



GREAT YARMOUTH SWIMMING CLUB & CITY OF NORWICH SWIMMING CLUB

Affiliated to Swim England East Region and Swim England Norfolk

WINTER WIPEOUT 2026

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

Level 3 License 3ER261823

Saturday 12th - Sunday 13th December 2026

Sportspark, UEA, Norwich

Deadline 1st November 2026 – First come, first served.

Meet Conditions

1. The meet will take place at the Sportspark, UEA, Norwich on 12th – 13th December 2026 and is licensed by Swim England at Level 3 under License No. 3ER26TBC.
2. The meet will be held under Swim England (SE) Regulations, Technical Rules and to SE Open Meet Licensing Criteria. Competitors must be Club Compete members of an affiliated club, eligible to compete and registered in accordance with Swim England 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, tbirdspinner@gmail.com. Victoria Jones victoriajones2014@yahoo.co.uk will be the day promoter used for each day of the meet.
4. The age groups for Female and Open/Male are 9, 10, 11, 12, 13, 14, 15 & over. Ages are as at 13th December 2026.
5. 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. Medals will be awarded for 1st, 2nd, and 3rd place finishes in all events in the age categories above.
7. The pool is 25m, anti-wave devices will be in place and AOE will be used. A secondary strobe is available.
8. Heats will be swum as mixed age with swimmers seeded by entry times. Over the top starts may be used at the referee's discretion.
9. Entry times submitted must be the fastest times achieved by a swimmer in the 12 months preceding the deadline. Coach estimates will be permitted but entries will be rejected if there are no entry times submitted
10. Valid entries (which must include payment) will be accepted in the order of receipt, that is: first come first served. Complete entries for each club are required together with an electronic payment. Individual entries will only be accepted at the Promoter's discretion. Late entries, day of meet entries and day of meet alterations will not be accepted, unless due to administrative error or promoter's discretion.
11. Those swimmers in possession of a Swim England Certificate of Exemption are welcome to enter the competition and will swim under IPC rules.
12. Masters swimmers are welcome and eligible to enter using times gained at Masters events.
13. Entry for CONSC and GYSC swimmers shall be via SCM. External swimmers shall be by an Individual Entry Form. Where three or more competitors enter from the same club, entry shall be made using Hytek and sending the Entry file to the Promoter at tbirdspinner@gmail.com. Entries will be acknowledged when entry file/form and BACS payment have been received.
14. Entries together with entry fees must be received by the Promoter by the deadline. The meet will be first come first served.
15. The entry fee is £8.00 per event.
16. The Promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme in order to meet Swim England Licensing



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Criteria. In the event entries are rejected, fees will be refunded by a single payment to club in question.

17. Accepted and rejected entries will be emailed to clubs within 2 weeks of the closing date.
18. Swimmers withdrawing from events: Each club should have their own record of swimmers entered. Swimmers unable to compete must be withdrawn. Withdrawal should be done using Swim-Meet software link within 15 minutes of the session warmup commencing. If there are issues with wifi a manual form will be available.
19. Refunds will only be issued where the competition is cancelled, or where there is a significant change to the schedule that results in a change of venue or session for the event entered, meaning that the competitor cannot swim. Refunds for medical withdrawals will only be considered where a Refund request on Medical grounds has been made on Swim Meet before the start of the events concerned. In considering the request the Promoter may require medical evidence to support the request.
20. There will be no entry to poolside without a pass and passes must be worn at all times. Please ensure you comply with the Swim England Coach/Team Manager/Chaperone policy.
21. Warm up protocol: There is to be strictly no diving during warm-up, with the exception of designated sprint lanes. Odd lanes will swim clockwise and even lanes will swim anti-clockwise. Swimmers must leave the water by the side of the pool and not over the timing pads.
22. Results will be available via the GYSC and CONSC website, with realtime results visible on Meet Mobile. Times will be submitted to rankings within a maximum of 5 days of the last day of competition.
23. 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 in the spectator gallery, at any time. Please ensure you comply with the policy – it is in place to protect the swimmers and the privacy of members of the public who are also using the pool.
24. All Participants must observe the safety precautions in operation at the Sportspark. The promoter does not accept responsibility for lost property lockers are available in the changing rooms and should be used for the safe keeping of all belongings. 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 as they can block the air vents.
25. GYSC and CONSC use 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 has been passed to us 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.
26. Any matter not covered by these conditions will be determined by the Promoter and Lead Referee, subject to Swim England Regulations and Technical Rules of Racing.



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Schedule of Events

Saturday 12th December 2026

Session 1-Warm up 8.30am			Session 2 - Warm up TBC		
Event Number		Event	Event Number		Event
101	Female	200m Freestyle	201	Open/Male	200m Backstroke
102	Open/Male	100m Breaststroke	202	Female	200m Breaststroke
103	Female	100m Backstroke	203	Open/Male	100m Butterfly
104	Open/Male	50m Backstroke	204	Female	100m Freestyle
105	Female	50m Breaststroke	205	Open/Male	50m Freestyle
106	Open/Male	200m Butterfly	206	Female	50m Butterfly
107	Female	200m IM	207	Open/Male	100m IM
108	Open/Male	400m Freestyle	208	Female	400m IM

Sunday 13th December 2026

Session 1-Warm up 8.30am			Session 2 - Warm up TBC		
Event Number		Event	Event Number		Event
301	Open/Male	200m Freestyle	401	Female	200m Backstroke
302	Female	100m Breaststroke	402	Open/Male	200m Breaststroke
303	Open/Male	100m Backstroke	403	Female	100m Butterfly
304	Female	50m Backstroke	404	Open/Male	100m Freestyle
305	Open/Male	50m Butterfly	405	Female	50m Freestyle
306	Female	200m Butterfly	406	Open/Male	50m Breaststroke
307	Open/Male	200m IM	407	Female	100m IM
308	Female	400m Freestyle	408	Open/Male	400m IM



