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## CONSC March Long Course L3 Open Meet 2026

(Level 3 License No.3ER260021)

**Sportspark ,UEA, Norwich: Saturday 7<sup>th</sup> - Sunday 8<sup>th</sup> March 2026**

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

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

**Pool** 8 Lane Long Course Racing Pool  
Electronic Timing & 8-Lane Display  
Free Parking

**This is a Level 3 Licensed Meet**

**Age Groups:** **9, 10, 11, 12, 13, 14 and over**  
Ages as at 8<sup>th</sup> March 2026

**Awards** Medals to Podium Finishes in All Events, All Age Groups  
Top Male Athlete & Top Female Athlete Awards  
Top Visiting Club Award

**\* Level 3 Long Course Meet \***

**\* 8 Lane Long Course Racing Pool, Electronic Timing, Quality Racing Blocks \***

**\* Backstroke Ledges \***

**\* Free Parking \***

**\* Real Time Results on Meet Mobile – Free WIFI \***

**Events** 50m, 100m, 200m All Strokes & 200m & 400m IM  
No 9 year olds in 400 IM

**Fees** Race Entry Fee: £8 per event  
Spectator Entry: £5 per session  
Free Parking

**Entries To  
Meet Promoter:** Tracey Spinner, [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com) – queries call/text 07970289643

**Closing Date** **12:00 Midday on Monday 9<sup>th</sup> February 2026**

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**Sportspark ,UEA, Norwich: Saturday 7<sup>th</sup> - Sunday 8<sup>th</sup> March 2026**  
**Under Swim England Regulations and Technical Rules**  
**Meet Conditions**

1. The event will be held at Sportspark, UEA, on 7-8<sup>th</sup> March 2026 and is licensed by Swim England at Level 3 under Licence Number 3ER260021. The meet will be run in accordance with Swim England (SE) Regulations, Technical Rules, SE Open Meet Licensing Criteria and these conditions.
2. Entries may only be accepted from Club Compete 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 or Swim Wales; or competitors from a country affiliated to World Aquatics.
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 8<sup>th</sup> March 2026 and the age groups are 9, 10, 11, 12, 13 and 14/over.** All entries must be long course times or converted short course times, and must be slower than the cut off times listed. Swimmers wishing to enter who are faster than the cut off times will only be permitted if the meet is undersubscribed – and will be listed as “exhibition swims” and will not be eligible for medals.
5. Entries will be made using Female and Open/Male competition categories. 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.
6. Heats will be seeded on submitted times and spearheaded. All events are timed finals, and the first 3 swimmers in each age group will receive awards. Swimmers entered as exhibition swimmers will not be eligible for medals but may be awarded speeding tickets if they swim faster than the QT on the day. Awards will be made to Top Open/Male, Top Female.
7. The pool length is 50 metres, 8 lanes with anti-wave ropes and Omega electronic timing. The depth of the pool is 1.8m. A secondary strobe is available.
8. Upper cut-off times are provided. Entry times must have been achieved since 1<sup>st</sup> September 2023 and be within the qualifying standards.
9. **Closing date for entry: 12:00 Midday on Monday 9<sup>th</sup> February 2026.** The Promoter retains the right to accept club 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 may be restricted by session, event or age group as the meet fills. CONSC Internal entries will be made via SCM and invoiced after the closing date. Visiting Club entries received will be acknowledged by email, but must be made in full (ie electronic entry file, payment, club summary form, entry summary report).
10. **Individual entries** from visiting swimmers shall be made on the official entry form and will be subject to an additional £10 administration charge **per swimmer**. This charge will be waived if the swimmer is entered using the Hytek TM electronic entry file. Individual entries will also be accepted on a first come first served basis. Entries must be made in full, ie emailed form and BACS payment.
11. Where there are **3 or more** competitors entered by a Visiting Club, entries shall be submitted electronically with a club summary form, Hytek Entry File and Entry Report and payment by BACS. Entry software can be obtained by downloading TM Lite. Entry file, summary form **and** payment must be received by Monday 9<sup>th</sup> February. Clubs choosing to request manual entry for more than 3 swimmers will be charged £50 admin fee **BEFORE** entries are processed.
12. Swimmers in possession of a Swim England Certificate of Exemption are welcome to enter the competition and will swim under IPC swimming rules. Personal care attendants are permitted for swimmers who require them without the need to pay for an additional Poolside Pass.
13. Masters swimmers are welcome and eligible to enter using times gained at Masters events.
14. 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. Accepted entries will then be published with updated times as at the closing date.
15. Should the meet be oversubscribed we will be operating 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.
16. The Promoter confirms there will be no refunds of entry fees unless the entries are rejected by the organisers.
17. **Swimmers withdrawing from events:** Each Club should have their own record of swimmers entered. Swimmers unable to compete must be withdrawn.

