



City of Norwich Swimming Club
Midsummer Madness, L3 Long Course, 3ER210166, 10th – 11th July 2021

Coaches and Team Managers: Coach passes and packs will be distributed to you poolside on arrival. Passes should only be used by the coaching/poolside staff originally named by the Club. You will be issued with the number of passes paid for. Coaches must wear the passes provided at all times. There will be hot drinks in the John Jarrold Room for coaches, Team Managers and officials. Please bring your own water bottle – you should have plenty of time between sessions to top up but CONSC marshals will be available to help if you have to stay poolside. We are unable to provide lunches in a safe manner due to ongoing COVID restrictions. As ever, do not wear outdoor shoes poolside as this will cause the spread of germs.

Clubs are asked to ensure they have the correct ratio of Coaches/Team Managers to swimmers. Any swimmers who have finished competing for a session are asked to exit the pool area and either wait in the holding area (Hall 3) or disperse from the Sportspark. Each club should have a team manager to supervise their swimmers in the holding area as required.

Venue: Sportspark, University of East Anglia, Norwich Research Park, Norwich, Norfolk, NR4 7TJ, Tel:(01603) 592398. See more at: <http://www.sportspark.co.uk/>

Parking: Parking is free for all those attending. Please make sure you validate tickets/tokens before departure.

Entry: Entry for Swimmers to the pool will be from: 8:15am. Please only enter the pool at the appropriate time for your session, maintaining social distance and wearing a mask.

Spectators/Parents: Due to the ongoing COVID restrictions we are unable to provide space for spectators as priority has to be given to the swimmers. The Sportspark has asked us to encourage all parents who have not volunteered for the meet to disperse as soon as possible. Since we are still in lockdown there is a maximum capacity at the venue and the Sportspark will need to manage entry and exit of their other customers. Due to the gallery being used by swimmers, parents are asked to stay away from the first floor of the Sportspark completely as they will disrupt the competitor one way system and flow to changing rooms etc. There will be **no viewing** from the seating area on the first floor – this will be blocked off to avoid any confusion or conflict to keep the swimmers and officials safe.

Medals: As per the original pack guidance, there will be no medals. The clumping of swimmers at the medal table is a constant challenge in normal circumstances, but an unacceptable risk where social distancing is a requirement.

As one of the first open meet competitions being held in the region, swimmers are asked to focus on their return to competitive swimming, their pre- and post-race routines, and their skills. In place of medals we have asked all coaches to send us a list of key swimmer achievements after the meet so we can mention them on our club website.

Entry to the Sportspark: there are 3 pool entry points, each club will need to enter at their specific entry point:

Fire Door 1 – St Felix, Diss Otters, Leiston

Fire Door 2 – Dereham, Gt Yarmouth, North Norfolk Vikings

Main Sportspark Entrance: City of Norwich SC

The entrance points will be on a diagram that I will circulate and place on the CONSC website in due course. Coaches are asked to arrive early to be ready with their swimmers at the relevant entrance, then make their way to the pool in a timely manner. The doors will be opened for access by 8:15am.

Swimmers are asked to arrive at the pool “beach ready” – wearing their training/warmup costume and easy to remove club kit/clothing, everyone with a change of shoes for indoor use. Clubs will be directed to their stations, where swimmers should remove clothing and get ready to warmup. Access to the pool changing rooms is limited to 18 boys or 18 girls at any time – swimmers should only access the changing rooms by going around the pool in an anticlockwise manner, and will be checked in and then out of the changing room by the CONSC COVID Marshals.

Swimmers should leave poolside as soon as they have completed all their events in the session, and not return until the next session warmup is about to begin.

Warmups:

Saturday 10th July

Session 1: 8:30-9:15 Warm up (8:30-8:50 Girls; 8:55-9:15 Boys) 9:30 Start.

Session 2: 10:35-10:55 Warm up *approx* (Mixed warmup, only for swimmers who did not compete in session 1) 11:00 Start

LUNCH

Session 3: 13:00-13:55 Warm up (13:00-13:25 Girls; 13:30-13:55 Boys) 14:00 Start.

Session 4: 15:15-15:40 Warm up *approx* (Mixed warmup, only for swimmers who did not compete in session 3) 15:45 Start

Sunday 11th July

Session 5: 8:30-9:15 Warm up (8:30-8:50 Boys; 8:55-9:15 Girls) 9:30 Start.

