

## Rising Stars Festival

8 - 12 Years

Saturday 18th April 2026 - 25m  
(Level 4 License No: 4ER260235)

**Sportspark, UEA, Norwich: Saturday 18th April 2026**

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

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

**Pool** 8 Lane Short Course Racing Pool  
Electronic Timing & 8-Lane Display  
Backstroke Ledges  
Free Parking

### This is a Level 4 Licensed Meet

**Age Groups:** 8, 9, 10, 11 and 12.  
Ages as at 18th April 2026

**Awards** Medals to Podium Finishes in All Events, All Age Groups

**Events** **8 - 9 years** 50m All strokes, 200m Freestyle, 100m IM

**10 - 12 years** 50m OR 100m All strokes\*  
100m IM OR 200m IM\*\*  
200m Freestyle

\*May enter 50m OR 100m in each stroke but not both\*

\*\*May enter 100m IM OR 200m IM but not both\*\*

**8,9,10,11,12 years** 4 x 25 Mixed Fast Freestyle Relay Teams  
2 Girls and 2 Boys single year age group in each relay  
Multiple teams welcome from each club eg blue, green etc

**Fees** Race Entry Fee £6 per event  
Relay Entry Fee £8 per relay  
Spectator entry: £5.00 per session  
Meet Mobile Live Results and Heat Sheets  
Free Parking

**Entries & Enquiries:** Email: [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com) Phone: 07970289643

**Closing Date:** Friday 20<sup>th</sup> March 2026, 12:00 Midday  
Entries accepted on first-come first-served basis from first 7 clubs

**Meet Promoter:** Tracey Spinner, [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com)

## Rising Stars Festival

8 - 12 Years

Saturday 18th April 2026 - 25m  
(Level 4 License No: 4ER260235)

**Sportspark, UEA, Norwich: Saturday 18th April 2026**

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

1. The event will be held at Sportspark, UEA, on 18th April 2026 and is licensed by Swim England at Level 4 under Licence No 4ER260235. The meet will be run in accordance with Swim England (SE) Regulations, Technical Rules of Swimming and to 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, 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.
4. **Competitors' ages shall be as at 18<sup>th</sup> April 2026, and the age groups are 8, 9, 10, 11 and 12.** All entries must be short course times or converted long course times, and must be **slower** than the cut off times listed. Swimmers wishing to enter who are faster than cut off times will be permitted – but will be listed as “exhibition swims” and ineligible for medals.
5. Heats will be seeded on submitted times and spearheaded. All events are timed finals, the first 3 swimmers in each age group will receive awards.
6. The pool length is 25 metres, 8 lanes with anti-wave ropes and Swiss timing. The depth of the pool is 1.8m. A secondary strobe is available.
7. Entry times must have been achieved since 1<sup>st</sup> September 2025.
8. **Closing date for entry: 12:00 Midday on Friday 20<sup>th</sup> March 2026.** The Promoter retains the right to accept entries on a **first come first served** basis. The first 7 clubs responding will be accepted. Entries received will be acknowledged by email, but must be complete.
9. Entries **MUST** be submitted electronically with a summary form and HYTEK Entry File and Entry Report with payment by BACS. Payment to City of Norwich Swimming Club, Acct: 00919204, Sort 30-96-17, Ref RS26 + Club Short Code. Entry file can be obtained from [www.cityofnorwichsc.co.uk](http://www.cityofnorwichsc.co.uk). Entry file, summary form **and** payment must be received by 12:00 Midday on Friday 20<sup>th</sup> March 2026.
10. Entries will be made using Female or Male competition categories, as these are the categories recognised by the meet management software at this time. There will be a transition into the use of Female and Open/Male as the new competition categories following the implementation of the Swim England Transgender and Non-binary Competition Policy. 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.
11. 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.
12. The Promoter confirms there will be no refunds of entry fees unless the entries are rejected by the organisers.
13. **Swimmers withdrawing from events:** Each Club should have their own record of swimmers entered. Swimmers unable to compete must be withdrawn. Withdrawal must be done using Swim-Meet software link and within 15 minutes of the session warmup commencing. If there are issues with wifi a manual form will be available.
14. Competitors report to the marshalling area in a timely manner.
15. 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.
16. The Promoters do not accept responsibility for property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings. **Sportspark lockers require a padlock – bring your own.**
17. 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 using the pool at the same time.
18. 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

## Rising Stars Festival

8 - 12 Years

Saturday 18th April 2026 - 25m  
(Level 4 License No: 4ER260235)

**Sportspark, UEA, Norwich: Saturday 18th April 2026**

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

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 has been passed to use by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.

### 19. Charges as follow:

- Entry Fees £6 per individual event
- Relay Entry £8 per event
- Coaches Passes £10.00 (no food); £15 (with food)
- Spectator entry £5 per session.

24. Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways. Report issues to a member of pool staff or to the Promoter.

25. No diving during warm-up, 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 lanes must swim 15m before slowing. All swimmers leave the water by the side and not over the timing pads. Coaches to manage the lanes their swimmers are using. Backstroke ledges will be made available for the sprint lanes.

26. **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.

27. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to SE Regulations, Technical Rules and SE Open Meet Licensing criteria.

