**City of Norwich Swimming Club**

**CONSC Midsummer Madness, L3 Long Course, 3ER220343, 9th – 10th July 2022**

**Coaches and Team Managers:** Coach passes and packs will 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 Suite 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. Psych sheets with the heats will be visible in Meet Mobile – 2022 CONSC Midsummer Madness 3ER220343 - and a draft programme is published on the CONSC website. Note that during the meet the heats may change as withdrawals are processed. Clubs are asked to ensure swimmers are supervised poolside at all times, and not left alone.

**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 tokens before departure. If the Sportspark carpark is full please use the main University carpark. **Note that the Sportspark Carpark will be closed on Sunday 10th for use for graduation. Make sure you arrive in a timely manner for the session and avoid the crowds.**

**Entry:** Entry for Swimmers to the changing area will be from: 8:15am.

**Warmups:** In response to coach feedback warmups are by club rather than age. Please feel free to work with other clubs in nearby lanes if that works better for you, but stay within the time slot.

**Saturday 9th July: Session 1 Warmup 8:30, Start 9:40, Finish @11:50**

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| **Lane** | **8:30-8:50** | **8:50-9:10** | **9:10-9:30** |
| **1** | New Hall (8) | Dereham (31) | Beverley Baracudas (1) |
| **2** | North Norfolk Vikings (13) | Dereham (31) | Co Cambridge (10) |
| **3** | North Norfolk Vikings (13) | Dereham (31) | CONSC Adoptees (Camden Swiss – 1; Colchester – 1, Nelson South (1), Romford (1), United Auckland (1), WSSC (2)) 7 |
| **4** | St Felix (18) | CBSS (Biggleswade (2), Leighton Buzzard (1), Linslade (1) | Co Norwich SC (84) |
| **5** | St Felix (18); Teamipswich (1) | Diss (21) | Co Norwich SC (84) |
| **6** | Tadcaster (27) | Diss (21) | Co Norwich SC (84) |
| **7** | Tadcaster (27) | Gt Yarmouth (15) | Co Norwich SC (84) |
| **8** | Tadcaster (27) | Gt Yarmouth (15) | Co Norwich SC (84) |

**Saturday 9th July: Session 2 Warmup 12:10, Start 13:00, Finish @14:50**

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| **Lane** | **12:10-12:30** | **12:30-12:50** |
| **1** | Beverley Baracudas (1), Co Cambridge (8), Dartford (1) | Diss (12) |
| **2** | Dereham (14) | Gt Yarmouth (8) |
| **3** | CONSC Adoptees (Camden Swiss – 1; Co Leicester (1), Colchester – 1, Nelson South (1), United Auckland (1), WSSC (4)) - 9) | North Norfolk Vikings (7) CBSS (Leighton Buzzard (3), Linslade (1), New Hall (3) |
| **4** | Co Norwich SC (63) | St Felix (18) |
| **5** | Co Norwich SC (63) | St Felix (18); Teamipswich (1) |
| **6** | Co Norwich SC (63) | Tadcaster (27) |
| **7** | Co Norwich SC (63) | Tadcaster (27) |
| **8** | Co Norwich SC (63) | Tadcaster (27) |

**Saturday 9th July: Session 3 Warmup 15:10, Start 16:00, Finish @18:00**

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| **Lane** | **15:10 – 15:30** | **15:30 – 15:50** |
| **1** | Diss (19) | Beverley Baracudas (1), Co Cambridge (10), Dartford (1) |
| **2** | Gt Yarmouth (16) | Dereham (34), Cambridge Uni (1) |
| **3** | North Norfolk Vikings (15) | Dereham (34), Cambridge Uni (1) |
| **4** | CBSS (Biggleswade (1), Leighton Buzzard (2), Linslade (1)), New Hall (7) | Co Norwich SC (94), CONSC Adoptees (Camden Swiss – 1; Co Leicester (1), Colchester – 1, Nelson South (1), United Auckland (1), WSSC (4)) - 9) |
| **5** | St Felix (19); Teamipswich (1) | Co Norwich SC (94) |
| **6** | St Felix (19) | Co Norwich SC (94) |
| **7** | Tadcaster (29) | Co Norwich SC (94) |
| **8** | Tadcaster (29) | Co Norwich SC (94) |

**Sunday 10th July: Session 4 Warmup 8:30, Start 9:40, Finish @11:55**

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| **Lane** | **8:30-8:50** | **8:50-9:10** | **9:10-9:30** |
| **1** | Beverley Baracudas (1), Dartford (1), Co Cambridge (6) | Dereham (28) | New Hall (5), St Ives (1) |
| **2** | CONSC Adoptees (Camden Swiss – 1; Colchester – 1, Nelson South (1), United Auckland (1), WSSC (4)) 7 | Dereham (28) | North Norfolk Vikings (17) |
| **3** | Co Norwich SC (93) | Dereham (28) | North Norfolk Vikings (17) |
| **4** | Co Norwich SC (93) | CBSS (Biggleswade (1), Leighton Buzzard (3) | St Felix (17) |
| **5** | Co Norwich SC (93) | Diss (20) | St Felix (17); Teamipswich (1) |
| **6** | Co Norwich SC (93) | Diss (20) | Tadcaster (28) |
| **7** | Co Norwich SC (93) | Gt Yarmouth (14) | Tadcaster (28) |
| **8** | Co Norwich SC (93) | Gt Yarmouth (14) | Tadcaster (28) |

