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

**City of Norwich Swimming Club Easter Long Course Meet**

**(Level 1 License No. 1ER200197)**

**Inc British & English Summer Championships Qualification**

**Sportspark ,UEA, Norwich: Fri 10th - Sun 12th April 2020**

**Under Swim England Laws & Regulations & 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 Saturday and Sunday (Friday may be subject to fees)

**Age Groups:** 10, 11, 12, 13/14 15/16 and 17/over

All ages eligible for 50m, 100m, 200m and 400m all strokes

11yrs/+ may enter 800 Mixed Gender, 1500m Mixed Gender

**Ages as at 31st December 2020**

**Awards** British & English Summer Champ Ranking Finals: 50m & 100m all events

Age groups for finals: 13/14, 15/16, 17/Over

Top Male Athlete & Top Female Athlete Awards

Top Visiting Club Award

Spot Prizes

*Medals for finals only in 13/14, 15/16 and 17/over 50m and 100m events.*

**HEATS & FINALS – 2 CHANCES TO IMPROVE RANKINGS FOR BRITISH & ENGLISH SUMMER CHAMPIONSHIPS**

**THREE FULL DAYS OF SWIMMING**

**EXCELLENT FACILITIES WITH FREE PARKING SAT AND SUN**

**RESULTS ON MEET MOBILE AS YOU WATCH – FREE WIFI**

**Events** 50m, 100m & 200m All Strokes

400m Freestyle, 200m & 400m IM

800m Freestyle Mixed Gender, 1500m Freestyle Mixed Gender

**Fees** Race Entry Fee: £7.00 per 50m, 100m, 200m and 400m events

£10.00 per 800m & 1500m

Spectator Entry: £8 per day, £20 for full weekend

Programmes: £5

Free Parking Saturday and Sunday, Friday all day parking rates may apply

**Entries To** Tracey Spinner, [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com)

**Closing Date: 7pm on Friday 13th March 2020**.

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

**City of Norwich Swimming Club Easter Long Course Meet 2020**

**(Level 1 License No. 1 1ER200197)**

**Sportspark ,UEA, Norwich: Fri 10th - Sun 12th April 2020**

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

**Meet Conditions**

1. The event will be held at Sportspark, UEA, on 10th – 12th April 2020, and is licensed by Swim England at Level 1 under Licence Number 1ERXXXX. The meet will be run in accordance with Swim England Laws and Regulations, 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 31st December 2020 and the age groups are 10, 11, 12, 13/14, 15/16 and 17/over.** No 10 year old age group events in 800m Freestyle and 1500m Freestyle.
5. All entries must be long course times and must meet the long course qualifying time. For the 800m and 1500m swimmers must meet the QT and will be limited to 5 heats (800m) and 4 heats (1500m) based on fastest entries split 50/50 male/female – unless the total number of entries does not exceed the total number of capped heats. If there is no long course time available a converted time may be submitted.
6. Heats will be seeded on submitted times and spearheaded. The first 3 swimmers in each age group will receive awards apart from 50m and 100m events where the finalists in the 13/14, 15/16 and 17/over age groups receive medals. Awards will be made to Top Boy, Top Girl and Top Visiting Club. All competitors’ points will go towards Top Visiting Club points tally, points will be awarded as follows for the top 8 places 8,7,6,5,4,3,2 and 1.
7. 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.
8. Qualifying times are provided. Entry times must have been achieved since 1st September 2019 and be within the qualifying standards.
9. Any competitor wishing to withdraw from the 1500m or 800m event can do so and will receive a refund provided notification is received by email two clear weeks before the meet date so that reserves can be notified to fill their place.
10. **Closing date for entry: 7pm on 13th March 2020**. The promoter reserves the right to limit entries. The slowest competitors may be rejected if the meet is over subscribed. The promoters reserve the right to give preference to accepting complete clubs entries when swimmers are travelling from overseas and pre book accommodation and flights. Entries received will be acknowledged by email, but must be made in full (ie electronic entry file, payment, club summary form, entry summary report).
11. **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 may not be acknowledged individually due to volumes. Entries must be made in full, ie emailed form and BACS payment.
12. 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 with BACS payment to Account 59071068, Sort 30-96-17, Ref EM20 + Club short code. If you wish to pay by cheque please email tbirdspinner@gmail.com for further details. Entry software can be obtained from [www.cityofnorwichsc.co.uk](http://www.cityofnorwichsc.co.uk). Clubs choosing manual entry for more than 3 swimmers will be charged £25 admin fee **BEFORE** entries are processed.
13. 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 with times from British Rankings and are not required to meet the qualifying standards, and will swim under IPC swimming rules. Personal care attendants are permitted for swimmers who require them without the need to pay for a Pass.
14. Masters swimmers are eligible to enter if they are able to evidence entry times from a Masters results site and/or times on Rankings.
15. 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.
16. 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.
17. The Promoter confirms there will be no refunds of entry fees unless the entries are rejected by the organisers.
18. **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.
19. Swimmers in the 800m and 1500m events are asked to report to the timing desk at the start of Session 1 (800m) and Session 4 (1500m) to confirm they are swimming. Text confirmation on the day to 07970289643 is also permitted.
20. 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.
21. Coaches’ passes will not be sold on the day – no pass, no admission to poolside.
22. Finalists and reserves for a final must inform the timing desk of their intention to compete **45 minutes** after finalists are announced. Failure to do so will result in the waiting reserve being offered their place. Finalists reporting late will be deemed excluded.
23. 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.
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. 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.
26. Charges as follows:

