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

**2022 November L3 Short Course Open Meet**

**(Level 3 License No: 3ER220340)**

**Sportspark, UEA, Norwich: Saturday 19th - Sunday 20th November 2022**

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

**Venue** Sportspark, UEA, Norwich, NR4 7TJ

**Pool** 8 Lane Short Course Racing Pool

Electronic Timing & 8-Lane Display

Backstroke Ledges

Free Parking

**This is a Level 3 Licensed Meet**

**Age Groups: 9, 10, 11, 12, 13, 14, 15 and over.**

Ages as at 20th November 2022

**Awards** Medals to Podium Finishes in All Events, All Age Groups

 Top Male Athlete & Top Female Athlete Awards

**Events** 50m, 100m & 200m All Strokes

400m Freestyle

 100m, 200m IM

**Fees** Race Entry Fee £5.00 per event

Spectator entry: £10.00 per day

 Meet Mobile Live Results and Heat Sheets

Free Parking

**Entries To** Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB

**Enquiries:** Email: tbirdspinner@gmail.com Phone: 07970289643

**Closing Date:** Monday 7th November 2022, 12:00 Midday

 Entries accepted on first-come first-served basis

**Meet Promoter:** Tracey Spinner

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

**City of Norwich Swimming Club**

**2022 November L3 Short Course Open Meet**

**(Level 3 License No: 3ER220340)**

**Saturday 19th - Sunday 20th November 2022**

**Sportspark, UEA, Norwich, NR4 7TJ**

**Meet Conditions and Information**

1. The event will be held at Sportspark, UEA, on 19th -20th November 2022 and is licensed by swim England at Level 3 under Licence No 3ER220340. The meet will be run in accordance with Swim England (SE) Regulations, Technical Rules of Swimming 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 SE 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, 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 20th November 2022, and the age groups are 9, 10, 11, 12, 13, 14, 15/over.** All entries must be short course times or converted long course times, and must be **slower** than the cut off times listed. Swimmers wishing to enter who are faster than cut off times will be permitted if the meet is undersubscribed – but will be listed as “exhibition swims” and ineligible for medals.
5. Heats will be seeded on submitted times and spearheaded. All events are timed finals, the first 3 swimmers in each age group will receive awards. Awards will be made to the Top Boy, Top Girl and Top Visiting Club. All competitors’ points will go towards Top Visiting Club points tally, including exhibition swimmers.
6. The pool length is 25 metres, 8 lanes with anti-wave ropes and Omega electronic timing. The depth of the pool is 1.8m. A secondary strobe 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. Level X times are accepted.
8. **Closing date for entry: 12:00 Midday on Monday 7th November 2022.** The Promoter retains the right to accept 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. Entries received will be acknowledged by email, but must be 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. Entries from CONSC swimmers must be done via SCM.
10. Where there are 3 or more competitors entered by a Club, entries **MUST** be submitted electronically with a summary form and Hytek TM Entry File and Entry Report with either 1 cheque payable to the City of Norwich Swimming Club Ltd or payment by BACS. If you wish to pay by BACS please pay to City of Norwich Swimming Club, Acct: 00919204, Sort 30-96-17, Ref NOM22 + Club Short Code. Entry file can be obtained from [www.cityofnorwichsc.co.uk](http://www.cityofnorwichsc.co.uk). Entry file, summary form **and** payment must be received by 12:00 Midday on Monday 7/11/21. Clubs manually entering 3 or more swimmers will be subject to a £25 administrative charge **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 with an entry time from British Rankings and will swim under IPC swimming rules. Personal care attendants for swimmers who require them are not required to pay for an additional Poolside Pass.
12. Masters swimmers are eligible to enter if they are able to evidence entry times from a Masters event.
13. Received entries will be published on [www.cityofnorwichsc.co.uk](http://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 operate 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 must be done using Swim-Meet software link and within 15 minutes of the session warmup commencing.
17. Competitors should 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’s 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 property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings. 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 as they can block the air vents.
20. Do not wear outdoor shoes poolside as this can cause the spread of germs. Clean and appropriate poolside footwear should be worn by swimmers and coaches.
21. 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.
22. 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 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 has been passed to use by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.
23. Charges as follow:
* Entry Fees £5.00 per event
* Coaches Passes £15.00 (no food); £30 (with food)
* Spectator entry will be by colour coded wrist band and will be charged at £10 per day or £5 per session. Spectators will be charged at the higher rate for each session (£10 if you enter in Sessions 1 & 3, £5 if you enter in sessions 2 & 4) and refunds will be given accordingly as long as the spectator leaves before the start of the next Session & turns in their wrist band.
* Please note that the promoter reserves the right to make a decision on whether spectators will be permitted based on government guidance should there still be COVID concerns.
1. Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways. Report issues to a member of pool staff or to the Meet Promoter.
2. 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 lanes 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. Backstroke ledges will be made available for the sprint lanes.
3. All clubs entering are asked to try to provide as many officials as possible. We will do our best to accommodate requests for mentoring. Those volunteering to officiate will be provided with refreshments. Those volunteering for a full day will receive lunch. Please use the Swim-Meet software link to register availability.
4. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to SE Regulations, Technical Rules and SE Open Meet Licensing criteria.