Withdrawal will be managed using the Swim-Meet link sent out prior to the gala, and must be submitted anytime up until 5 minutes after the start of each Warmup for the relevant session.

18. Competitors must 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 duty to check the start lists and report in a timely manner.
19. Coaches' passes will not be sold on the day – no pass, no admission poolside. Please ensure you comply with the Swim England Coach/Team Manager/Chaperone policy.
20. The Promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings. Items have gone missing in the past so please look after your belongings. **Sportspark lockers require a padlock which you should bring with you.** Please minimise the number of kit bags brought poolside – we recommend the use of drawstring bags to keep the air vents clear.
21. In accordance with the Swim England 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. Participants and spectators are requested to follow the Swim England guidelines for photography and use of photographs on social media. The Swim England Safeguarding Policy and Procedures, Wavepower provides guidance on the use of social networking and guidance on photography - <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>. Both sets of guidance apply if social media platforms are being used to share images or recordings after the meet.
22. In accordance with Swim England and Sportspark policy for 25m galas, **mobile device 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 ensure you comply with the policy – it is in place to protect the privacy of members of the public who also use the pool at the same time.
23. 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 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. Where the personal data of competitors, officials and coaches/team managers have been passed to us by a swim club rather than by the individuals themselves, we rely on the swim club to ensure that consent has been obtained.
24. Charges as follow:
  - Entry Fees £8 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 £5 per session. Seating may be limited and we recommend parents wishing to spectate use the volunteer links to get the best view.
  - There are no meet programmes, but heat sheets and results will be live on Meet Mobile.
25. Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways. Report issues immediately to a member of pool staff or to the Meet Promoter.
26. 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 lines 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.
27. **Parking:** UEA uses an Automatic Numberplate Recognition system in the main carpark. Customers using that carpark must register their numberplate into one of the validation laptops in reception to be eligible for free parking.
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 Swimming.

We hope you have an enjoyable meet and please let us know of anything you think could help us to improve the meet in the future



## March Long Course L3 Open Meet 2026

**Sportspark ,UEA, Norwich: Saturday 7<sup>th</sup> - Sunday 8<sup>th</sup> March 2026**  
Under Swim England Regulations and Technical Rules

### Schedule of Events

Saturday 7 <sup>th</sup> March		
Session 1 – Warmup 8.30am, Start 9.35am		
101	Female	100 Breaststroke HDW 9/o
102	Open/Male	200 Freestyle HDW 9/o
103	Female	200 Butterfly HDW 9/o
104	Open/Male	100 Backstroke HDW 9/o
105	Female	50 Backstroke HDW 9/o
106	Open/Male	50 Breaststroke HDW 9/o
107	Female	400 Freestyle HDW 9/o

Sunday 8th March		
Session 3 – Warmup 830am, Start 9:35am		
301	Open/Male	100 Breaststroke HDW 9/o
302	Female	200 Freestyle HDW 9/o
303	Open/Male	200 Butterfly HDW 9/o
304	Female	100 Backstroke HDW 9/o
305	Open/Male	50 Backstroke HDW 9/o
306	Female	50 Breaststroke HDW 9/o
307	Open/Male	400 Freestyle HDW 9/o

