**City of Norwich Swimming Club**

**CONSC Easter Meet, L1 Long Course, 1ER250127, 18th – 20th April 2024**

**Coaches and Team Managers:** Coach packs will be available in the John Jarrold Room (upstairs, towards the viewing gallery, RHS). Passes should only be used by the staff named by the Club. Passes should be carried at all times. Hot drinks and pick n mix snack bags are available in the John Jarrold Room for coaches, Team Managers, officials and volunteers – ***we would appreciate the bags being returned to the room at the end of each session so they can be refilled and re-used***. Please bring water bottles – you should have time 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. Volunteers and officials helping for **BOTH** morning and afternoon sessions will have lunch provided.

Heat sheets will be visible in Meet Mobile – and a draft programme will be published on the CONSC website each day. Note that during the meet the heats may change as withdrawals are processed.

**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 on Saturday and Sunday. **Good Friday – those in the main University Car Park need to pay a £1 fee for the day at the paying kiosks near the entrance to the carpark.** Please make sure you validate tickets/tokens before departure. If the Sportspark carpark is full please use the main University carpark.

**Entry:** Entry to the pool and changing rooms for Swimmers will be from 7:45am each morning. Please go poolside at the appropriate time for your session, leave poolside when you have finished swimming (so we comply with Sportspark capacity restrictions). The Town Close Room and Hall 1 in the Sportspark will be available to all clubs for swimmers to sit away from the pool in a cooler space/study space. NB the Hall is cold, swimmers should come prepared with warm clothing. The Cringleford room is available for land warmups and use of med balls. Please do not use the med balls poolside.

**Spectators/Parents:** There will be clubs seated in the gallery. This is to ensure compliance with the Sportspark capacity limits dictated by HSE. This will restrict spectator capacity so be aware and don’t be cross with our door staff. In addition, please note that the Sportspark lift is out of order due to a major service so we are sadly unable to accommodate wheelchair users as spectators this year unless they have a way to get upstairs independently.

We have to limit the number of parents in the gallery - no more than 100 p/session. Please leave the area if your child is not swimming so others get a seat. Fee: £5 per session, free entry to finals. If capacity has been hit you may not gain access to the gallery which will be cleared after each session. Livestream available – please share this link with parents and family: [Livestream](https://www.youtube.com/playlist?list=PLCBINMBzomAS_wAj2gUudKJxyRtbDi8AA). Family may also watch the gala by volunteering as an official – [**Officials Link**](https://swim-meet.com/Availability/?m=2846) – or as a Volunteer – [Volunteers Swim-Meet Link](https://swim-meet.com/Availability/?m=2844).

**Medals:** The medal table is poolside. **The 50 and 100m event medals will be awarded to the first 3 swimmers in the 10/11/12 yr age groups, and then to the winners of the finals for all other age groups**. Any medals not collected over the weekend will not be distributed after the event, so please ensure Swimmers are aware. There are special medals for Top Open/Boy and Top Girl –presented on Sunday after the final event.

**Easter Meet Schedule**

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| **Friday 18th April** | | | | | | |
| **Session 1 – Warmup 8.00am, Start 9.05am** | | |  | **Session 3 – Finals – Warmup 17:05, Start 17:30** | | |
|  | | |  | | |
| 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** | | | 203F | Girls | 13/14 100 Butterfly Final |
| **Session 2 – Warmup 13:00, Start 14:05** | | | 203F | Girls | 15/16 100 Butterfly Final |
|  | | | 203F | Girls | 17/Over 100 Butterfly 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 | 105F | Girls | 13/14 50 Breaststroke Final |
| 205 | Mixed | 11/Over 800 Freestyle (5 heats) | 105F | Girls | 15/16 50 Breaststroke Final |
|  | | | 105F | Girls | 17/Over 50 Breaststroke Final |

