

City of Norwich Swimming Club

March Long Course Meet 3ER250009

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.

Entry: Entry to the **pool** will be possible from 7:45am. We ask that coaches wait until being let in.

Spectators: We would ask that spectators be reasonable, sit close together, and allow for the fact that we have capacity limits at the Sportspark and there will be a Club seated upstairs taking 120 seats. The entry fee is £5 per session. **Please bring the correct money if paying cash.** There are no programmes, all entries, psych sheets and results will be published live on Meet Mobile –**2025 CONSC March Long Course Meet 3ER250009**. Entry will be from 8:15am.

Schedule:

Saturday 1 st March					
S1 – W/up 08:00 – 3 x 20m, Start 09:05, finish @13:00		S2 – Warmup @13:30, 3 x 20m, start @14:35, finish @18:30			
101	Girls	100 Breaststroke	201	Boys	200IM
102	Boys	200 Freestyle	202	Girls	200 Backstroke
103	Girls	200 Butterfly	203	Boys	100 Butterfly
104	Boys	100 Backstroke	204	Girls	100 Freestyle
105	Girls	50 Backstroke	205	Boys	50 Freestyle
106	Boys	50 Breaststroke	206	Girls	50 Butterfly
Break 10 minutes			Break 10 minutes		
107	Girls	400 Freestyle	207	Boys	200 Breaststroke HDW
			208	Girls	400IM
Sunday 2 nd March					
S3 – W/up 08:00, 3 x 20m, Start 09.05am, finish @ 12:30			S4 – Warmup 13:00, 3 x 20m, Start 14:05, finish @ 17:40		
301	Boys	100 Breaststroke	401	Girls	200IM
302	Girls	200 Freestyle	402	Boys	200 Backstroke
303	Boys	200 Butterfly	403	Girls	100 Butterfly HDW
304	Girls	100 Backstroke	404	Boys	100 Freestyle Heats
305	Boys	50 Backstroke	405	Girls	50 Freestyle
306	Girls	50 Breaststroke	406	Boys	50 Butterfly Heats
307	Boys	400 Freestyle	407	Girls	200 Breaststroke
			408	Boys	400IM

Warmups:

Saturday 1st March: Session 1 Warmup 8:00-9:00, 3 x 20m, Start 09:05, Finish @13:00

Lane	8:00-8:20	8:20-8:40	8:40-9:00
1	Dereham Otters (16) + St Felix (2)	West Suffolk (26)	West Norfolk (67)
2	North Norfolk Vikings (16)	West Suffolk (26)	West Norfolk (67)
3	Team Waveney (20)	Gt Yarmouth SC (19)	West Norfolk (67)
4	Co Norwich SC Girls (62)	Gt Yarmouth SC (19)/ Witham Dolphins (10)	West Norfolk (67)
5	Co Norwich SC Girls (62)	Team Ipswich (54)	Co Norwich SC Boys (51)
6	Co Norwich SC Girls (62)	Team Ipswich (54)	Co Norwich SC Boys (51)
7	Co Norwich SC Girls (62)	Team Ipswich (54)	Co Norwich SC Boys (51)
8	Co Norwich SC Girls (62)	Team Ipswich (54)	Co Norwich SC Boys (51)

Saturday 1st March: Session 2 - Warmup @13:30, 3 x 20m Start @14:35, Finish @18:30

Lane	13:30-13:50	13:50-14:10	14:10-14:30
1	West Suffolk (27)	West Norfolk (64)	Dereham Otters (18) + St Felix (4)
2	West Suffolk (27)	West Norfolk (64)	North Norfolk Vikings (16)
3	Gt Yarmouth SC (16)	West Norfolk (64)	Team Waveney (19)
4	Witham Dolphins (14)	West Norfolk (64)	Co Norwich SC Girls (65)
5	Co Norwich SC Boys (52)	Team Ipswich (56)	Co Norwich SC Girls (65)
6	Co Norwich SC Boys (52)	Team Ipswich (56)	Co Norwich SC Girls (65)
7	Co Norwich SC Boys (52)	Team Ipswich (56)	Co Norwich SC Girls (65)
8	Co Norwich SC Boys (52)	Team Ipswich (56)	Co Norwich SC Girls (65)

Sunday 2nd March: Session 3 Warmup 08:00-09:00 – 3 x 20m, Start 9:05, Finish @12:30

Lane	8:00-8:20	8:20-8:40	8:40-9:00
1	West Norfolk (65)	West Suffolk (27)	Dereham Otters (15) + St Felix (2)
2	West Norfolk (65)	West Suffolk (27)	North Norfolk Vikings (13)
3	West Norfolk (65)	Gt Yarmouth SC (21) & Witham Dolphins (9)	Team Waveney (16)
4	West Norfolk (65)	Gt Yarmouth SC (21) & Witham Dolphins (9)	Co Norwich SC Girls (66)
5	Team Ipswich (51)	Co Norwich SC Boys (49)	Co Norwich SC Girls (66)
6	Team Ipswich (51)	Co Norwich SC Boys (49)	Co Norwich SC Girls (66)
7	Team Ipswich (51)	Co Norwich SC Boys (49)	Co Norwich SC Girls (66)
8	Team Ipswich (51)	Co Norwich SC Boys (49)	Co Norwich SC Girls (66)