**City of Norwich Swimming Club**

**2022 November L3 Short Course Open Meet**

**(Level 3 License No: 3ER220340)**

**Saturday 19th - Sunday 20th November 2022**

**Sportspark, UEA, Norwich, NR4 7TJ**

**Schedule of Events**

**Saturday 19th November**

#### 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

Event 108 Boys 9 and over 400 IM HDW

#### Session 2 – Warm up tba – Start tba\*

Event 201 Girls 9 and over 100 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 20th November**

#### 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

Event 308 Girls 9 and over 400 IM HDW

#### Session 4 – Warm up tba – Start tba\*

Event 401 Boys 9 and over 100 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

Entry times must be **slower** than the cut off times below

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **BOYS** |  | **GIRLS** |
| **Event** |  | 9 | 10 | 11 | 12 | 13 | 14 | 15+ |   | 9 | 10 | 11 | 12 | 13 | 14 | 15+ |
| **Freestyle 50m** | Cut off | 35.00 | 33.00 | 31.50 | 29.50 | 27.00 | 26.00 | 25.00 |   | 35.00 | 33.50 | 31.50 | 30.00 | 29.00 | 28.00 | 27.00 |
| **Freestyle 100m** | Cut off | 1.15.00 | 1.11.00 | 1.07.00 | 1.03.00 | 1.00.00 | 57.00 | 54.00 |   | 1.16.00 | 1.12.00 | 1.08.00 | 1.05.50 | 1.01.00 | 1.00.00 | 58.00 |
| **Freestyle 200m** | Cut off | 2.40.00 | 2.32.00 | 2.24.00 | 2.14.00 | 2.08.00 | 1.59.00 | 1.52.00 |   | 2.42.00 | 2.37.00 | 2.29.00 | 2.22.00 | 2.17.00 | 2.12.00 | 2.07.00 |
| **Freestyle 400m** | Cut off | 5.40.00  | 5.22.00 | 5.00.00 | 4.49.00 | 4.38.00 | 4.27.00 | 4.16.00 |   | 5.40.00  | 5.25.00 | 5.10.00 | 4.55.00 | 4.45.00 | 4.35.00 | 4.20.00 |
| **Breaststroke 50m** | Cut off | 45.00 | 40.00 | 36.00 | 34.00 | 33.00 | 32.00 | 31.00 |   | 49.00 | 45.00 | 41.00 | 39.00 | 36.50 | 35.00 | 34.00 |
| **Breaststroke 100m** | Cut off | 1.35.00  | 1.27.00  | 1.20.50 | 1.16.00 | 1.12.50 | 1.09.00 | 1.06.50 |   | 1.38.00  | 1.32.00  | 1.25.00 | 1.20.00 | 1.17.00 | 1.14.00 | 1.12.50 |
| **Breaststroke 200m** | Cut off | 3.15.00 | 3.00.00 | 2.50.00 | 2.40.00 | 2.30.00 | 2.25.00 | 2.20.00 |   | 3.26.00 | 3.10.00 | 3.00.00 | 2.50.00 | 2.42.00 | 2.38.00 | 2.35.00 |
| **Butterfly 50m** | Cut off | 37.50 | 34.50 | 32.50 | 30.50 | 29.00 | 28.00 | 27.00 |   | 37.50 | 36.00 | 33.00 | 32.00 | 31.00 | 30.00 | 29.00 |