## Schedule of Events

### Saturday 18th April

#### Session 1 – Warm up 8.30am – Start 9.35am\*

Event 101	Mixed	8 to 12 years	50 Freestyle	HDW
Event 102	Mixed	10 to 12 years	100 Freestyle	HDW
Event 103	Mixed	8 to 12 years	50 Breaststroke	HDW
Event 104	Mixed	10 to 12 years	100 Breaststroke	HDW
Event 105	Mixed	8 to 12 years	100 IM	HDW
Event 106	Mixed	10 to 12 years	200 IM	HDW

#### Session 2 – Warm up tba – Start tba\*

Event 201	Mixed	8 to 12 years	50 Backstroke	HDW
Event 202	Mixed	10 to 12 years	100 Backstroke	HDW
Event 203	Mixed	8 to 12 years	200 Freestyle	HDW
Event 204	Mixed	8 to 12 years	50 Butterfly	HDW
Event 205	Mixed	10 to 12 years	100 Butterfly	HDW
Event 206-210	Mixed	8,9,10,11,12 years	4 x 25 Freestyle Relay	HDW

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

## Rising Stars Festival

8 - 12 Years

Saturday 18th April 2026 - 25m

(Level 4 License No: 4ER260235)

**Sportspark, UEA, Norwich: Saturday 18th April 2026**

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

Entry times must be **slower** than the **cut off** times below. Times are SC (but you may use LC conversions).

Event		MALE/OPEN					FEMALE				
		8	9	10	11	12	8	9	10	11	12
Freestyle 50m	Cut off	40.00	36.00	34.00	32.00	29.00	40.00	36.00	34.00	32.00	29.00
Freestyle 100m	Cut off			1.18.0	1.10.0	1.03.0			1.18.0	1.10.0	1.03.0
Freestyle 200m	Cut off	3.30.0	3.00.0	2.50.0	2.30.0	2.20.0	3.30.0	3.00.0	2.50.0	2.30.0	2.20.0
Breaststroke 50m	Cut off	55.0	45.0	42.00	39.00	36.00	55.0	45.0	42.00	39.00	36.00
Breaststroke 100m	Cut off			1.40.0	1.30.0	1.20.0			1.40.0	1.30.0	1.20.0
Butterfly 50m	Cut off	50.00	43.00	38.00	34.00	30.00	50.00	43.00	38.00	34.00	30.00
Butterfly 100m	Cut off			1.35.0	1.25.0	1.15.0			1.35.0	1.25.0	1.15.0
Backstroke 50m	Cut off	45.00	41.00	38.00	35.00	33.00	45.00	41.00	38.00	35.00	33.00
Backstroke 100m	Cut off			1.25.0	1.18.0	1.12.0			1.25.0	1.18.0	1.12.0
Ind Medley 100m	Cut off	1.45.0	1.38.0	1.35.0	1.20.0	1.14.0	1.45.0	1.38.0	1.35.0	1.20.0	1.14.0
Ind Medley 200m	Cut off			3.15.0	2.55.0	2.40.0			3.15.0	2.55.0	2.40.0

Age as at 18<sup>th</sup> April 2026.

## Rising Stars Festival

8 - 12 Years

Saturday 18th April 2026 - 25m  
(Level 4 License No: 4ER260235)

**Sportspark, UEA, Norwich: Saturday 18th April 2026**

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

Please return this completed form to: [birdspinner@gmail.com](mailto:birdspinner@gmail.com)

Closing date Friday 20<sup>th</sup> March 2026, Midday

<b>Club Name:</b>			
<b>Contact Name:</b>			
<b>Email Address:</b>			
<b>Head Coach Email:</b>			
<b>Telephone No:</b>			
<b>Entry Details:</b>			
		<b>Number</b>	<b>Cost</b>
Swimmers	@ £6 per event		£
Relay Teams	@ £8 per event		
Poolside Pass	@ £10 per pass no food		
	@ £15 per pass with food		£
		<b>TOTAL</b>	£

\* If you wish to pay by BACs please transfer payment to City of Norwich Swimming Club, Acct: 00919204, Sort 30-96-17, Reference RS26 plus the 4 letter club short code (eg City of Norwich SC = NORT) and email [birdspinner@gmail.com](mailto:birdspinner@gmail.com) when payment has been made.

**Checklist – By the Closing Date of 20<sup>th</sup> March 2026 please ensure you have emailed the following:**

**Paperless Entry - Email:**

Hytek Entry File  
Hytek Meet Entry Report  
Evidence of BACS Transfer  
Coach/Chaperone Forms



## Rising Stars Festival

8 - 12 Years

Saturday 18th April 2026 - 25m

(Level 4 License No: 4ER260235)

**Sportspark, UEA, Norwich: Saturday 18th April 2026**

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

## Poolside Pass Application Form

Closing date 20<sup>th</sup> March 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. Please ensure you comply with the Swim England Coach/Team Manager/Chaperone policy.

<b>Club Name:</b>					
<b>Name</b>	<b>Email if pass holder requires info</b>	<b>Qualification</b>	<b>SE Number</b>	<b>DBS Expiry Date</b>	<b>Safeguarding Expiry Date</b>
Number of Poolside Passes without food @ £10			Total Sent:	£	
Number of Poolside Passes with food @ £15			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 for disability swimmers where assistance is required. All completed forms to be returned to: **Tracey Spinner**, [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com)