**City of Norwich Swimming Club**

**CONSC Easter Meet, L1 Long Course, 1ER230119, 7th – 9th April 2023**

**Coaches and Team Managers:** Coach passes and packs will be available in the John Jarrold Room (upstairs, towards the viewing gallery, right hand side). 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 carry the passes provided at all times. There will be hot drinks in the John Jarrold Room for coaches, Team Managers, officials and volunteers. 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 – and a draft programme will be published on the CONSC website. Note that during the meet the heats may change as withdrawals are processed.

There will be a number of clubs located in the gallery and Town Close Room – this is to ensure we comply with the revised Sportspark capacity numbers which restrict the number of bodies poolside to 300 (including swimmers/coaches/officials and volunteers) for Health and Safety reasons.

**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: 7:45am each morning. Please only go poolside at the appropriate time for your session, and leave poolside when you have finished swimming (again, to ensure we comply with the Sportspark capacity restrictions).

**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. Fee: £5 per day, £10 for the weekend. There will be an excellent livestream available – please share this link with parents and family:

<https://youtube.com/playlist?list=PLCBINMBzomAS2ecLx2SO-WBBayjuYmJbW>

**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.

**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](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 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.

**Warmups:**

**Friday 7th April**

**Session 1 W-up 8:00-9:15, Session 9:20-12:55**

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| **Lane** | **8:00-8:25** | **8:25-8:50** | **8:50-9:15** |
| **1** | Hamilton (54) | Norwich Swan (46) | Repton (28) + Dinnaton (12) |
| **2** | Hamilton (54) | Norwich Swan (46) | Repton (28) + Dinnaton (12) |
| **3** | Hamilton (54) | Norwich Swan (46) + St Felix | Bishop Stortford (18) |
| **4** | CMK (23) | Cambridge (32) | West Suffolk + Stowmarket |
| **5** | Co Norwich (67) + CMK (23) | Cambridge (32) + Peterborough | All remaining swimmers |
| **6** | Co Norwich (67) | Peterborough (31) | All remaining swimmers |
| **7** | Co Norwich (67) | Peterborough + Ipswich (30) | All remaining swimmers |
| **8** | Co Norwich (67) | Ipswich (30) | All remaining swimmers |

**Session 2 W-up 13:40-14:40, Session 14:45-17:30**

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| **Lane** | **13:45-14:05** | **14:05-14:25** | **14:25-14:45** |
| **1** | All remaining swimmers | Hamilton (40) | Norwich Swan (34) |
| **2** | All remaining swimmers | Hamilton (40) | Norwich Swan (34) |
| **3** | All remaining swimmers | Repton (23) | Norwich Swan (34) + St Felix (7) |
| **4** | All remaining swimmers | Repton (23) | Cambridge (22) |
| **5** | All remaining swimmers | CMK (19) | Cambridge (22) + Peterborough |
| **6** | All remaining swimmers | Co Norwich (45) + CMK | Peterborough (33) |
| **7** | All remaining swimmers | Co Norwich (45) | Peterborough + Ipswich (27) |
| **8** | All remaining swimmers | Co Norwich (45) | Ipswich (27) |

**Session 3 Open W-up 17:30-17:50, Finals 17:55-18:40**

**Saturday 8th April**

**Session 4 W-up 8:00-9:15, Session 9:20-12:50**

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| **Lane** | **8:00-8:25** | **8:25-8:50** | **8:50-9:15** |
| **1** | Norwich Swan (47) | Repton (35) | Hamilton (55) |
| **2** | Norwich Swan (47) + St Felix 17 | Repton (35) | Hamilton (55) |
| **3** | Norwich Swan (47) + St Felix 17 | West Suffolk (18) | Hamilton (55) + Gt Yarmouth |
| **4** | Cambridge (43) | Bishop Stortford (17) | CMK (28) |
| **5** | Cambridge (43) + Peterborough | All remaining swimmers | Co Norwich (88) + CMK (28) |
| **6** | Peterborough (35) | All remaining swimmers | Co Norwich (88) |
| **7** | Peterborough + Ipswich (33) | All remaining swimmers | Co Norwich (88) |
| **8** | Ipswich (33) | All remaining swimmers | Co Norwich (88) |

**Session 5 W-up 13:20-14:20, Session 14:25-17:30**

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| **Lane** | **13:20-13:40** | **13:40-14:00** | **14:00-14:20** |
| **1** | Hamilton (56) | Norwich Swan (38) | Repton (31) |
| **2** | Hamilton (56) | Norwich Swan (38) + St Felix 17 | Repton (31) |
| **3** | Hamilton (56) | Norwich Swan (38) + St Felix 17 | All remaining swimmers |
| **4** | CMK (24) | Cambridge (39) | All remaining swimmers |
| **5** | Co Norwich (73) + CMK (24) | Cambridge (39) + Peterborough | All remaining swimmers |
| **6** | Co Norwich (73) | Peterborough (30) | All remaining swimmers |
| **7** | Co Norwich (73) | Peterborough + Ipswich (27) | All remaining swimmers |
| **8** | Co Norwich (73) | Ipswich (27) | All remaining swimmers |