Session 2 – Warmup TBC		
201	Open/Male	200 IM HDW 9/o
202	Female	200 Backstroke HDW 9/o
203	Open/Male	100 Butterfly HDW 9/o
204	Female	100 Freestyle HDW 9/o
205	Open/Male	50 Freestyle HDW 9/o
206	Female	50 Butterfly HDW 9/o
207	Open/Male	200 Breaststroke HDW 9/o
208	Female	400 IM HDW 10/o

Session 4 – Warmup TBC		
401	Female	200 IM HDW 9/o
402	Open/Male	200 Backstroke HDW 9/o
403	Female	100 Butterfly HDW 9/o
404	Open/Male	100 Freestyle HDW 9/o
405	Female	50 Freestyle HDW 9/o
406	Open/Male	50 Butterfly HDW 9/o
407	Female	200 Breaststroke HDW 9/o
408	Open/Male	400 IM HDW 10/o

\* Sessions start times may change depending on entries. Information will be posted with accepted entries



## Cut off Times – Long Course *(Swimmers must be slower than these times)*

		OPEN/MALE						FEMALE					
Event		9	10	11	12	13	14+	9	10	11	12	13	14+
<b>Freestyle 50m</b>	Cut off	35.00	33.50	32.00	29.00	27.00	24.00	36.00	34.00	33.00	30.00	29.00	28.00
<b>Freestyle 100m</b>	Cut off	1.13.00	1.10.00	1.07.00	1.03.00	59.00	53.00	1.15.00	1.11.00	1.08.00	1.05.00	1.03.00	59.00
<b>Freestyle 200m</b>	Cut off	2.40.00	2.32.00	2.24.00	2.16.00	2.06.00	1.59.00	2.44.00	2.33.00	2.24.00	2.18.00	2.14.00	2.10.00
<b>Freestyle 400m</b>	Cut off	5.30.00	5.12.00	4.58.00	4.42.00	4.30.00	4.20.00	5.40.00	5.18.00	5:00.00	4.48.00	4.40.00	4.32.00
<b>Breaststroke 50m</b>	Cut off	43.00	40.00	38.00	36.00	34.00	32.00	44.00	42.00	40.00	38.00	37.00	34.00
<b>Breaststroke 100m</b>	Cut off	1.29.50	1.25.50	1.21.50	1.17.50	1.12.00	1.04.00	1.34.00	1.29.00	1.25.00	1.21.00	1.18.00	1.14.00
<b>Breaststroke 200m</b>	Cut off	3.08.50	3.00.50	2.52.50	2.46.50	2.38.50	2.23.50	3.12.00	3.08.00	2.59.00	2.53.00	2.48.00	2.40.00
<b>Butterfly 50m</b>	Cut off	37.50	35.50	33.50	31.50	29.50	26.00	38.50	36.00	34.00	32.00	31.50	28.00
<b>Butterfly 100m</b>	Cut off	1.23.00	1.19.00	1.15.00	1.11.00	1.06.00	58.00	1.23.00	1.20.00	1.16.00	1.12.00	1.09.00	1.04.00
<b>Butterfly 200m</b>	Cut off	2.58.00	2.50.00	2.42.00	2.34.00	2.26.00	2.18.00	2.58.00	2.50.00	2.42.00	2.37.00	2.32.00	2.27.00
<b>Backstroke 50m</b>	Cut off	40.50	38.50	36.50	34.50	31.50	29.00	41.00	39.00	37.00	35.00	34.00	32.00
<b>Backstroke 100m</b>	Cut off	1.24.00	1.20.00	1.16.00	1.12.00	1.05.00	1.04.00	1.25.00	1.21.00	1.19.00	1.15.00	1.11.00	1.08.00
<b>Backstroke 200m</b>	Cut off	2.58.00	2.50.00	2.42.00	2.34.00	2.20.00	2.18.00	2.58.00	2.50.00	2.44.00	2.38.00	2.30.00	2.26.00
<b>Ind Medley 200m</b>	Cut off	2.58.00	2.50.00	2.42.00	2.34.00	2.20.00	2.14.00	2.58.00	2.50.00	2.44.00	2.40.00	2.34.00	2.28.00
<b>Ind Medley 400m</b>	Cut off		6.00.00	5.44.00	5.26.00	5.10.00	4.5.00		6.00.00	5.48.00	5.40.00	5.28.00	5.16.00



### March Long Course L3 Open Meet 2026

**Sportspark ,UEA, Norwich: Saturday 7<sup>th</sup> - Sunday 8<sup>th</sup> March 2026**  
Under Swim England Regulations and Technical Rules

## Club Summary Entry Form

Please return this completed form with your electronic entry file and summary report to: [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com).

