

City of Norwich Swimming Club

CONSC Easter Meet, L1 Long Course, 1ER220002, 15th – 17th April 2022

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 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 refreshment volunteers will be available to help if you have to stay poolside. Lunch passes will be provided to those who have paid for lunch.

Clubs are asked to ensure they have the correct ratio of Coaches/Team Managers to swimmers - larger clubs will be asked to have swimmers in one of the sports halls if they are not swimming immediately, and swimmers who have finished competing for a session are asked to exit the pool area and either wait in the hall or disperse from the Sportspark. Clubs 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. If the Sportspark carpark is full please use the main University carpark.

Entry: Entry for Swimmers to the pool will be from: 8:00am. Please only enter the pool at the appropriate time for your session, and for morning sessions please arrive pool ready.

Spectators/Parents: The volume of swimmers attending means that we may have to limit the number of parents in the gallery viewing area. Please leave the area if your child is not swimming so other parents get a seat. There will be livestream available – links to be confirmed.

Medals: The medal table is poolside. Swimmers should collect their medals when the event has finished. Any medals not collected over the weekend cannot be distributed after the event.

Warmups:

Friday 15th April

- Session 1:** 8:00-9:10 Warm up (8:00-8:20 Mixed warmup – boys and girls 13/u; 8:20-8:45 Boys 14/o and Girls 17/o; 8:45 -9:10 Girls 14-16) 9:15 Start. **There will be a 10m break for officials during the morning session.** Finish @ 13:15
- Session 2:** 13:30 – 14:50 Warm up *approx* (13:30-13:50 Mixed warmup – boys and girls 13/u; 13:50-14:15 Girls 14-16; 14:15-14:40 Boys 14/o and Girls 17/o) 14:45 Start. Finish @17:15
- Session 3 Finals:** 17:30 Warmup for all finalists. 17:45 Start. Finish @ 18:30

Saturday 16th April

- Session 4:** 8:00-9:10 Warm up (8:00-8:20 Mixed warmup – boys and girls 13/u; 13:50-14:15 Girls 14-16; 14:15-14:40 Boys 14/o and Girls 17/o) 9:15 Start. Finish @ 12:15

Session 5: 13:00 – 14:10 Warm up *approx* (13:00-13:20 Mixed warmup - boys and girls 13/u; 8:20-8:45 Boys 14/o and Girls 17/o; 8:45 -9:10 Girls 14-16) 14:15 Start. Finish @17:30

Session 6 Finals: 17:45 Warmup for all finalists. 18:00 Start. Finish @ 18:40

Sunday 17th April

Session 7: 8:00-9:00 Warm up (8:00-8:20 Mixed warmup – boys and girls 13/u; 8:20-8:45 Boys 14/o and Girls 17/o; 8:45 -9:10 Girls 14-16) 9:15 Start. Finish @11:45.

Session 8: 12:30 Warm up *approx* (12:30-12:50 Mixed warmup – boys and girls 13/u; 13:50-14:15 Girls 14-16; 14:15-14:40 Boys 14/o and Girls 17/o) 13:35 Start. Finish @16:10

Session 9 Finals: 16:20 Warmup for all finalists. 16:50 Start. Finish @ 17:30

No diving when entering the pool during warmup. Coaches must supervise their swimmers during warmup – and will be supported by the meet marshals. The last 5 mins of each warmup will be allocated to sprints and announced by the commentator. Backstroke ledges will also be provided. Warmup time changes may be announced if necessary. Lanes 1, 3, 5 and 7 are clockwise; lanes 2, 4, 6 and 8 anticlockwise. Please ensure that your swimmers leave the pool promptly to allow the competition to start on time for each session.

The timings for the 2nd session in each block remain approximate – based on the need to work with capacity linked process flows. 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 are aware.

Backstroke Ledges: We will have the CONSC 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. Swimmers should ask the official to adjust the ledge if they would like it lower or higher.

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 a link for online withdrawals for CONSC to access. Individual entries should withdraw via tbirdspinner@gmail.com, or text 07970289643. **The system will close for withdrawals 10 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, Paul Kendall, 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.

Marshalling: Competitors from all clubs will be asked to ensure they are at the marshalling chairs in the halls in a timely manner. The halls are cold, so please make sure the swimmers come with warm kit on. It is the responsibility of the competitor to report in sufficient time before the event. 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 morning warmups.

Poolside: Due to revised capacity restrictions we would ask that all clubs ensure they only have swimmers poolside for pre-event briefings – after which they should move to the halls for marshalling. When the swimmers have completed their event they should move to the Hall holding area. This is critical for the Friday in particular.

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 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 – **2022 CONSC Easter Meet 1ER220002**. 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.**

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: tbirdspinner@gmail.com (Meet Promoter) or ptekendall@gmail.com (Lead Referee).

Meet Schedule

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

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

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