**Session 6 Open W-up 17:45-18:10, Finals 18:15-19:00**

**Sunday 9th April**

**Session 7 W-up 8:00-9:15, Session 9:20-12:05**

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| **Lane** | **8:00-8:25** | **8:25-8:50** | **8:50-9:15** |
| **1** | Repton (28) | Hamilton (52) | Norwich Swan (36) |
| **2** | Repton (28) | Hamilton (52) | Norwich Swan (36) |
| **3** | All remaining swimmers | Hamilton (52) | Norwich Swan (36) + St Felix (7) |
| **4** | All remaining swimmers | CMK (17) | Cambridge (35) |
| **5** | All remaining swimmers | Co Norwich (76) | Cambridge (35) + Peterborough |
| **6** | All remaining swimmers | Co Norwich (76) | Peterborough (28) |
| **7** | All remaining swimmers | Co Norwich (76) | Peterborough + Ipswich (23) |
| **8** | All remaining swimmers | Co Norwich (76) | Ipswich (23) |

**Session 8 W-up 12:30-13:30, Session 13:35-15:55**

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| **Lane** | **12:30-12:50** | **12:50-13:10** | **13:10-13:30** |
| **1** | Norwich Swan (32) | Repton (23) | Hamilton (52) |
| **2** | Norwich Swan (32) + St Felix 11 | Repton (23) | Hamilton (52) |
| **3** | Norwich Swan (32) + St Felix 11 | All remaining swimmers | Hamilton (52) |
| **4** | Cambridge (31) | All remaining swimmers | CMK (12) |
| **5** | Cambridge (31) + Peterborough | All remaining swimmers | Co Norwich (60) |
| **6** | Peterborough (28) | All remaining swimmers | Co Norwich (60) |
| **7** | Peterborough + Ipswich (23) | All remaining swimmers | Co Norwich (60) |
| **8** | Ipswich (23) | All remaining swimmers | Co Norwich (60) |

**Session 9 Open W-up 16:05-16:25, Finals 16:30-17:30**

*\*Please remember that the fastest heat of the 800m and 1500m event will take place during the final sessions. Please keep an eye on Meet Mobile for the most up to date heat sheets.*

No diving when entering the pool during warmup. Coaches to supervise swimmers during warmup –supported by meet marshals. Five mins of each warmup will be allocated to sprints. Backstroke ledges will 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 swimmers leave the pool promptly to allow the competition to start on time for each session. There is no swim down. Timings for the 2nd session in each block remain approximate – withdrawals may influence the timings. 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. Programme drafts will be posted on the CONSC website up to and including the day before the meet.

**Backstroke Ledges:** CONSC backstroke ledges are available for this Meet. Ensure your swimmers know that the ledges will be used for all backstroke events. We are aware that many swimmers may 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.

**Marshalling:** Competitors from all clubs will be asked to ensure they are at the marshalling area, the Cringleford Suite, in a timely manner. Please make sure the swimmers come with warm kit on. It is the responsibility of the competitor to report in sufficient time. 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. Finalists should report at the start of the finals session, including reserves.

**Finals**: **Finalists at the end of each day will be announced as soon as event results are available, and the finalist lists will be posted at the Timing Desk. Coaches and Team Managers are asked to ensure they confirm finalists and any withdrawals asap by ticking or crossing the swimmers name on the sheet. Ensure you do so within 30mins and before the start of the Finals Warmup each day. This gives us time to notify any reserves.**

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

**Poolside:** Due to revised capacity restrictions we would ask that all clubs ensure they only have swimmers poolside who are competing – after which they should disperse.

**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 – **2023 CONSC Easter Meet 1ER230119.** A full set of Hytek results will be made available to each team on demand - 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 promoter 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 ptekendall@gmail.com (Lead Referee).

