from a country affiliated to FINA.
3. The promoter is Tracey Spinner on behalf of City of Norwich Swimming Club. There may be a day promoter undertaking the duties of promoter.
4. **Competitors’ ages shall be as at 8th March 2020 and the age groups are 9, 10, 11, 12, 13 and 14/over.** All entries must be long course times or converted short course times, and must be **slower** than the cut off times listed. Swimmers wishing to enter who are faster than the cut off times will only be permitted if the meet is undersubscribed – and will be listed as “exhibition swims” and will not be eligible for medals.
5. 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 entered as exhibition swimmers will not be eligible for medals but may be awarded speeding tickets if they swim faster than the QT on the day. Awards will be made to Top Boy, Top Girl and Top Visiting Club. All competitors’ points will go towards Top Visiting Club points tally, including speeders.
6. 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.
7. Upper cut-off times are provided. Entry times must have been achieved since 1st September 2019 and be within the qualifying standards.
8. **Closing date for entry: 7pm on 7th February 2020.** The Promoter retains the right to accept club 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).
9. **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. Individual entries will also be accepted on a first come first served basis but may not be acknowledged individual due to volumes. Entries must be made in full, ie emailed form and BACS payment.
10. Where there are **3 or more** competitors entered by a Club, entries shall be submitted electronically with a club summary form, Hytek Entry File and Entry Report and payment by BACS. Entry software can be obtained from [www.cityofnorwichsc.co.uk](http://www.cityofnorwichsc.co.uk). Entry file, summary form **and** payment must be received by 7pm on Friday 7th February. Clubs choosing to request manual entry for more than 3 swimmers will be charged £25 admin fee **BEFORE** entries are processed.
11. Swimmers in possession of a 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 and will swim under IPC swimming rules. Personal care attendants are permitted for swimmers who require them without the need to pay for an additional Poolside Pass.
12. Masters swimmers are welcome and eligible to enter.
13. Accepted entries will be published on [www.cityofnorwichsc.co.uk](http://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 any changes that are required.
14. Should the meet be oversubscribed we will be operating a waiting list for additional entries to fill lanes following formal withdrawal on the day. If you wish your name to be added to the waiting list please contact the Promoter after accepted/rejected entries have been published. Swimmers on the waiting list must still comply with the meet entry criteria.
15. The Promoter confirms there will be no refunds of entry fees unless the entries are rejected by the organisers.
16. **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.
17. Competitors must report to the marshalling area in a timely manner. 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. Coaches’ passes will not be sold on the day – no pass, no admission to poolside.
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. **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. 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.
21. City of Norwich SC uses a computer to manage entries and results. 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. Where the personal data of competitors, officials and coaches/team managers have been passed to us by a swim club rather than by the individuals themselves, we rely on the swim club to ensure that consent has been obtained.
22. Charges as follow:

* Entry Fees £5.50 per event
* Coaches Passes £20.00 (no food); £30 (with food)
* Spectator entry will be by colour coded wrist band and will be charged at £15 for the full weekend, or £8 per day or £4 per session. Spectators will be charged at the higher rate for the day and refunded £4 as the spectator leaves before the start of the next Session & turns in their wrist band.
* Programmes for the meet are £4.00 and limited to 150.

1. Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways. Report issues immediately to a member of pool staff or to the Meet Promoter.
2. Warm up protocol: No diving during 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 lines must swim 15 metres before slowing up. All swimmers must leave the water by the side of the pool and not over the timing pads. Coaches are asked to manage the lanes their swimmers are using during the warm up sessions.
3. 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 Swimming.