* Entry Fees £7 per 50m/100m/200m/400m, £10 per 800m/1500m event
* Coaches Passes £20.00 (no food); £40 (with food)
* Spectator entry will be by colour coded wrist band and will be charged at £8.00 per day or £4 per session. Spectators will be charged the higher rate for each day (£8 if you enter in sessions 1, 4, or 7, £4 if you enter in the afternoon) and refunds will be given accordingly as long as the spectator leaves before the start of the next session and turns in their wrist band. On payment of £20 you can enter all sessions for the full Weekend.
* Programmes for the weekend £5.00

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. Please let us know of anything you feel may help us improve the meet in the future.**

**City of Norwich Swimming Club Easter Long Course Meet 2020**

**(Level 1 License No. 1ER200197)**

**Sportspark ,UEA, Norwich: Fri 10th - Sun 12th April 2020**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Friday 10th April** | | | | | | |
| **Session 1 – Warmup 8.00am, Start 9.10am** | | |  | **Session 3 – Finals – Warmup TBC** | | |
|  | | | 205F | Mixed | 11/Over 800 Freestyle Fastest Heat |
| 101 | Boys | 200 Breaststroke HDW | 103F | Boys | 13/14 100 Butterfly Final |
| 102 | Girls | 200 Backstroke HDW | 103F | Boys | 15/16 100 Butterfly Final |
| 103 | Boys | 100 Butterfly Heats | 103F | Boys | 17/Over 100 Butterfly Final |
| 104 | Girls | 100 Freestyle Heats | 104F | Girls | 13/14 100 Freestyle Final |
| 105 | Boys | 50 Backstroke Heats | 104F | Girls | 15/16 100 Freestyle Final |
| 106 | Girls | 50 Breaststroke Heats | 104F | Girls | 17/Over 100 Freestyle Final |
| 107 | Boys | 400 Freestyle HDW | 105F | Boys | 13/14 50 Backstroke Final |
|  | | | 105F | Boys | 15/16 50 Backstroke Final |
| 105F | Boys | 17/Over 50 Backstroke Final |
| **Session 2 – Warmup TBA, Start 0144** | | | 106F | Girls | 13/14 50 Breaststroke Final |
| **Session 2 – Warmup TBA, Start TBC** | | | 106F | Girls | 15/16 50 Breaststroke Final |
| 201 | Girls | 200 Breaststroke HDW | 106F | Girls | 17/Over 50 Breaststroke Final |
| 202 | Boys | 200 Backstroke HDW | 204F | Boys | 13/14 50 Breaststroke Final |
| 203 | Girls | 100 Butterfly Heats | 204F | Boys | 15/16 50 Breaststroke Final |
| 204 | Boys | 50 Breaststroke Heats | 204F | Boys | 17/Over 50 Breaststroke Final |
| 205 | Mixed | 11/Over 800 Freestyle (4 heats) | 203F | Girls | 13/14 100 Butterfly Final |
|  | | | 203F | Girls | 15/16 100 Butterfly Final |
| 203F | Girls | 17/Over 100 Butterfly Final |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Saturday 11th April** | | | | | | |