Session 6: 10:35-10:55 Warm up *approx* (Mixed warmup, only for swimmers who did not compete in session 5) 11:00 Start

LUNCH

Session 7: 13:00-13:55 Warm up (13:00-13:25 Boys; 13:30-13:55 Girls) 14:00 Start.

Session 8: 15:15-15:40 Warm up *approx* (Mixed warmup, only for swimmers who did not compete in session 7) 15:45 Start

No diving when entering the pool during warmup. Coaches must supervise their swimmers during warmup – and will be supported by the meet warmup/COVID marshals. The last 5 mins of each warmup will be allocated to sprints and announced by the commentator. Warmup time changes may be announced if necessary. **All lanes will be clockwise as per current COVID guidance.** Please ensure your swimmers leave the pool promptly to allow the competition to start on time.

The timings for the 2nd session in each block remain approximate – based on the need to work with new process flows and COVID guidance. To help parents and swimmers know when to arrive we will be using the CONSC Meets Twitter Feed - **@consc_meets** – to confirm when each session has ended and whether the next session will begin, with any changes to timings, so please make sure coaches, team managers and parents all follow when the twitter feed goes live.

Backstroke Ledges: We are pleased to confirm that we will have backstroke ledges available for this event. Let your swimmers know that the ledges will be used for all backstroke events. We are aware that many swimmers will not be used to them. It will be OK to ask the official to remove the ledge from the water if they are not comfortable, but please feel free to offer guidance, we will ensure ledges are available during warmup for the Sunday. Swimmers will have to ask the official to adjust the ledge if they would like it lower or higher. For this meet swimmers are not permitted to touch the ledge adjustment handle (COVID safety measure).

Withdrawals: Withdrawals should all be done via the club coach or administrator prior to competition, and via the Club coach on the day. Each club has been given the link for online withdrawals for CONSC to access. All withdrawals should be communicated in advance. **The system will close for withdrawals 5 mins after the start of the session warmup.** All swimmers are asked to liaise with their coach or club contact to ensure withdrawals are communicated.

Officials: If you have offered to volunteer to officiate at the meet, please report to the John Jarrold Room in a timely manner before the start of each session, sign in and then disperse. Lead Referee, Chris Galer, will be responsible for the briefing which will be held in the John Jarrold Room 30 mins before the start of each session. Officials are asked to ensure they are poolside and in position **5 minutes** before the start of each session, start sheets will be distributed to officials who are in position by Club Volunteers. To reduce single use plastic please bring your own water bottle. Do not wear outdoor shoes poolside as this can cause the spread of germs. Officials will be required to wear masks poolside for the duration of the session.

Marshalling: Competitors from all clubs will be asked to ensure they are at the marshalling chairs in a timely manner moving around the pool anti-clockwise. It is the responsibility of the competitor to report in sufficient time before the event. CONSC swimmers will be filtered into the heats from the gallery area. Swimmers failing to report in time may lose the opportunity to compete. Swimmers in the first heat of each session are asked to report to the marshalling chairs at least **5 minutes** before the Session start time.

Changing Rooms: Parents are not allowed in the swimmers changing rooms under any circumstances. All swimmers are asked to ensure they follow Sportspark procedures for changing and should arrive race ready for the warmups. Swimmers should only use the changing rooms if absolutely necessary.

Poolside: When swimmers are in the marshalling chairs they will be asked to bring as little with them as possible, along with a single plastic bag. The plastic bag could contain goggles, snack, waterbottle, and swimmers should put their poolside shoes, shirts and any other items in the bags when they arrive at the blocks. The bags will be moved to a side table by marshals for collection by the swimmers at the end of their heat – tables will be under the scoreboard for the 100 and 200m events, at the end of the pool for the 50m events. A bag for life is ideal for this as it is waterproof and stays upright.

Photography: We are all aware of the wide range of devices including mobile telephones which have photo and video capability. This enables the capture of static and moving images. The majority of images taken within a swimming gala setting are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identify of a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.

Coaches and swimmers are requested to focus on their own swimmers as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media. Whilst it is acknowledged that swimmers wish to celebrate their achievements when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.

City of Norwich Swimming Club encourage all participants to make themselves familiar with the photography and filming arrangements and be vigilant during the event. Should individuals have any concerns about photography or filming at the event, this should be brought to the immediate attention of the Meet Day Promoter.

