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

**Mid-Summer Madness Invitational 2021 – Level 3 Long Course**

**(Level 3 License No.3ER210166)**

**Sportspark, UEA, Norwich: Saturday 10th – Sunday 11th July 2021**

**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 11th July 2021

**Awards** No Medals to avoid contact risk of COVID

(may be amended subject to government guidance)

**\* 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: £6.00 per event

Programmes: Meet Mobile - Free of Charge

No Spectators: Subject to government guidance

**Entries To**

**Meet Promoter:** Tracey Spinner, CONSC, tbirdspinner@gmail.com

Enquiries can be e-mailed to tbirdspinner@gmail.com - call/text 07970289643

**Closing Date Friday 25th June 2021**

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

**City of Norwich Swimming Club Mid-Summer Madness Invitational Meet 2021 - Long Course Format - (Level 3 License No. 3ER210166)**

**Sportspark ,UEA, Norwich: Saturday 10th – Sunday 11th July 2021**

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

1. The event will be held at Sportspark, UEA, on 10-11th July 2021, 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 11th July 2021**.
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. Level X times are accepted.
4. Due to strict capacity restrictions imposed by the pool operator, entries will only be accepted from swimmers at key clubs invited by City of Norwich Swimming Club. This may be expanded to further entries should there be a lifting of restrictions – subject to agreement from the pool operator. Clubs are those currently link swimming with CONSC.
5. Club, entries **MUST** be submitted electronically with a summary form, Hytek TM Entry File, Entry Report and payment by BACS to Account 00919204, Sort 30-96-17, City of Norwich Swimming Club. Make reference to MSM21 and add your club short form name.
6. Entry file, summary form **and** payment must be received by 25/06/21. Entries will be accepted on a first come first served basis. Entries landing that exceed capacity will be added to the waiting list.
7. 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 for an additional Poolside Pass.
8. Masters swimmers are eligible to enter if they are able to evidence entry times from a Masters results site.
9. The meet will have an initial capacity limit based on bather numbers per warmup and per session. This will be revised as additional guidance and changes to restrictions are made public. A waiting list will be in operation for additional swimmers/clubs if feasible. At the time of licensing, capacity is limited to 96 swimmers per session.
10. The promoter retains the right to restrict entries to those clubs invited due to COVID capacity restrictions.
11. Accepted entries will be published on [www.cityofnorwichsc.co.uk](http://www.cityofnorwichsc.co.uk) approx 1 week 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.
12. There will be no refund of entry fees unless entries are rejected.
13. The meet promoter may check entries against rankings. Falsely entered times will be rejected without a refund.
14. **Swimmers withdrawing from events:**  Each Club should have their own record of swimmers entered. Swimmers unable to compete must be withdrawn. Withdrawals should be made by text or email to [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com) or 07970289643 - a £5 penalty will be invoiced to clubs for failure to notify 45 minutes prior to the start of the first event in each session.
15. 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.
16. Each club is required to run a COVID survey within 5 days prior to the meet to confirm their swimmers are fit, and that the club will comply with COVID specific requirements for safety.
17. Competitors must report to the marshalling area in a safe and 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.
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 25th June 2021** to allow for changes in government guidance.
22. Charges as follow:

* Entry Fees £6.00 per event
* Coaches and Team Manager Passes: £15.00 for weekend (no food provided at this stage, tea and coffee will be available).
* No spectators. Parents wishing to watch their children should be officials and must be at least JL1 in training.
* Programmes – all on Meet Mobile.

1. Coaches’ passes will not be sold on the day.
2. 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.
3. 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.
4. 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. CONSC COVID lead will be monitoring.
5. A secondary starting strobe will be available at this meet.
6. Officials will be briefed in detail prior to the meet to ensure COVID requirements are adhered to.
7. 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 Invitational 2021**