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

		MALE/OPEN							FEMALE							
Event		9	10	11	12	13	14	15+		9	10	11	12	13	14	15+
Freestyle 50m	Cut off	34.00	33.00	32.00	30.00	28.00	27.00	26.00		31.00	30.00	29.00	28.00	27.00	26.50	26.00
Freestyle 100m	Cut off	1.16.00	1.12.00	1.08.00	1.04.00	1.01.00	58.00	55.00		1.17.00	1.13.00	1.09.00	1.06.00	1.02.00	1.01.00	59.00
Freestyle 200m	Cut off	2.43.00	2.33.00	2.25.00	2.15.00	2.09.00	2.00.00	1.53.00		2.43.00	2.38.00	2.30.00	2.23.00	2.18.00	2.13.00	2.08.00
Freestyle 400m	Cut off	5.40.00	5.22.00	5.00.00	4.49.00	4.38.00	4.27.00	4.16.00		5.41.00	5.26.00	5.11.00	4.56.00	4.46.00	4.36.00	4.21.00
Breaststroke 50m	Cut off	46.00	42.00	38.00	37.00	35.00	34.00	33.00		49.00	45.00	41.00	39.00	36.50	35.00	34.00
Breaststroke 100m	Cut off	1.35.00	1.27.00	1.20.50	1.16.00	1.12.50	1.09.00	1.06.50		1.39.00	1.33.00	1.25.00	1.20.00	1.16.00	1.13.00	1.12.00
Breaststroke 200m	Cut off	3.15.00	3.00.00	2.50.00	2.40.00	2.30.00	2.25.00	2.20.00		3.26.00	3.10.00	3.00.00	2.50.00	2.42.00	2.38.00	2.35.00
Butterfly 50m	Cut off	37.50	34.50	32.50	30.50	29.00	28.00	27.00		37.50	36.00	33.00	32.00	31.00	30.00	29.00
Butterfly 100m	Cut off	1.22.00	1.16.00	1.12.00	1.08.00	1.05.00	1.02.50	1.00.00		1.22.00	1.18.00	1.13.00	1.10.00	1.07.00	1.05.00	1.03.00
Butterfly 200m	Cut off	3.20.00	2.52.00	2.42.00	2.30.00	2.20.00	2.15.00	2.10.00		3.20.00	2.52.00	2.45.00	2.40.00	2.30.00	2.25.00	2.20.00
Backstroke 50m	Cut off	43.00	40.00	36.00	34.50	32.00	30.00	28.00		45.00	43.00	38.00	37.00	36.00	34.00	33.00
Backstroke 100m	Cut off	1.30.00	1.24.00	1.18.00	1.14.00	1.10.00	1.05.00	1.00.00		1.30.00	1.24.00	1.18.00	1.14.00	1.10.00	1.07.00	1.05.00
Backstroke 200m	Cut off	3.17.90	2.53.90	2.40.00	2.33.00	2.24.00	2.17.00	2.10.00		3.18.00	2.55.00	2.45.00	2.35.00	2.30.00	2.25.00	2.20.00
Ind Medley 100m	Cut off	1.24.00	1.20.00	1.16.00	1.12.00	1.08.00	1.04.00	1.00.00		1.25.00	1.21.00	1.17.00	1.13.00	1.11.50	1.10.00	1.08.50
Ind Medley 200m	Cut off	3.10.00	2.55.00	2.40.00	2.30.00	2.20.00	2.15.00	2.10.00		3.07.00	3.00.00	2.45.00	2.40.00	2.30.00	2.25.00	2.20.00
Ind Medley 400m	Cut off	6.20.00	6.00.00	5.30.00	5.10.00	4.50.00	4.40.00	4.30.00		6.24.00	6.10.00	5.40.00	5.30.00	5.10.00	5.00.00	4.50.00



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Club Summary Entry Form

(For use by external clubs entering 3 or more swimmers)

Please return this completed form to: tbirdspinner@gmail.com

Closing date 1st November 2026

Club Name:			
Contact Name:			
Email Address:			
Head Coach Email:			
Telephone No:			
Entry Details:			
		Number	Cost
Swimmers	@ £8 per event		£
Coaches Pass	@ £15 per pass no food		
	@ £30 per pass with food		£
		TOTAL	£

* If you wish to pay by BACs please transfer payment to Great Yarmouth Swimming Club, Acct: 00401315, Sort 40-22-22, Reference WW25 plus the 4 letter club short code (eg City of Norwich SC = NORT) and email tbirdspinner@gmail.com when payment has been made.



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INDIVIDUAL ENTRY FORM			
FORENAME:		SURNAME:	
CLUB:		AGE (@ 13/12/26):	
SEX:	MALE/OPEN or FEMALE	DATE OF BIRTH:	
EMAIL ADDRESS:		DISABILITY CLASSIFICATION:	
TELEPHONE NO:		SE MEMBERSHIP NO	
EVENT	COST PER EVENT	ENTRY TIME (SC)*	TICK TO ENTER
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		
100M IM	£8		
200M IM	£8		
400M IM	£8		
TOTAL NUMBER OF ENTRIES		@£8	£
Visiting Club individual manual entry fee		@ £10.00	£
Total			£

*If time not on Swim England database please state origin on reverse of form.



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Poolside Pass Application Form

Closing date 1st November 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.

Club Name:					
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 chaperone passes for disability swimmers where assistance is required. All completed forms to be returned to: **Tracey Spinner**, tbirdspinner@gmail.com