Results: Results will be available throughout the weekend via Meet Mobile – **2021 CONSC Midsummer Madness 3ER210166**. A full set of Hytek results will be made available to each team on demand - contact tbirdspinner@gmail.com. Full pdf results will be available within 48 hours and posted on the Club website.

Safety and Pool Rules:

- Swimmers are not allowed poolside until the coach, gala promoters and lifeguard are present.
- No flash photography is permitted.
- Swimmers and coaches should wear appropriate footwear poolside.
- Swimmers, coaches and spectators should **leave** pool and spectator areas during session breaks.
- **Peanut Ban** – there are a number of swimmers attending the meet with severe peanut allergies. We would ask all parents and swimmers to ensure that **no peanuts are brought to the venue as snacks**.

Covid Specific Requirements

- All swimmers, coaches, helpers, marshals and officials are **required to wear masks** at all times when moving around the venue. When attendees – including swimmers or coaches - are static at their station, or about to swim, -they may remove the mask. The Refs and Starters will not wear masks once in position – along with the commentator – as the mask would impede their performance of their duties.
- As per standard requirements – all those attending the meet will be asked to maintain social distancing and ensure they wash their hands and use hand gel regularly. Hand gel dispensers are available all around the Sportspark.

Protests and Other Meet Issues: Protests must be made as per Swim England Regulations and Technical Rules. Any meet issues during the competition must be made to the Day Promoter on the day via the Timing Desk poolside. After the completion of the meet email issues to: conscvolunteers@gmail.com (Meet Day Promoter) or cat.galer@sky.com (Lead Referee).

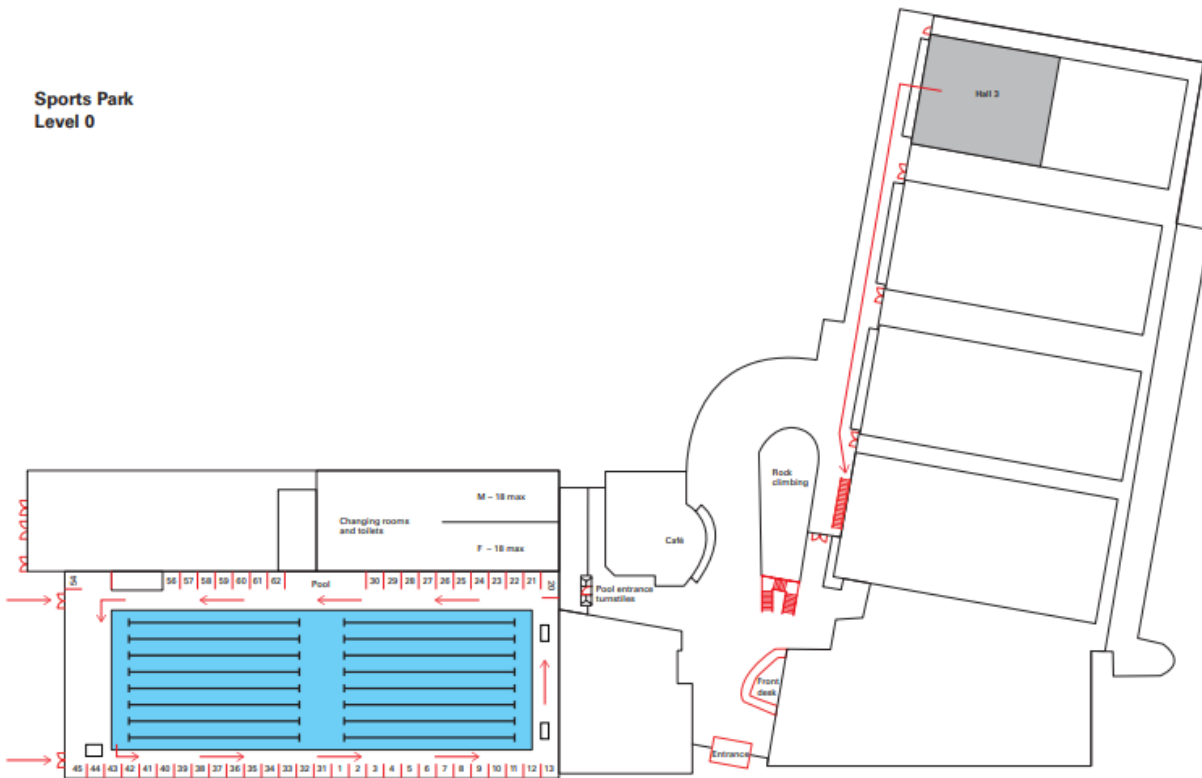
Mailsports: Due to ongoing COVID restrictions Mailsports have been unable to attend Midsummer Madness, but as a one-off special offer they have agreed that any orders coming through between 6th July and 12th July 2021, using the voucher code: NORMM21 – will receive 15% off their order. Please make the most of the opportunity to order kit for next season.