| **Session 4 – Warmup 8.00am, Start 9.10am** | | |  | **Session 6 – Finals – Warmup TBC** | | |
|  |  |  | 506F | Mixed | 11/Over 1500 Freestyle Fastest Heat |
| 401 | Girls | 200 IM HDW | 403F | Girls | 13/14 50 Freestyle Final |
| 402 | Boys | 200 Butterfly HDW | 403F | Girls | 15/16 50 Freestyle Final |
| 403 | Girls | 50 Freestyle Heats | 403F | Girls | 17/Over 50 Freestyle Final |
| 404 | Boys | 100 Freestyle Heats | 504F | Boys | 13/14 50 Butterfly Final |
| 405 | Girls | 400 Freestyle HDW | 504F | Boys | 15/16 50 Butterfly Final |
|  | | | 504F | Boys | 17/Over 50 Butterfly Final |
| 505F | Girls | 13/14 50 Butterfly Final |
| **Session 5 – Warmup TBC, Start TBC** | | | 505F | Girls | 15/16 50 Butterfly Final |
|  | | | 505F | Girls | 17/Over 50 Butterfly Final |
| 501 | Girls | 200 Butterfly HDW | 404F | Boys | 13/14 100 Freestyle Final |
| 502 | Boys | 200 IM HDW | 404F | Boys | 15/16 100 Freestyle Final |
| 503 | Girls | 100 Backstroke Heats | 404F | Boys | 17/Over 100 Freestyle Final |
| 504 | Boys | 50 Butterfly Heats | 503F | Girls | 13/14 100 Backstroke Final |
| 505 | Girls | 50 Butterfly Heats | 503F | Girls | 15/16 100 Backstroke Final |
| 506 | Mixed | 11/Over 1500 Freestyle HDW (3 Heats) | 503F | Girls | 17/Over 100 Backstroke Final |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday 12th April** | | | | | | |
| **Session 7 – Warmup 8.00am, Start 9.10am** | | |  | **Session 9 – Finals – Warmup TBC** | | |
|  |  |  | 701F | Boys | 13/14 100 Backstroke Final |
| 701 | Boys | 100 Backstroke Heats | 701F | Boys | 15/16 100 Backstroke Final |
| 702 | Girls | 200 Freestyle HDW | 701F | Boys | 17/Over 100 Backstroke Final |
| 703 | Boys | 50 Freestyle Heats | 704F | Girls | 13/14 100 Breaststroke Final |
| 704 | Girls | 100 Breaststroke Heats | 704F | Girls | 15/16 100 Breaststroke Final |
| 705 | Boys | 400 IM HDW | 704F | Girls | 17/Over 100 Breaststroke Final |
|  | | | 803F | Boys | 13/14 100 Breaststroke Final |
| 803F | Boys | 15/16 100 Breaststroke Final |
| **Session 8 – Warmup TBA, Start TBC** | | | 803F | Boys | 17/Over 100 Breaststroke Final |
|  | | | 802F | Girls | 13/14 50 Backstroke Final |
| 801 | Boys | 200 Freestyle HDW | 802F | Girls | 15/16 50 Backstroke Final |
| 802 | Girls | 50 Backstroke Heats | 802F | Girls | 17/Over 50 Backstroke Final |
| 803 | Boys | 100 Breaststroke Heats | 703F | Boys | 13/14 50 Freestyle Final |
| 804 | Girls | 400 IM HDW | 703F | Boys | 15/16 50 Freestyle Final |
|  |  |  | 703F | Boys | 17/Over 50 Freestyle Final |

