

www.cityofnorwichsc.co.uk

March Long Course L3 Open Meet 2022 (Level 3 License No.3ER220009)

Sportspark ,UEA, Norwich: Saturday 5th - Sunday 6th March 2022

Under Swim England (SE) Regulations, Technical Rules and to SE Open Meet Licensing Criteria

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 6th March 2022

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 ***

*** Backstroke Ledges ***

*** 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: £6.00 per event
Spectator Entry: £8 per day, £15 for weekend
Free Parking

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

Closing Date **12:00 Midday on Tuesday 15th February 2022**

www.cityofnorwichsc.co.uk

March Long Course L3 Open Meet 2022
Sportspark ,UEA, Norwich: Saturday 5th - Sunday 6th March 2022
Under Swim England Regulations and Technical Rules
Meet Conditions

1. The event will be held at Sportspark, UEA, on 5-6th March 2022 and is licensed by Swim England at Level 3 under Licence Number 3ER220009. The meet will be run in accordance with Swim England (SE) Regulations, Technical Rules and to SE Open Meet Licensing Criteria 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 Regulations 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, Swim Scotland or Swim Wales; 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 6th March 2022 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 2021 and be within the qualifying standards.
8. **Closing date for entry: 12:00 Midday on Tuesday 15th February 2022.** 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. CONSC Internal entries will be made via SCM and invoiced after the closing date. Visiting Club 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 Visiting 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. Entry file, summary form **and** payment must be received by 12:00 on Tuesday 15th 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 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 will be managed using the Swim-Meet link sent out prior to the gala, and must be submitted anytime up until 5 minutes after the start of each Warmup for the relevant 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 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 £6.00 per event
 - Coaches Passes £20.00 (no food); £30 (with food)
 - Spectator entry (if Spectators are permitted) will be by colour coded wrist band and will be charged at £15 for the full weekend, £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.
 - There are no meet programmes, but heat sheets and results will be live on Meet Mobile.
23. 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.
24. 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.
25. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Regulations and 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 2022
Sportspark ,UEA, Norwich: Saturday 5th - Sunday 6th March 2022
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Schedule of Events

Saturday 5th 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 6th 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)

Event		BOYS						GIRLS					
		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	32.00	29.00	29.00	27.00
Freestyle 100m	Cut off	1.13.00	1.10.00	1.07.00	1.03.00	59.00	53.00	1.14.00	1.10.00	1.07.00	1.04.50	1.02.00	58.00
Freestyle 200m	Cut off	2.40.00	2.32.00	2.24.00	2.16.00	2.06.00	1.59.00	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	31.00	44.00	42.00	40.00	38.00	37.00	34.00
Breaststroke 100m	Cut off	1.29.50	1.25.50	1.21.50	1.17.50	1.12.00	1.04.00	1.34.00	1.29.00	1.25.00	1.21.00	1.18.00	1.14.00
Breaststroke 200m	Cut off	3.08.50	3.00.50	2.52.50	2.46.50	2.38.50	2.23.50	3.12.00	3.08.00	2.59.00	2.53.00	2.48.00	2.40.00
Butterfly 50m	Cut off	37.50	35.50	33.50	31.50	29.50	26.00	38.50	36.00	34.00	32.00	31.50	28.00
Butterfly 100m	Cut off	1.23.00	1.19.00	1.15.00	1.11.00	1.06.00	58.00	1.23.00	1.20.00	1.16.00	1.12.00	1.09.00	1.04.00
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	31.50	29.00	40.50	38.50	36.50	34.00	33.50	31.00
Backstroke 100m	Cut off	1.24.00	1.20.00	1.16.00	1.12.00	1.05.00	1.04.00	1.24.00	1.20.00	1.18.00	1.14.00	1.10.00	1.07.00
Backstroke 200m	Cut off	2.58.00	2.50.00	2.42.00	2.34.00	2.20.00	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	2.20.00	2.14.00	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	4.5.00		6.00.00	5.48.00	5.40.00	5.28.00	5.16.00

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Sportspark ,UEA, Norwich: Saturday 5th - Sunday 6th March2022

Club Summary Entry Form

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

Closing date for full entry submission: 12:00 Midday on Tuesday 15th February 2022.

Club Name:			
Contact Name:			
Postal Address:			
Email Address:			
Telephone No:			
Entry Details:			
		Number	Cost
Individual entries	@ £6.00 per event		£
Coaches Pass	@£20.00 No Food		£
	@£30.00 With Food		
TOTAL			£

Payment by BACs to Acct: 00916204, Sort 30-96-17. Use the reference of MLC22 plus the 4 letters of your club short code. Then email tbirdspinner@gmail.com to confirm payment has been made.

Checklist – By the Closing Date of 12:00 Midday on Tuesday 15th February 2022 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 2022 Long Course Format – (Level 3 License No. 3ER220009)

Sportspark ,UEA, Norwich: Saturday 5th - Sunday 6th March 2022

INDIVIDUAL ENTRY FORM FOR VISITING CLUBS									
FORENAME:		SURNAME:							
CLUB:		AGE (@ 06/03/22):							
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	£6								
100M FREESTYLE	£6								
200M FREESTYLE	£6								
400M FREESTYLE	£6								
50M BACKSTROKE	£6								
100M BACKSTROKE	£6								
200M BACKSTROKE	£6								
50M BREASTSTROKE	£6								
100M BREASTSTROKE	£6								
200M BREASTSTROKE	£6								
50M BUTTERFLY	£6								
100M BUTTERFLY	£6								
200M BUTTERFLY	£6								
200M IM	£6								
400IM	£6								
	<i>Total Events</i>		£						
<i>CoNSC Swimmers Admin Fee/Visiting Clubs individual manual entry fee</i>		£5.00	£						
		Total:	£						

CLOSING DATE FOR ENTRIES IS 12:00 Midday ON Tuesday 15th February 2022

Please return this form and/or an “Entries Summary Form” as appropriate, to Tracey Spinner, tbirdspinner@gmail.com, with BACS payment to Acct: 00919204, Sort 30-96-17, using the reference MLC22 and the first 4 letters of your swimmer’s surname.

Officials should sign up to Swim-Meet online site to volunteer - [Click Here to Register Availability](#)

March Long Course L3 Open Meet 2022 (License No. 3ER220009)

Sportspark ,UEA, Norwich: Saturday 5th - Sunday 6th March2022
Coaches / Chaperone Pass Individual Application Form

Closing date 12:00 Midday on 15th February 2022

Full Name:	
Club Name:	
Position (Coach/TM):	
PASS:	@£20 without food: @ £30 with food:
Telephone No:	
Email Address:	
Swim England Number:	
DBS Certificate Expiry Date:	
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.

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 include entry to poolside and access to withdrawal system.

Return form to Tracey Spinner at tbirdspinner@gmail.com

Officials should sign up to Swim-Meet online site to volunteer - [Click Here to Register Availability](#)