| **Butterfly 100m** | Cut off | 1.22.00  | 1.16.00  | 1.12.00 | 1.08.00 | 1.05.00 | 1.02.50 | 1.00.00 |   | 1.22.00  | 1.18.00 | 1.13.00 | 1.10.00 | 1.07.00 | 1.05.00 | 1.03.00 |
| **Butterfly 200m** | Cut off | 3.20.00 | 2.52.00 | 2.42.00 | 2.30.00 | 2.20.00 | 2.15.00 | 2.10.00 |   | 3.20.00 | 2.52.00 | 2.45.00 | 2.40.00 | 2.30.00 | 2.25.00 | 2.20.00 |
| **Backstroke 50m** | Cut off | 43.00 | 40.00 | 36.00 | 34.50 | 32.00 | 30.00 | 28.00 |   | 44.00 | 41.00 | 37.00 | 36.00 | 34.50 | 33.00 | 32.00 |
| **Backstroke 100m** | Cut off | 1.30.00  | 1.24.00  | 1.18.00 | 1.14.00 | 1.10.00 | 1.05.00 | 1.00.00 |   | 1.30.00  | 1.24.00 | 1.18.00 | 1.14.00 | 1.10.00 | 1.07.00 | 1.05.00 |
| **Backstroke 200m** | Cut off | 3.17.90 | 2.53.90 | 2.40.00 | 2.33.00 | 2.24.00 | 2.17.00 | 2.10.00 |   | 3.18.00 | 2.55.00 | 2.45.00 | 2.35.00 | 2.30.00 | 2.25.00 | 2.20.00 |
| **Ind Medley 100m** | Cut off | 1.24.00 | 1.20.00 | 1.16.00 | 1.12.00 | 1.08.00 | 1.04.00 | 1.00.00 |   | 1.24.00 | 1.20.00 | 1.16.00 | 1.12.00 | 1.10.50 | 1.09.00 | 1.07.50 |
| **Ind Medley 200m** | Cut off | 3.10.00 | 2.55.00 | 2.40.00 | 2.30.00 | 2.20.00 | 2.15.00 | 2.10.00 |   | 3.07.00 | 3.00.00 | 2.45.00 | 2.40.00 | 2.30.00 | 2.25.00 | 2.20.00 |
| **Ind Medley 400m** | Cut off | 6.20 | 6.00 | 5.30 | 5.10 | 4.50 | 4.40 | 4.30 |  | 6.24 | 6.10 | 5.40 | 5.30 | 5.10 | 5.00 | 4.50 |

**City of Norwich Swimming Club**

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**Saturday 19th - Sunday 20th November 2022**

**Sportspark, UEA, Norwich, NR4 7TJ**

**Club Summary Entry Form**

**(For use by external clubs** entering 3 or more swimmers**)**

Please return this completed form to: tbirdspinner@gmail.com

Closing date Monday 7th Novemvber 2022

|  |  |
| --- | --- |
| **Club Name:** |  |
| **Contact Name:** |  |
| **Postal Address:** |  |
| **Email Address:** |  |
| **Telephone No:** |  |
|  |  |  |  |
| **Entry Details:** |
|  |  | **Number** | **Cost** |
| Swimmers | @ £5.00 per event  |  | £ |
| Coaches Pass | @ £15 per pass no food |  |  |
|  | @ £30 per pass with food |  | £ |
|  | **TOTAL** | £ |

\* If you wish to pay by BACs please transfer payment to City of Norwich Swimming Club, Acct: 00919204, Sort 30-96-17, Reference NOM22 plus the 4 letter club short code (eg City of Norwich SC = NORT) and email tbirdspinner@gmail.com when payment has been made.