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| **Saturday 19th Apri** | | | | | | |
| **Session 4 – Warmup 8.00am, Start 9.25am** | | |  | **Session 6 – Finals – Warmup 17:35, Start 18:00** | | |
|  | | |  | | |
| 401 | Boys | 200 Butterfly HDW | 405F | Boys | 13/14 100 Freestyle Final |
| 402 | Girls | 200 IM HDW | 405F | Boys | 15/16 100 Freestyle Final |
| 403 | Boys | 50 Backstroke Heats | 405F | Boys | 17/Over 100 Freestyle Final |
| 404 | Girls | 50 Freestyle Heats | 503F | Girls | 13/14 100 Backstroke Final |
| 405 | Boys | 100 Freestyle Heats | 503F | Girls | 15/16 100 Backstroke Final |
| 406 | Girls | 400 Freestyle HDW | 503F | Girls | 17/Over 100 Backstroke Final |
|  | | | 403F | Boys | 13/14 50 Backstroke Final |
| **Session 5 – Warmup 13:15, Start 14:20** | | | 403F | Boys | 15/16 50 Backstroke Final |
|  | | | 403F | Boys | 17/Over 50 Backstroke Final |
| 501 | Girls | 200 Butterfly HDW | 404F | Girls | 13/14 50 Freestyle Final |
| 502 | Boys | 200 IM HDW | 404F | Girls | 15/16 50 Freestyle Final |
| 503 | Girls | 100 Backstroke Heats | 404F | Girls | 17/Over 50 Freestyle Final |
| 504 | Boys | 50 Butterfly Heats | 504F | Boys | 13/14 50 Butterfly Final |
| 505 | Girls | 50 Butterfly Heats | 504F | Boys | 15/16 50 Butterfly Final |
| 506 | Mixed | 1500 Freestyle HDW (3 heats) | 504F | Boys | 17/Over 50 Butterfly Final |
|  | | | 505F | Girls | 13/14 50 Butterfly Final |
| 505F | Girls | 15/16 50 Butterfly Final |
| 505F | Girls | 17/Over 50 Butterfly Final |

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| **Sunday 20th April** | | | | | | |
| **Session 7 – Warmup 8.30am, Start 9.35am** | | |  | **Session 9 – Finals – Warmup 15:35, Start 16:00** | | |
|  |  |  |  |  |  |
| 701 | Boys | 100 Backstroke Heats | 701F | Boys | 13/14 100 Backstroke Final |
| 702 | Girls | 200 Freestyle HDW | 701F | Boys | 15/16 100 Backstroke Final |
| 703 | Boys | 50 Freestyle Heats | 701F | Boys | 17/Over 100 Backstroke Final |
| 704 | Girls | 100 Breaststroke Heats | 704F | Girls | 13/14 100 Breaststroke Final |
| 705 | Boys | 400 IM HDW | 704F | Girls | 15/16 100 Breaststroke Final |
|  | | | 704F | Girls | 17/Over 100 Breaststroke Final |
| 803F | Boys | 13/14 100 Breaststroke Final |
| 803F | Boys | 15/16 100 Breaststroke Final |
| **Session 8 – Warmup 12:45, Start 13:30** | | | 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 |
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**Withdrawals:** Withdrawals should all be done via the club prior to competition or on the day. Each club has been given a link for online withdrawals. Individual entries should withdraw by email to [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com), or text 07970289643 – or grab me on the day. **The system will close for withdrawals 15 mins** **after the start of each warmup**. All swimmers are asked to liaise with their coach or club contact to ensure withdrawals are communicated in a timely manner as we have a waiting list of swimmers keen to enter additional events.

**Officials**: If you have offered 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 feel free to disperse. Lead Referee/Technical Director, Darren Peck, will be responsible for the briefing which will be held in the John Jarrold Room 5 minutes after the start of each warmup (see email from Darren Peck). Officials are asked to ensure they are poolside and in position **5 minutes** before the start of each session, start sheets will be distributed by Club Volunteers.

**Warmups:** Due to the sheer volume of entries warmup will be running alphabetically – rotating.

**Friday 18th April:**

**Session 1 Warmup 8:00-9:00 (3 x 20m); Session Start 9:05; Session Finish @12:15**

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| **8:00-8:20** | **8:20-8:40** | **8:40-9:00** |
| **A**mersham – **C**ity of Norwich Girls | **C**o Norwich Boys – **H**amilton Aquatics | **H**arwich DP – **Y**ork City Baths |

**Session 2 W-up (3 x 20m) 13:00-14:00; Session Start 14:05; Session Finish @-16:45**

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| --- | --- | --- |
| **13:00-13:20** | **13:20-13:40** | **13:40-14:00** |
| **H**arwich DP – **Y**ork City Baths | **A**mersham – **C**ity of Norwich Girls | **C**o Norwich Boys – **H**amilton Aquatics |

**Session 3 Open Warm up for Finalists - @17:05-17:25; Finals @17:30-18:30**

**Saturday 19th April 2025:**

**Session 4 Warmup 8:00-9:20 (4 x 20m); Session Start 9:25; Session Finish @12:30**

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| **8:00-8:20** | **8:20-8:40** | **8:40-9:00** | **9:00-9:20** |
| **C**o Norwich - **D**ereham | **E**pping Forrest – **N**orwich Swan | **R**oyston – **W**oodham Ferrers | **A**mersham – **C**o Cambridge |