**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**

**March Long Course L3 Open Meet 2020**

**(License No. 3ER20019)**

**Sportspark ,UEA, Norwich: Saturday 7th - Sunday 8th March2020**

**Schedule of Events**

**Saturday 7th March**

#### Session 1 – Warm up 8.30am – Start 9.30am\*

Event 101 Girls 9 and over 400 Freestyle HDW

Event 102 Boys 9 and over 200 Freestyle HDW

Event 103 Girls 9 and over 100 Breaststroke HDW

Event 104 Boys 9 and over 100 Backstroke HDW

Event 105 Girls 9 and over 50 Backstroke HDW

Event 106 Boys 9 and over 50 Breaststroke HDW

Event 107 Girls 9 and over 200 Butterfly HDW

#### Session 2 – Warm up tba – Start tba\*

Event 201 Girls 10 and over 400 IM HDW

Event 202 Boys 9 and over 200 IM HDW

Event 203 Girls 9 and over 200 Backstroke HDW

Event 204 Boys 9 and over 200 Breaststroke HDW

Event 205 Girls 9 and over 100 Butterfly HDW

Event 206 Boys 9 and over 100 Freestyle HDW

Event 207 Girls 9 and over 50 Freestyle HDW

Event 208 Boys 9 and over 50 Butterfly HDW

**Sunday 8th March**

#### Session 3 – Warm up 8.30am – Start 9.30am\*

Event 301 Boys 9 and over 400 Freestyle HDW

Event 302 Girls 9 and over 200 Freestyle HDW

Event 303 Boys 9 and over 100 Breaststroke HDW

Event 304 Girls 9 and over 100 Backstroke HDW

Event 305 Boys 9 and over 50 Backstroke HDW

Event 306 Girls 9 and over 50 Breaststroke HDW

Event 307 Boys 9 and over 200 Butterfly HDW

#### Session 4 – Warm up tba – Start tba\*

Event 401 Boys 10 and over 400 IM HDW

Event 402 Girls 9 and over 200 IM HDW

Event 403 Boys 9 and over 200 Backstroke HDW

Event 404 Girls 9 and over 200 Breaststroke HDW

Event 405 Boys 9 and over 100 Butterfly HDW

Event 406 Girls 9 and over 100 Freestyle HDW

Event 407 Boys 9 and over 50 Freestyle HDW

Event 408 Girls 9 and over 50 Butterfly HDW

\* Sessions 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)*** | | | | | | | | | | | | | | | |
|  |  | **BOYS** | | | | | |  | **GIRLS** | | | | | |
| **Event** |  | **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 |
| **Freestyle 400m** | Cut off | 5.30.00 | 5.12.00 | 4.58.00 | 4.42.00 | 4.30.00 | 4.20.00 |  | 5.38.00 | 5.16.00 | 4.58.00 | 4.46.00 | 4.38.00 | 4.30.00 |
| **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 |
| **Breaststroke 200m** | Cut off | 3.08.50 | 3.00.50 | 2.52.50 | 2.46.50 | 2.39.50 | 2.33.50 |  | 3.12.00 | 3.08.00 | 2.59.00 | 2.53.00 | 2.49.00 | 2.45.00 |
| **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 |
| **Butterfly 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 | 2.42.00 | 2.37.00 | 2.32.00 | 2.27.00 |
| **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 |
| **Backstroke 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 | 2.38.00 | 2.30.00 | 2.26.00 |
| **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 |
| **Ind Medley 400m** | Cut off |  | 6.00.00 | 5.44.00 | 5.26.00 | 5.10.00 | 4.54.00 |  |  | 6.00.00 | 5.48.00 | 5.40.00 | 5.28.00 | 5.16.00 |

**March Long Course L3 Open Meet 2020**

**(License No. 3ER20019)**

**Sportspark ,UEA, Norwich: Saturday 7th - Sunday 8th March2020**

**Club Summary Entry Form**

Please return this completed form with your electronic entry file and summary report to: [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com).

Closing date for full entry submission: 7pm on Friday 7th February 2020.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club Name:** |  | | | |
| **Contact Name:** |  | | | |
| **Postal Address:** |  | | | |
| **Email Address:** |  | | | |
| **Telephone No:** |  | | | |
|  |  |  | |  |
| Entry Details: | | | | |
|  |  | **Number** | **Cost** | |
| Individual entries | @ £5.50 per event |  | £ | |
| Coaches Pass | @£20.00 No Food  @£30.00 With Food |  | £ | |
| **TOTAL** | | | £ | |

Payment by BACs to Acct: 59071068, Sort 30-96-17. Use the reference of MLC20 plus the 4 letters of your club short code. Then email [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com) to confirm payment has been made.

