



# **City of Norwich Swimming Club 2024 Distance Meet**

**Held under Swim England Regulations, Technical Rules of Swimming and to  
the Swim England Open Meet Licensing Criteria**

**Friday 13<sup>th</sup> September 2024, Start 17:10, License L3 Number: 3ER241195  
Friday 20<sup>th</sup> September 2024, Start 17:10, License L3 Number 3ER241196**

**Entrants must be Club Compete Swim England Members**

This is a Level 3 licensed time trial to give opportunity to swimmers wishing to achieve a time in the 800m and 1500m freestyle with the potential to qualify for the Norfolk County Championships and Swim England Regional SC Championships.

**Sportspark UEA**

**Event Information and Entry Form**

**CoNSC Meet Promoter: Tracey Spinner**

**City of Norwich Swimming Club Distance Meet 2024**  
**(Level 3 License No. 3ER241195 and 3ER241196)**  
**Sportspark ,UEA, Norwich: Fri 13th & Fri 20th September 2024**

1. The event will be held at Sportspark, UEA, on 13<sup>th</sup> and 20<sup>th</sup> September 2024, held under Swim England Regulations, Swim England Technical Rules and to the Swim England Open Meet Licensing Criteria and these conditions. Entries may only be accepted from Swim England, Swim Scotland or Swim Wales members; or competitors from one of the countries affiliated to World Aquatics.
2. **Competitors Age shall be as at 31/12/24.**
3. All entries must be short course times or converted long course times, and must be **slower** than the cut off times listed. Swimmers with no times may also enter. Swimmers wishing to enter who are faster than the cut off times may be permitted, but will be listed as "exhibition swims" and will not be eligible for medals.
4. Club, entries **MUST** be submitted electronically with a summary form, Hytek TM Entry File, Entry Report and payment by BACS to Account 00919204, Sort 30-96-17, City of Norwich Swimming Club. Make reference to DM24 and your club short form name.
5. Entry file, summary form **and** payment must be received by 29/07/24. Entries will be accepted on a first come first served basis. Entries landing that exceed capacity will be added to the waiting list and may be rejected on an event specific basis.
6. Entries will be made using Female/Male competition categories, as these are the categories recognised by the meet management software at this time.
7. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.
8. The promoter is Tracey Spinner on behalf of City of Norwich Swimming Club.
9. Cost of entry will be £8 per event for external clubs. CONSC swimmers - included as part of the CONSC Club Champs Bundle.
10. Age-groups: Age 11, 12, 13, 14, and 15 and over.
11. Short course or converted long course times will be accepted. Swimmers with no time are asked to provide coach times that meet the entry criteria.
12. The competition will take place at the Sportspark, UEA, in an 8 Lane Short Course (25m) Racing Pool with anti-wave devices in place.
13. There will be electronic timing & 8-lane display. A secondary strobe for the starting system is available.
14. Heats will be swum as mixed age and gender with swimmers seeded by entry times. Over the top starts may be used at the referee's discretion.
15. City of Norwich SC Swimmers to enter using SCM. Payment will also be via SCM and triggered immediately after the closing date.
16. For Club Entries, Hytek entry file is the preferred method of entry, email to: [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com).
17. **The Meet closing date is 12:00 Midday on Monday 26<sup>th</sup> August 2024.**
18. Accepted and rejected entries will be posted on the club website within 1 week of the closing date. No individual notification will be made. The meet will remain open to reserves until 11<sup>th</sup> September 2024.
19. External clubs should make payment by BACS to CONSC Acct: 00919204, Sort 30-96-17. Ref DM24 XXXX (XXXX being the club short code or first 4 letters of swimmer's surname).
20. Events are **limited to 7 heats** of each event, on a first come first served basis. In the event of oversubscription, priority will be given to SE Norfolk Clubs, then SE East Region Clubs, then those swimmers submitted by the final club with the faster submitted time, taking the age groups into consideration.
21. Withdrawals must be advised using swim-meet link at least 2 hours before the gala starts.
22. Results will be posted live to Meet Mobile; after the event they will be posted to the CoNSC website & sent to Aquatics GB for inclusion in national rankings.
23. Spectator charges of £3.50 will be made, and Hytek heat sheets will be available to those on Meet Mobile.
24. **Swimmers, Coaches and spectators are asked to note that all 25m galas trigger the Sportspark photography policy; mobile phone use is NOT permitted within changing areas, toilets, showers or poolside. Photography and filming will not be permitted in any of these areas or on the spectator gallery, at any time. Please understand the policy and do not create conflict by challenging our volunteers.**
25. All participants must observe the safety precautions in operation at the Sportspark, UEA. Neither the Promoter nor City of Norwich Swimming Club will be responsible for any loss or damage occurring during this meet.
26. 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.
27. Use the Swim-Meet link: <https://swim-meet.com/Availability/?m=2898> to put forward your officials' availability. Distance Meets are particularly hard to resource, so please put yourselves forwards if you are licensed.
28. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Regulations and Technical Rules of Racing and Swim England Licensed meet Criteria.

## Qualifying Standards

Cut off times – swimmers must **not be faster than** these times.

800m Free	11	12	13	14	15&o
<b>Boys Cut-Off</b>	11:30.00	11:00.00	10:50.00	09:30.00	9:00.00
<b>Girls Cut-Off</b>	11:30.00	11:30.00	10:50.00	10:15.00	9:30.00
1500m Free	11	12	13	14	15&o
<b>Boys Cut-Off</b>	22:00.00	21:00.00	21:00.00	18:00.00	17:30.00
<b>Girls Cut-Off</b>	22:00.00	22:00.00	21:50.00	19:40.00	18:30.00

## 31. Meet Schedule

Friday 13th September		
<b>Session 1 – Warmup 16:30, Race 17:10</b>		
101	Mixed	800m Freestyle

Friday 20th September		
<b>Session 2 – Warmup 16:30, Race 17:10</b>		
201	Mixed	1500m Freestyle



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VISITING CLUB - INDIVIDUAL ENTRY FORM									
FORENAME:		SURNAME:							
CLUB:		AGE (@ 31/12/2024):							
SEX:	MALE/FEMALE	DATE OF BIRTH:							
EMAIL ADDRESS:		DISABILITY CLASSIFICATION:							
TELEPHONE NO:		SE MEMBER NO							
EVENT	COST PER EVENT	ENTRY TIME (SC)	IF CONVERTED STATE LONG COURSE TIME:						
800 FREESTYLE	£8.00								
1500 FREESTYLE	£8.00								
	<i>Total Events</i>		£						
		<b>Total:</b>	£						

**CLOSING DATE FOR ENTRIES IS 12:00 Midday on Monday 29<sup>th</sup> July 2024**

Officials should register their availability online using Swim-Meet:  
<https://swim-meet.com/Availability/?m=2898>