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

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BOYS Qualifying Times** | | | | | | **Long Course Times** | **GIRLS Qualifying Times** | | | | | |
| 10 | 11 | 12 | 13/14 | 15/16 | 17/o | **Event** | 10 | 11 | 12 | 13/14 | 15/16 | 17/o |
| 40.00 | 39.00 | 35.90 | 34.00 | 29.50 | 28.70 | Freestyle 50m | 41.80 | 39.30 | 37.40 | 36.00 | 34.20 | 33.20 |
| 1:25.80 | 1:20.80 | 1:15.70 | 1:11.80 | 1:08.40 | 1:04.40 | Freestyle 100m | 1:29.20 | 1:25.10 | 1:20.30 | 1:18.20 | 1:15.70 | 1:13.70 |
| 3.10.60 | 2:55.30 | 2:45.80 | 2:37.60 | 2:23.70 | 2:15.70 | Freestyle 200m | 3:10.40 | 2:58.30 | 2:47.50 | 2:38.20 | 2:30.10 | 2:24.10 |
| 6:30.40 | 5:59.00 | 5:40.10 | 5:28.80 | 4:54.60 | 4:48.60 | Freestyle 400m | 6:27.40 | 5:59.40 | 5:39.80 | 5:26.30 | 5:02.80 | 4:54.80 |
|  | 10.50.00 | 10.50.00 | 10.24.00 | 9.42.00 | 9.13.00 | Freestyle 800m |  | 10:49.60 | 10:39.00 | 10:25.80 | 9:55.50 | 9:50.50 |
|  | 22:40.70 | 20:40.50 | 20:10.60 | 18:22.10 | 17:30.10 | Freestyle 1500m |  | 22:35.00 | 20:35.20 | 19:59.20 | 19:01.50 | 18:40.30 |
| 59.60 | 49.20 | 45.60 | 43.80 | 41.70 | 36.80 | Breaststroke 50m | 58.50 | 49.80 | 48.00 | 47.10 | 45.60 | 40.60 |
| 1:55.30 | 1:49.50 | 1:39.70 | 1:32.80 | 1:29.40 | 1:21.40 | Breaststroke 100m | 1:59.10 | 1:50.30 | 1:48.60 | 1:38.20 | 1:30.50 | 1:26.50 |
| 4.20.20 | 3:45.10 | 3:29.20 | 3:19.50 | 3:01.40 | 2:52.40 | Breaststroke 200m | 3:55.50 | 3:38.60 | 3:28.90 | 3:18.50 | 3:08.70 | 2:59.70 |
| 48.00 | 45.20 | 43.50 | 39.20 | 36.50 | 34.50 | Backstroke 50m | 48.00 | 47.10 | 45.90 | 39.40 | 37.00 | 36.00 |
| 1:35.80 | 1:30.80 | 1:28.10 | 1:27.20 | 1:20.20 | 1:13.20 | Backstroke 100m | 1:39.50 | 1:33.50 | 1:28.90 | 1:27.50 | 1:17.60 | 1:15.60 |
| 3.55.80 | 3:25.00 | 3:15.70 | 2:59.30 | 2:39.00 | 2:32.00 | Backstroke 200m | 3:29.30 | 3:19.00 | 3:09.60 | 2:59.50 | 2:48.80 | 2:44.80 |
| 49.50 | 47.80 | 39.10 | 38.90 | 33.20 | 31.20 | Butterfly 50m | 46.00 | 44.70 | 39.60 | 38.70 | 36.80 | 35.80 |
| 1:35.50 | 1:27.70 | 1:25.50 | 1:19.80 | 1:12.80 | 1:08.80 | Butterfly 100m | 1:39.90 | 1:33.10 | 1:29.90 | 1:25.60 | 1:17.20 | 1:14.20 |
| 3.40.30 | 3:25.50 | 3:15.90 | 3:05.90 | 2:39.40 | 2:29.40 | Butterfly 200m | 3:39.60 | 3:19.60 | 3:10.70 | 2:59.50 | 2:45.70 | 2:43.70 |
| 3.39.60 | 3:24.30 | 3:12.80 | 2:59.70 | 2:43.40 | 2:33.40 | Ind Medley 200m | 3:39.60 | 3:24.30 | 3:09.30 | 2:59.80 | 2:48.90 | 2:44.90 |
| 7:26.30 | 6:55.80 | 6:40.70 | 6:34.40 | 5:40.20 | 5:23.20 | Ind Medley 400m | 7:26.20 | 6:49.30 | 6:29.90 | 6:10.60 | 5:50.20 | 5:45.20 |