Closing date for full entry submission: on Monday 9<sup>th</sup> February 2026.

<b>Club Name:</b>			
<b>Contact Name:</b>			
<b>Email Address:</b>			
<b>Telephone No:</b>			
<b>Entry Details:</b>			
		<b>Number</b>	<b>Cost</b>
Individual entries	@ £8 per event		£
Coaches Pass	@£15.00 No Food @£30.00 With Food		£
<b>TOTAL</b>			£

Officials please sign up using the Swim-Meet [Officials Link](#)

Volunteers: please sign up using the Swim-Meet [Volunteers Link](#)

Payment by BACs to Acct: 00919204, Sort 30-96-17. Use the reference of MLC26 plus the 4 letters of your club short code. Then email [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com) to confirm payment has been made.

**Checklist – By the Closing Date of Monday 9<sup>th</sup> February 2026 please ensure you have:**

**Emailed:**

Hytek Entry File  
Hytek Meet Entry Report  
(BACS Transfer)  
Officials Form  
OR



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**Under Swim England Regulations and Technical Rules**

Scan or complete this form and return by email, or enter online using Swim-Meet:

INDIVIDUAL ENTRY FORM FOR VISITING CLUBS				
FORENAME:		SURNAME:		
CLUB:		AGE (@ 08/03/26):		
SEX:	OPEN/MALE or FEMALE	DATE OF BIRTH:		
EMAIL ADDRESS:		DISABILITY CLASSIFICATION:		
TELEPHONE NO:		SE REG NO		
EVENT	COST PER EVENT	ENTRY TIME (LC)	IF CONVERTED STATE SHORT COURSE TIME:	
50M FREESTYLE	£8			
100M FREESTYLE	£8			
200M FREESTYLE	£8			
400M FREESTYLE	£8			
50M BACKSTROKE	£8			
100M BACKSTROKE	£8			
200M BACKSTROKE	£8			
50M BREASTSTROKE	£8			
100M BREASTSTROKE	£8			
200M BREASTSTROKE	£8			
50M BUTTERFLY	£8			
100M BUTTERFLY	£8			
200M BUTTERFLY	£8			
200M IM	£8			
400M IM	£8			
	Total Events		£	
Visiting Clubs individual manual entry fee		£10.00	£	
		Total:	£	

**CLOSING DATE FOR ENTRIES IS Monday 9<sup>th</sup> February 2026**

Please return this form and/or an "Entries Summary Form" as appropriate, to Tracey Spinner,  
[tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com), with BACS payment to Acct: 00919204, Sort 30-96-17, using the reference MLC26  
and the first 4 letters of your swimmer's surname.



## CONSC March Long Course L3 Open Meet 2026

### Coaches / Chaperone Pass Individual Application Form

**Closing date Monday 9<sup>th</sup> February 2026**

Coaches and Team Managers are only permitted poolside if they are participating in a session and are in possession of a SE Membership Number, valid DBS, valid Safeguarding, and relevant qualification Coach/Team Manager 1 or 2. Please list the names and details of those planning to attend, and the number of passes required. If different people are attending on different days one pass may be shared.

<b>Club Name:</b>					
Name	Email if pass holder requires info	Qualification	SE Number	DBS Expiry Date	Safeguarding Expiry Date
Number of Poolside Passes without food @ £15				Total Sent: £	
Number of Poolside Passes with food @ £30				Total Sent: £	

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 chaperones supporting para swimmers where assistance is required, assuming they are without food. All completed forms to be returned to: **Tracey Spinner, [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com)**