**Checklist – By the Closing Date of 7th November 2022 please ensure you have emailed or posted the following:**

**Paperless Entry - Email**:

Hytek Entry File

Hytek Meet Entry Report

Evidence of BACS Transfer

Coach/Chaperone Forms

**Postal Entry**:

Club Summary Entry Form (this form)

Hytek Entry Report

Coach/Chaperone Forms

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|  |  |
| --- | --- |
| **INDIVIDUAL ENTRY FORM** |  |
| **FORENAME:** |  | **SURNAME:** |  |  |
| **CLUB:** |  | **AGE (@ 20/11/22):** |  |  |
| **SEX:** | **MALE/FEMALE** | **DATE OF BIRTH:** |  |  |
| **EMAIL ADDRESS:** |  | **DISABILITY CLASSIFICATION:** |  |  |
| **TELEPHONE NO:** |  | **SE REG NO** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |
| **EVENT** | **COST PER EVENT** | **ENTRY TIME (SC)\*** | **TICK TO ENTER** |  |
| **50M FREESTYLE** | **£5.00** |  |  |  |
| **100M FREESTYLE** | **£5.00** |  |  |  |
| **200M FREESTYLE** | **£5.00** |  |  |  |
| **400M FREESTYLE** | **£5.00** |  |  |  |
| **50M BACKSTROKE** | **£5.00** |  |  |  |
| **100M BACKSTROKE** | **£5.00** |  |  |  |
| **200M BACKSTROKE** | **£5.00** |  |  |  |
| **50M BREASTSTROKE** | **£5.00** |  |  |  |
| **100M BREASTSTROKE** | **£5.00** |  |  |  |
| **200M BREASTSTROKE** | **£5.00** |  |  |  |
| **50M BUTTERFLY** | **£5.00** |  |  |  |
| **100M BUTTERFLY** | **£5.00** |  |  |  |
| **200M BUTTERFLY** | **£5.00** |  |  |  |
| **100M IM** | **£5.00** |  |  |  |
| **200M IM** | **£5.00** |  |  |  |
| **TOTAL ENTRIES** |  | **£** |  |
| *CoNSC Swimmer Admin Fee/Visiting Club individual manual entry fee* | **@ £5.00** | **£** |  |
| **Total** |  | **£** |  |

*\*If time not on Swim England database please state origin on reverse of form. City of Norwich Swimmers – just tick the box.*

**CLOSING DATE FOR ENTRIES IS Monday 7th November 2022**

Please return this form and/or an “Entries Summary Form” as appropriate, to Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB, with a cheque made payable to: **City of Norwich Swimming Club Ltd.** If you wish to pay by BACS transfer money to Acct: 00919204, Sort 30-96-17, quoting NOM22 and the first 4 letters of your surname. Email tbirdspinner@gmail.com when payment has been made.

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**Poolside Pass - Individual Application Form**

Closing date 8th November 2022

|  |  |
| --- | --- |
| **Full Name:** | *(Enter all names if pass to be shared between coaches on different sessions).* |
| **Club Name:** |  |
| **Position:**(eg Coach/TM) |  |
| **Email Address:** |  |
| **Telephone No:** |  |
| **Swim England Membership Number:** |  |
| **Safeguarding Certificate Expiry Date:** |  |
| **DBS Certificate Expiry Date:** |  |
| **Weekend Pass No Food** | Quantity @ £15: | Total Sent: £ |
| **Weekend Pass With Food** | Quantity @ £30: | Total Sent: £ |
| **Dietary Requirements** | *If you have any food preferences (vegetarian, dairy free) please specify.* |

**The above-named person is authorised to hold a pass for this 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. There is no charge for poolside passes for disability swimmers where assistance is required.

All completed forms to be returned to: **Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB; or** tbirdspinner@gmail.com