Sunday 2nd March: Session 4 Warmup @13:00-14:00 – 3 x 20m, Start @14:05, Finish @17:40

Lane	13:00-13:20	13:20-13:40	13:40-14:00
1	Dereham Otters (21)	West Suffolk (26)	West Norfolk (60)
2	North Norfolk Vikings (12) + Dereham Otters (21)	West Suffolk (26)	West Norfolk (60)
3	Team Waveney (22) + St Felix (2)	Gt Yarmouth SC (24)	West Norfolk (60)
4	Team Waveney (22)	Gt Yarmouth SC (24) & Witham Dolphins (11)	West Norfolk (60)
5	Co Norwich SC Girls (65)	Co Norwich SC Boys (50)	Team Ipswich (46)
6	Co Norwich SC Girls (65)	Co Norwich SC Boys (50)	Team Ipswich (46)
7	Co Norwich SC Girls (65)	Co Norwich SC Boys (50)	Team Ipswich (46)
8	Co Norwich SC Girls (65)	Co Norwich SC Boys (50)	Team Ipswich (46)

*Please note that meet timings may be adjusted subject to withdrawals etc. So please make sure you contact your coach if you need to withdraw your swimmer.

Backstroke Ledges: The CONSC backstroke ledges are available for this event. Please let your swimmers know that the ledges will be used for all backstroke events. Some swimmers will not be used to them. It is OK to ask the official to remove the ledge from the water, feel free to offer guidance. We will ensure ledges are available during warmup.

Withdrawals: Withdrawals must be made using the links sent out to club representatives before the event. Please ensure you meet the deadline - **45 minutes before** the start of each session.

Officials: If you have offered to officiate at the meet, please report to the John Jarrold Room as follows:

Saturday 1st March – Session 1 – 08:10;

Saturday 1st March – Session 2 – 13:45;

Sunday 2nd March – Session 3 – 08:10; and

Sunday 2nd March - Session 4 – 13:30.

The Lead Referee will be responsible for the briefing. Officials are asked to ensure they are poolside and in position at least **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 and we will ensure it stays filled. Do not wear outdoor shoes poolside as this can cause the spread of germs.

Marshalling: All competitors are expected to report to the marshalling area prior to their swim. The marshalling will run from the Beach Hut at the far end of the pool. 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 area **10 minutes** before the Session start time.

Refreshments: Spectator refreshments will be available throughout the competition in the Sportspark Café. Coaches, Team Managers, Officials and volunteers will be provided with refreshments at the start of the gala. We continue to promote the reduction of plastic waste by using goodie bags which will be available at the start of each session.

Changing Rooms: Parents are not allowed in the swimmers changing rooms under any circumstances. The Sportspark lockers require padlocks. Please ensure you bring your own.

Poolside: Parents and spectators are not allowed poolside – unless they have requested and are eligible for poolside or coach passes. Please leave larger bags and clothing in the changing room lockers. The poolside vents must be kept clear or the air con shuts down.

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 if common sense procedures are not followed.

Parents and carers of participants under the age of 18 who wish to take images are requested to focus on their own children 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 parents/carers wish to celebrate the achievements of their children 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 spectators/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 Promoter.

Results: Results will be available throughout the weekend via Meet Mobile – 2024 CONSC March Long Course Meet 3ER240009. A full set of Hytek results will be made available to each team on demand - contact tbirdspinner@gmail.com. Full pdf results will be available within 48 hours and posted on the Club website.

Medals: Medals are available for collection from the medal table, located poolside, once results have been confirmed. Swimmers are encouraged to collect medals in a timely manner. Swimmers who have been marked as exhibition swims will be awarded speeding tickets instead of medals.

Safety and Pool Rules:

- Swimmers must use the changing rooms when changing – do not change poolside.
- Swimmers are not allowed poolside until their coach and/or team manager is present.
- No flash photography is permitted.
- Mobile phones are not permitted in the changing rooms or shower areas, and are discouraged poolside.
- Swimmers and coaches should wear appropriate footwear poolside.
- Swimmers, coaches and spectators should leave pool and spectator areas between sessions.

Protests and Complaints: Protests must be made as per Swim England Regulations and Technical Rules. Complaints during the competition must be made to the Day Promoter on the day via the Timing Desk poolside. Any questions regarding technical infractions should be directed to the Lead Referee in the first instance.

Merchandise: Mailsports will be attending throughout the weekend so please make the most of the specialist swimwear shop being on site.

Club Seating: Please use the map below for seating. Co Norwich SC will be seated in the gallery (129).

	Gallery - CONSC (129)		Spectators		
Timing Desk	GYSC (29)	Witham Dolphins (18)	West Norfolk SC (77)		Team Ipswich (60)
Start Blocks	Pool!				Pool entrance
					Beach Hut
Scoreboard	Team Waveney (27)	NNV (17)	Dereham (23)	West Suffolk (38)	St Felix (4)

Contact:

Meet Promoter: Tracey Spinner, tbirdspinner@gmail.com, 07970289643.

Lead Referee Contact: Adele Gilbertson, adele.gilbertson@btinternet.com.