**Long Course Format - (Level 3 License No. 3ER210166)**

**Sportspark, UEA, Norwich: Saturday 10th – Sunday 11th July 2021**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Saturday 10th July 2021 - Session 1** | | | |  | **Sunday 11th July 2021 – Session 5** | | | |
| 101 | Girls | Age 9-12 | 200 IM |  | 201 | Boys | Age 9-12 | 200 Free |
| 102 | Boys | Age 9-12 | 100 Free |  | 202 | Girls | Age 9-12 | 100 Back |
| 103 | Girls | Age 9-12 | 100 Fly |  | 203 | Boys | Age 9-12 | 100 Breast |
| 104 | Boys | Age 9-12 | 50 Fly |  | 204 | Girls | Age 9-12 | 50 Free |
| 105 | Girls | Age 9-12 | 50 Breast |  | 205 | Boys | Age 9-12 | 50 Back |
| **Saturday 10th July 2021 - Session 2** | | | |  | **Sunday 11th July 2021 – Session 6** | | | |
| 111 | Boys | Age 9-12 | 200 IM |  | 211 | Girls | Age 9-12 | 200 Free |
| 112 | Girls | Age 9-12 | 100 Free |  | 212 | Boys | Age 9-12 | 100 Back |
| 113 | Boys | Age 9-12 | 100 Fly |  | 213 | Girls | Age 9-12 | 100 Breast |
| 114 | Girls | Age 9-12 | 50 Fly |  | 214 | Boys | Age 9-12 | 50 Free |
| 115 | Boys | Age 9-12 | 50 Breast |  | 215 | Girls | Age 9-12 | 50 Back |
| **Saturday 10th July 2021 – Session 3** | | | |  | **Sunday 11th July 2021 – Session 7** | | | |
| 121 | Girls | Age 13/o | 200 IM |  | 221 | Boys | Age 13/o | 200 Free |
| 122 | Boys | Age 13/o | 100 Free |  | 222 | Girls | Age 13/o | 100 Back |
| 123 | Girls | Age 13/o | 100 Fly |  | 223 | Boys | Age 13/o | 100 Breast |
| 124 | Boys | Age 13/o | 50 Fly |  | 224 | Girls | Age 13/o | 50 Free |
| 125 | Girls | Age 13/o | 50 Breast |  | 225 | Boys | Age 13/o | 50 Back |
| **Saturday 10th July 2021 – Session 4** | | | |  | **Sunday 11th July 2021 – Session 8** | | | |
| 131 | Boys | Age 13/o | 200 IM |  | 231 | Girls | Age 13/o | 200 Free |
| 132 | Girls | Age 13/o | 100 Free |  | 232 | Boys | Age 13/o | 100 Back |
| 133 | Boys | Age 13/o | 100 Fly |  | 233 | Girls | Age 13/o | 100 Breast |
| 135 | Girls | Age 13/o | 50 Fly |  | 234 | Boys | Age 13/o | 50 Free |
| 135 | Boys | Age 13/o | 50 Breast |  | 235 | Girls | Age 13/o | 50 Back |

Detail on Warmup Times and Session times will be posted with accepted entries.

First warmup of each day - 8.30am.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 | 29.00 | 27.00 | 24.00 |  | 35.00 | 33.50 | 30.00 | 29.00 | 27.00 | 26.00 |
| **Freestyle 100m** | Cut off | 1.13.00 | 1.10.00 | 1.07.00 | 1.04.00 | 58.00 | 53.00 |  | 1.14.00 | 1.10.00 | 1.07.00 | 1.03.50 | 1.01.00 | 58.00 |
| **Freestyle 200m** | Cut off | 2.40.00 | 2.32.00 | 2.24.00 | 2.16.00 | 2.06.00 | 1.56.00 |  | 2.44.00 | 2.33.00 | 2.24.00 | 2.18.00 | 2.10.00 | 2.05.00 |
| **Breaststroke 50m** | Cut off | 42.00 | 39.50 | 37.50 | 35.50 | 33.50 | 31.00 |  | 44.00 | 42.00 | 40.00 | 37.00 | 36.00 | 33.00 |
| **Breaststroke 100m** | Cut off | 1.29.50 | 1.25.50 | 1.21.50 | 1.17.50 | 1.13.50 | 1.07.50 |  | 1.34.00 | 1.29.00 | 1.25.00 | 1.19.00 | 1.17.00 | 1.13.00 |
| **Butterfly 50m** | Cut off | 37.50 | 35.50 | 33.50 | 31.50 | 29.50 | 26.50 |  | 38.50 | 36.00 | 34.00 | 32.00 | 29.50 | 28.00 |
| **Butterfly 100m** | Cut off | 1.23.00 | 1.19.00 | 1.15.00 | 1.11.00 | 1.06.00 | 1.00.00 |  | 1.23.00 | 1.20.00 | 1.16.00 | 1.12.00 | 1.07.00 | 1.03.00 |
| **Backstroke 50m** | Cut off | 40.50 | 38.50 | 36.50 | 34.50 | 31.50 | 28.00 |  | 40.50 | 38.50 | 36.50 | 34.00 | 33.50 | 30.00 |
| **Backstroke 100m** | Cut off | 1.24.00 | 1.20.00 | 1.16.00 | 1.12.00 | 1.05.00 | 1.00.00 |  | 1.24.00 | 1.20.00 | 1.18.00 | 1.13.00 | 1.08.00 | 1.05.00 |
| **Ind Medley 200m** | Cut off | 2.58.00 | 2.50.00 | 2.42.00 | 2.34.00 | 2.20.00 | 2.14.00 |  | 2.58.00 | 2.50.00 | 2.44.00 | 2.38.00 | 2.28.00 | 2.22.00 |