**Sunday 10th July: Session 5 Warmup 12:30, Start 13:40, Finish @15:30**

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| **Lane** | **12:30-12:50** | **12:50-13:10** | **13:10-13:30** |
| **1** | New Hall (6), St Ives (1) | Beverley Baracudas (1), Dartford (1), Co Cambridge (6) | Dereham (27) |
| **2** | North Norfolk Vikings (18) | CONSC Adoptees (Camden Swiss – 1; Colchester – 1; Lower Blue Mountain - 1 WSSC (4) 7) | Dereham (27) |
| **3** | North Norfolk Vikings (18) | Co Norwich SC (93) | Dereham (27) |
| **4** | St Felix (17) | Co Norwich SC (93) | CBSS (Biggleswade (1), Leighton Buzzard (3) |
| **5** | St Felix (17) | Co Norwich SC (93) | Diss (18) |
| **6** | Tadcaster (30) | Co Norwich SC (93) | Diss (18) |
| **7** | Tadcaster (30) | Co Norwich SC (93) | Gt Yarmouth (16) |
| **8** | Tadcaster (30) | Co Norwich SC (93) | Gt Yarmouth (16) |

\* Please keep an eye on Meet Mobile for the most up to date psych sheets.

No diving when entering the pool during warmup. Coaches must supervise swimmers during warmup –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.

**Spectators/Parents:** We should have plenty of space for spectators, but please leave the area if your child is not swimming so other parents get a seat. Entry Fees: £5 per day, £10 for weekend, Cash or Card. There will be livestream available –YouTube: <https://youtube.com/playlist?list=PLCBINMBzomASPH53ffdsptAn-wjt6Koj7>. **Whistles or horns should not be used by spectators as this is liable to drown out the emergency alarms/Lifeguard whistles. We appreciate your co-operation on this matter**.

**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.

**Backstroke Ledges:** We will have the CONSC backstroke ledges available for all relevant events, let your swimmers know that the ledges will be used. We are aware that some 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 will receive a link for online withdrawals using Swim-Meet. Individual entries should withdraw via [tbirdspinner@gmail.com](mailto: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 Suite in a timely manner before the start of each session, sign in and then disperse. Lead Referee, Stephen Christian, will be responsible for the briefing which will be held in the John Jarrold Room 30 mins before the start of each session, and may be led by our trainee referees. 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 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 area in the Beach Hut in a timely manner. 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 Session start.

**Changing Rooms:** Parents are not allowed in the swimmers changing rooms under any circumstances.

**Poolside:** Swimmers should only be poolside if they are competing in the session underway, and if the club coach or team manager is present. All CONSC adoptees should report to the CONSC Lead Coach – Beth Coombs – who will ensure they are allocated a coach and/or Team Manager.

**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.

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. No flash photography is permitted.

**Results:** Results will be available throughout the weekend via Meet Mobile – **2022 CONSC Midsummer Madness 3ER220343.** Hytek results will be made available to each team on request - contact [tbirdspinner@gmail.com](mailto: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.
* 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 schristian@jackson-civils.co.uk (Lead Referee).

**Meet Schedule**

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| **Saturday 9th July 2022 - Session 1** | | | |  | **Sunday 10th July 2022 – Session 4** | | | |
| 101 | Boys | 9 and over | 200 Free |  | 401 | Boys | 9 and over | 400 freestyle |
| 102 | Girls | 9 and over | 400 freestyle |  | 402 | Girls | 9 and over | 200 Free |
| 103 | Boys | 9 and over | 100 Back |  | 403 | Boys | 9 and over | 100 Breast |
| 104 | Girls | 9 and over | 50 Back |  | 404 | Girls | 9 and over | 200 Breast |
| 105 | Boys | 9 and over | 50 Breast |  | 405 | Boys | 9 and over | 50 Back |
|  | | | |  | 406 | Girls | 9 and over | 50 Breast |
| **Saturday 9th July 2022 – Session 2** | | | |  |  | | | |
| 201 | Girls | 9 and over | 200 IM |  |
| 202 | Boys | 9 and over | 200 Breast |  | **Sunday 10th July 2022 – Session 5** | | | |
| 203 | Girls | 9 and over | 100 Fly |  | 501 | Boys | 9 and over | 200 IM |
| 204 | Boys | 9 and over | 100 Fly |  | 502 | Girls | 9 and over | 100 Free |
| 205 | Girls | 9 and over | 200 Back |  | 503 | Boys | 9 and over | 200 Fly |
|  | | | |  | 504 | Girls | 9 and over | 100 Breast |
| **Saturday 9th July 2022 – Session 3** | | | |  | 505 | Boys | 9 and over | 50 Free |
| 301 | Girls | 9 and over | 100 Back |  | 506 | Girls | 9 and over | 50 Fly |
| 302 | Boys | 9 and over | 100 Free |  |  | | | |
| 303 | Girls | 9 and over | 200 Fly |  |
| 304 | Boys | 9 and over | 200 Back |  |
| 305 | Girls | 9 and over | 50 Free |  |
| 306 | Boys | 9 and over | 50 Fly |  |

**Merchandise**

Mailsports will be attending this meet and will be set up and ready for you from Saturday morning bright and early through to after warm up on final session on Sunday. Make the most of their extensive selection of costumes and accessories.