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

**City of Norwich Swimming Club Easter Long Course Meet 2020**

**(Level 1 License No. 1ER200197)**

**Sportspark ,UEA, Norwich: Fri 10th - Sun 12th April 2020**

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

**External Club Summary Entry Form**

Please return this completed form with your entries confirmation of BACS payment to Acct: 59071068, Sort 30-96-17, Ref EM20 XXXX (Club Shortform Code)**,** to: tbirdspinner@gmail.com.

Closing date 7pm Friday 13th March 2020

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Club Name:** | |  | | | | |
| **Contact Name:** | |  | | | | |
| **Email Address:** | |  | | | | |
| **Telephone No:** | |  | | | | |
|  | |  |  | |  | |
| **Entry Details:** | | | | | | |
|  |  | | | **No of Entries/ Passes** | | **Cost** |
| Swimmers | @ £7 per 50m, 100m, 200m and 400m event | | |  | | £ |
|  | @ £10 per 800m & 1500m event | | |  | | £ |
| Coaches Pass | @ £20 no food | | |  | | £ |
|  | @ £40 with food | | |  | | £ |
| Admin Fee | @£5 per swimmer if manual entry | | |  | |  |
|  | | | | **TOTALTAL** | | £ |

\* BACs payment to: Sort: 30-96-17; Account: City of Norwich Swimming Club Ltd; Account No: 59071068; Ref: EM20 “Club 4 character Swim England Code” or contact [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com) for further information and guidance.

**Checklist – By the Closing Date of 7pm 13th March 2020 please ensure you have:**

**Either** **Emailed**:

Hytek Entry File

Hytek Meet Entry Report

Coach/Chaperone Forms

Officials Forms (1 licensed official for every 10 swimmers)

(BACS Transfer)

**Or Posted**:

Club Summary Entry Form (this form) including £5 admin

Hytek Entry Report

Coach/Chaperone Forms

Officials Forms (1 licensed official for every 10 swimmers)

Cheque (payable to City of Norwich Swimming Club Ltd)

**City of Norwich Swimming Club Easter Long Course Meet 2020**

**(Level 1 License No. 1ER200197)**

**Sportspark ,UEA, Norwich: Fri 10th - Sun 12th April 2020**

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

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **INDIVIDUAL ENTRY FORM** | | | | | | | | | | | |
| **FORENAME:** |  | **SURNAME:** | | | |  | | | | | |
| **CLUB:** |  | **AGE (@ 31/12/20):** | | | |  | | | | | |
| **SEX:** | **MALE/FEMALE** | **DATE OF BIRTH:** | | | |  | | | | | |
| **EMAIL ADDRESS:** |  | **DISABILITY CLASSIFICATION:** | | | | |  | | | | |
| **TELEPHONE NO:** |  | **Swim England No** | |  | |  |  |  |  |  |  |
|  |  | |  | |  | | | | |  | |
| **EVENT** | **COST PER EVENT** | | **ENTRY TIME (LC)\*** | | **IF CONVERTED STATE SHORT COURSE TIME\*:** | | | | | | |
| **50M FREESTYLE** | **£7.00** | |  | |  | | | | | | |
| **100M FREESTYLE** | **£7.00** | |  | |  | | | | | | |
| **200M FREESTYLE** | **£7.00** | |  | |  | | | | | | |
| **400M FREESTYLE** | **£7.00** | |  | |  | | | | | | |
| **800M FREESTYLE (G)** | **£10.00** | |  | |  | | | | | | |
| **1500M FREESTYLE (B)** | **£10.00** | |  | |  | | | | | | |
| **50M BACKSTROKE** | **£7.00** | |  | |  | | | | | | |
| **100M BACKSTROKE** | **£7.00** | |  | |  | | | | | | |
| **200M BACKSTROKE** | **£7.00** | |  | |  | | | | | | |
| **50M BREASTSTROKE** | **£7.00** | |  | |  | | | | | | |
| **100M BREASTSTROKE** | **£7.00** | |  | |  | | | | | | |
| **200M BREASTSTROKE** | **£7.00** | |  | |  | | | | | | |
| **50M BUTTERFLY** | **£7.00** | |  | |  | | | | | | |
| **100M BUTTERFLY** | **£7.00** | |  | |  | | | | | | |
| **200M BUTTERFLY** | **£7.00** | |  | |  | | | | | | |
| **200M IM** | **£7.00** | |  | |  | | | | | | |
| **400M IM** | **£7.00** | |  | |  | | | | | | |
| **TOTAL ENTRIES** | | |  | | **£** | | | | | | |
| *Admin Fee (City of Norwich SC Swimmers and Visiting Clubs manual entry only)* | | | **@ £5.00** | | **£** | | | | | | |
|  | | | **TOTAL** | | **£** | | | | | | |