**Session 5 Warm up 13:15-14:15 (3 x 20), Session Start 14:20; Finish @17:25 (NB ends on 3 x 1500m)**

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| **13:15 – 13:35** | **13:35-13:55** | **13:55-14:15** |
| **C**o Norwich Girls – **H**amilton Aquatics | **A**mersham – **C**ity of Norwich Boys | **H**arwich DP - **W**ycombe |

**Session 6 Open Warm up for Finalists @17:35-17:55, Finals @18:00-19:00**

**Sunday 20th April 2025:**

**Session 7 Warmup 8:30-9:30 (3 x 20m); Session Start 9:35; Session Finish @12:05**

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| **8:30-8:50** | **8:50-9:10** | **9:10-9:30** |
| **H**arwich DP – **Y**ork City Baths | **C**o Norwich Boys – **H**amilton Aquatics | **A**mersham – **C**ity of Norwich Girls |

**Session 8 Warm up 12:45-13:25 (2 x 20m), Session Start 13:30, Session Finish @15:20**

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| **12:45 – 13:05** | **13:05-13:25** |
| **A**mersham – **C**o Norwich | **C**o Peterborough - **W**ycombe |

**Session 9 Open Warm up 15:35-15:55, Finals @16:00 - 17:00**

**Warm up**: No diving when entering the pool during warmup. Coaches to supervise swimmers during warmup –supported by warmup 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*. Ensure swimmers leave the pool promptly to allow the competition to start on time each session. There is no swim down. Timings for the 2nd session each day remain approximate – withdrawals may influence the timings. 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. We are aware that many swimmers may not be used to ledges - 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.

**Marshalling:** Competitors from all clubs will be asked to ensure they are at the marshalling area, The Beach Hut at the far end of the pool, in a timely manner. 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 area at least **5 minutes** before the Session start time. Finalists should also report 5 minutes before the start of the finals session, **including reserves**.

**Finals**: Finalists will be announced as soon as event heat results are available. 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 at the timing desk or informing the Finals Runner who will be contacting each club. Ensure you do so **within 30mins of publication**. This gives us time to notify any reserves. **Please note** – individual swimmers who do not have coaches must ensure they confirm finals – we have struggled to locate swimmers who are not attending with coaches. **IF YOU DO NOT CONFIRM YOU WILL SWIM IN THE FINAL, WE WILL REPLACE YOU WITH A RESERVE.**

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

**Poolside:** Due to capacity restrictions we would ask that all clubs ensure they only have swimmers poolside who are competing – after which they should disperse to the Town Close Room or Hall 1.

**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. **Cameras and mobile devices must not be used in the changing rooms.**

**Results:** Results will be available throughout the weekend via Meet Mobile – **2025 CONSC Easter Meet 1ER250127.** 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 their coach, gala promoter or representative (Head Marshal) 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 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**.

**Club Seating**

Swimmers and Clubs will be split between the Spectator Gallery (1st Floor) and Poolside. This is a requirement due to capacity limits at the Sportspark. To stay cool swimmers are asked to go to the Town Close room or Hall 1 if they are not swimming. Parents are not allowed in the swimmers’ section of the Spectator Gallery, or in Hall 1 or the Town Close Room, or Poolside (including changing rooms) unless they hold a coach/TM pass.

**Spectator Gallery:**

Co Norwich SC and Guests (if you have requested adoption sit up in the gallery in the individual swimmer section) as well as Dereham, Diss, Gt Yarmouth SC, Thetford, North Norfolk Vikings, St Felix, Team Waveney and Hamilton Aquatics.

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

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|  | Gallery – NORT + GUESTS (BANL; CSCL; CLPA; COPS; LETS; STMN; BAUW; WYSC; YCBE), COLT, DADT, EPPT, GYSC, THDT, NNV, SFST, TWST & HAMT | | | | | | | | Spectators | | | | |
| Timing Desk | NOST & KLWT | | AMES | | BIST | | LDST | | CAMT & BOTT & ROYT | | | | IPST |
| Start Blocks | Pool! | | | | | | | | | | Pool entrance | | |
|  | Beach Hut | | |
| Scoreboard |  | | |
| Individual Clubs 1-5 Swimmers | BSS | HDPT | | HAWL | | BAST | | NWMT | STOT | DEBT | | | BWPT |

**Contacts, 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 Promoter on the day via the Timing Desk poolside. After the completion of the meet email issues to:

**Promoter – Tracey Spinner - tbirdspinner@gmail.com; or**

**Referee – Darren Peck - peckdarren@aol.com**