Contact:

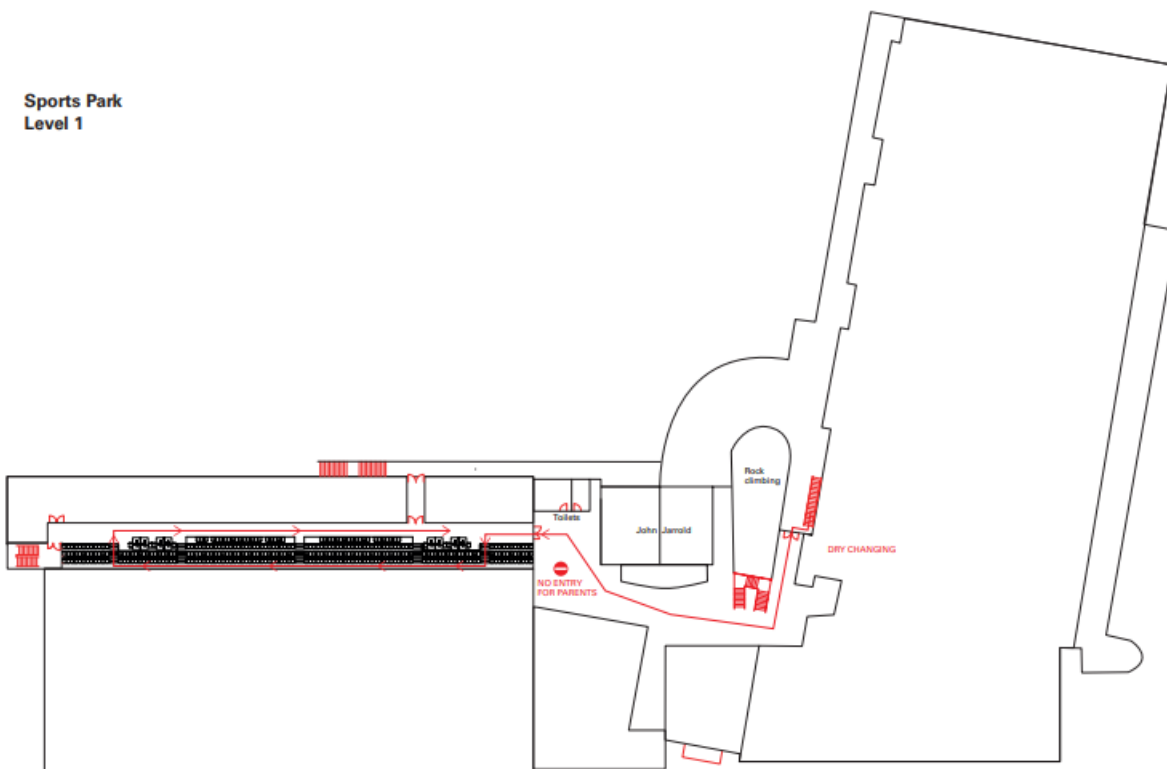
Meet Promoter: Tracey Spinner, tbirdspinner@gmail.com, 07970289643. Day Promoter – Sally White, conscvolunteers@gmail.com ; Lead Referee: Chris Galer, cat.galer@sky.com.

Floor Plans:

**Sports Park
Level 0**



**Sports Park
Level 1**



Meet Schedule

Saturday 10 th July 2021 - Session 1				Sunday 11 th 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 10 th July 2021 - Session 2				Sunday 11 th 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 10 th July 2021 – Session 3				Sunday 11 th 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 10 th July 2021 – Session 4				Sunday 11 th 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