*\*If time not on Swim England database please state origin on reverse of form. City of Norwich Swimmers please just tick the entry time boxes.*

**CLOSING DATE FOR ENTRIES IS** 7pm 13th March 2020

Please return this form and/or an “Entries Summary Form” as appropriate, to Tracey Spinner, [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com). BACS Payment Reference EM20 plus the first 4 letters of your surname as the reference – pay to: Account: 59071068; Sort 30-96-17.

**City of Norwich Swimming Club Easter Long Course Meet 2020**

**(Level 1 License No. 1ER200197)**

**Sportspark ,UEA, Norwich: Fri 10th - Sun 12th April 2020**

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

**Coaches / Chaperone Pass Individual Application Form**

**Closing date 7pm 13th March 2020**

|  |  |  |
| --- | --- | --- |
| **Full Name:** |  | |
| **Club Name:** |  | |
| **Position:**  (eg Coach) |  | |
| **Email Address:** |  | |
| **Swim England Membership Number:** |  | |
| **Meet Pass** | Without Food: £20: 🞎 | With Food £40: 🞎 |
| **Dietary**  **Requirements** |  | |

**The above named person is authorised to hold a pass for this club and their details are visible on the Swim England Members Website:**

**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. All completed forms to be returned to:

**Tracey Spinner,** [**tbirdspinner@gmail.com**](mailto:tbirdspinner@gmail.com)

**City of Norwich Swimming Club Easter Long Course Meet 2020**

**(Level 1 License No. 1ER200197)**

**Sportspark ,UEA, Norwich: Fri 10th - Sun 12th April 2020**

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

**Officials Request Form**

Please complete details, noting that only fully licensed officials are eligible to officiate at a L1 meet:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Full Name:** |  | | | | | |
| **Qualification**  *(tick box applicable)***:** | JL1 | JL2 | | JL2S | | LRef |
| **Date License Valid To:** |  | | **Licence Number:** | |  | |
| **Sessions**  **Available:** | Friday | S1 | | S2 | | S3 |
| Saturday: | S4 | | S5 | | S6 |
| Sunday: | S7 | | S8 | | S9 |
| **Mobile No:** |  | | | | | |
| **Email Address:** |  | | | | | |
| **Club:** |  | | | | | |
| **Swimmer’s Name** |  | | | | | |
| **Mentor Request** | *If you are in the middle of training to become an official and require mentoring, please indicate the sessions you are available and use this box to detail the tasks you require mentoring for.* | | | | | |
| **Dietary**  **Requirements** | *Officials working a full day will be provided with lunch. Let us know if you have any special requirements.* | | | | | |

Please email completed form to Adele Gilbertson at [officialsconsc@gmail.com](mailto:officialsconsc@gmail.com) or return the form with your entry form via your club entry. Alternatively register your availability on SwimMeet using:

https://www.swim-meet.com/OfficialsSignUp/CityofNorwichSC/EasterLongCourseMeet/