**City of Norwich Swimming Club Mid-Summer Madness Invitational 2021**

**Long Course Format - (Level 3 License No. 3ER210166)**

**Sportspark, UEA, Norwich: Saturday 10th – Sunday 11th July 2021**

**External Club Summary Entry Form**

Please return this completed form with your electronic entry file:

NB The club electronic entry file must be emailed to: [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com).

Closing date for full entry submission: Friday 25th June 2021

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club Name:** |  | | | |
| **Contact Name:** |  | | | |
| **Email Address:** |  | | | |
| **Telephone No:** |  | | | |
|  |  |  | |  |
| Entry Details: | | | | |
|  |  | **Number** | **Cost** | |
| Individual entries | @ £6.00 per event |  | £ | |
| Coach or TM Pass | @£15.00 No Food |  | £ | |
| **TOTAL** | | | £ | |

\* If you wish to pay by BACs please make payment to Account: 00919204; Sort 30-96-17; Ref MSM21 and add your club code. Email [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com) to confirm payment has been made.

A link for Swim-Meet will be sent out to clubs to forward to officials wishing to volunteer, along with further guidance.

**Checklist – By the Closing Date Friday 25th June 2021 please ensure you have:**

**Emailed**:

Hytek Entry File

Hytek Meet Entry Report

(BACS Transfer)

**City of Norwich Swimming Club Mid-Summer Madness Invitational 2021**

**Long Course Format - (Level 3 License No. 3ER210166)**

**Sportspark, UEA, Norwich: Saturday 10th – Sunday 11th July 2021**

**External Club COVID Declaration Form**

Please return this completed form on :5th July 2021

|  |  |  |  |
| --- | --- | --- | --- |
| **Club Name:** |  | | |
| **Contact Name:** |  | | |
| **Email Address:** |  | | |
| **Telephone No:** |  | | |
|  |  |  |  |
| Pre-Competition Declaration:  As per guidance, we have received confirmation from all of our swimmers accepted to the gala that they:   * Have completed self-declaration forms to confirm they have no COVID symptoms (Lateral Flow Test Result acceptable too); * Have not been asked to self-isolate by school, university or NHS track and trace * Will adhere to government requirements regarding social distancing * Will adhere to Swim England guidance regarding safe return to competition   Signed:  Club Officer Role: | | | |

**City of Norwich Swimming Club Mid-Summer Madness Invitational 2021**

**Long Course Format - (Level 3 License No. 3ER210166)**

**Sportspark, UEA, Norwich: Saturday 10th – Sunday 11th July 2020**

**Coaches / Chaperone Pass Application Form**

Closing date 25th June 2020

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

**Club Poolside Declaration:**

* I am authorised to hold a pass for this club and has been on the appropriate safeguarding course and has been DBS checked by the club.
* I will ensure that the swimmers I am supervising will maintain social distancing and – in the event they feel unwell – will remove themselves from poolside with immediate effect.

**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 £15.00 (no food) each and include entry to poolside and results service.

Return form to Tracey Spinner at tbirdspinner@gmail.com