**Checklist – By the Closing Date of 7pm on Friday 7th February 2020 please ensure you have:**

**Emailed**:

Hytek Entry File

Hytek Meet Entry Report

(BACS Transfer)

Officials Form

OR

**If you are unable to pay by BACS**:

Club Summary Entry Form (this form)

Hytek Entry Report

Coach/Chaperone Forms

Payment by cheque

Officials Forms

**March Long Course L3 Open Meet 2020**

**Long Course Format – (Level 3 License No. 3ER20019)**

**Sportspark ,UEA, Norwich: Saturday 7th - Sunday 8th March2020**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **INDIVIDUAL ENTRY FORM** | | | | | | | | | | | | | | |
| **FORENAME:** |  | **SURNAME:** | | |  | | | | | | | | | |
| **CLUB:** |  | **AGE (@ 08/03/20):** | | |  | | | | | | | | | |
| **SEX:** | **MALE/FEMALE** | **DATE OF BIRTH:** | | |  | | | | | | | | | |
| **EMAIL ADDRESS:** |  | **DISABILITY CLASSIFICATION:** | | | | | |  | | | | | | |
| **TELEPHONE NO:** |  | **ASA REG 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 | |  | | | |  | | | | | | | |
| **400M FREESTYLE** | £5.50 | |  | | | |  | | | | | | | |
| **50M BACKSTROKE** | £5.50 | |  | | | |  | | | | | | | |
| **100M BACKSTROKE** | £5.50 | |  | | | |  | | | | | | | |
| **200M BACKSTROKE** | £5.50 | |  | | | |  | | | | | | | |
| **50M BREASTSTROKE** | £5.50 | |  | | | |  | | | | | | | |
| **100M BREASTSTROKE** | £5.50 | |  | | | |  | | | | | | | |
| **200M BREASTSTROKE** | £5.50 | |  | | | |  | | | | | | | |
| **50M BUTTERFLY** | £5.50 | |  | | | |  | | | | | | | |
| **100M BUTTERFLY** | £5.50 | |  | | | |  | | | | | | | |
| **200M BUTTERFLY** | £5.50 | |  | | | |  | | | | | | | |
| **200M IM** | £5.50 | |  | | | |  | | | | | | | |
| **400IM** | £5.50 | |  | | | |  | | | | | | | |
|  | *Total Events* | |  | | | | £ | | | | | | | |
| *CoNSC Swimmers Admin Fee/Visiting Clubs individual manual entry fee* | | | £5.00 | | | | £ | | | | | | | |
|  |  | | **Total:** | | | | **£** | | | | | | | |

**CLOSING DATE FOR ENTRIES IS 7pm ON Friday 7th February 2020**

Please return this form and/or an “Entries Summary Form” as appropriate, to Tracey Spinner, [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com), with BACS payment to Acct: 59071068, Sort 30-96-17, using the reference MLC20 and the first 4 letters of your swimmer’s surname.

**March Long Course L3 Open Meet 2020**

**(License No. 3ER20019)**

**Sportspark ,UEA, Norwich: Saturday 7th - Sunday 8th March2020**

**Coaches / Chaperone Pass Individual Application Form**

Closing date 7pm on 7th February 2020

|  |  |
| --- | --- |
| **Full Name:** |  |
| **Club Name:** |  |
| **Position:**  (eg Coach) |  |
| **PASS:** | @ £20 without food  @ £30 with food |
| **Telephone No:** |  |
| **Email Address:** |  |
| **Membership Number:** |  |

**The above named person is authorised to hold a pass for this club 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 £20.00 (no food) or £40 (with food) each and include entry to poolside and results service.

**Officials Request Form**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Full Name:** |  | | | | | | |
| **Current Qualification:** | TK: | JL1: | JL2: | | JL2S: | | LRef: |
| **Sessions**  **Available:** | S1 |  | | S2 | |  | |
|  | S3 |  | | S4 | |  | |
| **Licensed Number:** |  | **Date License Expires:** | |  | | | |
| **Email Address:** |  | | | | | | |
| **Club:** |  | | | | | | |
| **Swimmers Name:** |  | | | | | | |
| **Dietary Requirements** | *If you are doing all 3 sessions, please let us know if you have any special requirements for lunch.* | | | | | | |
| **Mentoring Request** | *Those requiring mentoring are welcome to attend. Please let us know what you require mentoring for:* | | | | | | |