**Easter Meet Schedule**

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| **Friday 7th April** | | | | | | |
| **Session 1 – Warmup 8.00am, Start 9.20am** | | |  | **Session 3 – Finals – Warmup 17:30, Start 17:55** | | |
|  | | | 205F | Mixed | 11/Over 800 Freestyle Fastest Heat |
| 101 | Girls | 200 Backstroke HDW | 103F | Girls | 13/14 100 Freestyle Final |
| 102 | Boys | 200 Breaststroke HDW | 103F | Girls | 15/16 100 Freestyle Final |
| 103 | Girls | 100 Freestyle Heats | 103F | Girls | 17/Over 100 Freestyle Final |
| 104 | Boys | 100 Butterfly Heats | 104F | Boys | 13/14 100 Butterfly Final |
| 105 | Girls | 50 Breaststroke Heats | 104F | Boys | 15/16 100 Butterfly Final |
| 106 | Boys | 400 Freestyle HDW | 104F | Boys | 17/Over 100 Butterfly Final |
| **Session 2 – Warmup TBA, Start 0144** | | | 105F | Girls | 13/14 50 Breaststroke Final |
| **Session 2 – Warmup 13:40, Start 14:45** | | | 105F | Girls | 15/16 50 Breaststroke Final |
|  | | | 105F | Girls | 17/Over 50 Breaststroke Final |
| 201 | Girls | 200 Breaststroke HDW | 204F | Boys | 13/14 50 Breaststroke Final |
| 202 | Boys | 200 Backstroke HDW | 204F | Boys | 15/16 50 Breaststroke Final |
| 203 | Girls | 100 Butterfly Heats | 204F | Boys | 17/Over 50 Breaststroke Final |
| 204 | Boys | 50 Breaststroke Heats | 203F | Girls | 13/14 100 Butterfly Final |
| 205 | Mixed | 11/Over 800 Freestyle (4 heats) | 203F | Girls | 15/16 100 Butterfly Final |
|  | | | 203F | Girls | 17/Over 100 Butterfly Final |

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| **Saturday 8th April** | | | | | | |
| **Session 4 – Warmup 8.00am, Start 9.20am** | | |  | **Session 6 – Finals – Warmup 17:45, Start 18:15** | | |
|  |  |  | 506F | Mixed | 11/Over 1500 Freestyle Fastest Heat |
| 401 | Boys | 200 Butterfly HDW | 403F | Boys | 13/14 50 Backstroke Final |
| 402 | Girls | 200 IM HDW | 403F | Boys | 15/16 50 Backstroke Final |
| 403 | Boys | 50 Backstroke Heats | 403F | Boys | 17/Over 50 Backstroke Final |
| 404 | Girls | 50 Freestyle Heats | 404F | Girls | 13/14 50 Freestyle Final |
| 405 | Boys | 100 Freestyle Heats | 404F | Girls | 15/16 50 Freestyle Final |
| 406 | Girls | 400 Freestyle HDW | 404F | Girls | 17/Over 50 Freestyle Final |
|  | | | 504F | Boys | 13/14 50 Butterfly Final |
| **Session 5 – Warmup 13:20, Start 14:25** | | | 504F | Boys | 15/16 50 Butterfly Final |
|  | | | 504F | Boys | 17/Over 50 Butterfly Final |
| 501 | Girls | 200 Butterfly HDW | 505F | Girls | 13/14 50 Butterfly Final |
| 502 | Boys | 200 IM HDW | 505F | Girls | 15/16 50 Butterfly Final |
| 503 | Girls | 100 Backstroke Heats | 505F | Girls | 17/Over 50 Butterfly Final |
| 504 | Boys | 50 Butterfly Heats | 405F | Boys | 13/14 100 Freestyle Final |
| 505 | Girls | 50 Butterfly Heats | 405F | Boys | 15/16 100 Freestyle Final |
| 506 | Mixed | 11/Over 1500 Freestyle HDW (3 Heats) | 405F | Boys | 17/Over 100 Freestyle Final |
|  | | | 503F | Girls | 13/14 100 Backstroke Final |
| 503F | Girls | 15/16 100 Backstroke Final |
| 503F | Girls | 17/Over 100 Backstroke Final |

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| **Sunday 9th April** | | | | | | |
| **Session 7 – Warmup 8.00am, Start 9.20am** | | |  | **Session 9 – Finals – Warmup 16:05, Start 16:30** | | |
|  |  |  | 701F | Boys | 13/14 100 Backstroke Final |
| 701 | Boys | 100 Backstroke Heats | 701F | Boys | 15/16 100 Backstroke Final |
| 702 | Girls | 200 Freestyle HDW | 701F | Boys | 17/Over 100 Backstroke Final |
| 703 | Boys | 50 Freestyle Heats | 704F | Girls | 13/14 100 Breaststroke Final |
| 704 | Girls | 100 Breaststroke Heats | 704F | Girls | 15/16 100 Breaststroke Final |
| 705 | Boys | 400 IM HDW | 704F | Girls | 17/Over 100 Breaststroke Final |
|  | | | 803F | Boys | 13/14 100 Breaststroke Final |
| 803F | Boys | 15/16 100 Breaststroke Final |
| **Session 8 – Warmup 12:30, Start 13:35** | | | 803F | Boys | 17/Over 100 Breaststroke Final |
|  | | | 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 |