



**2017**

## **UEA City of Norwich SC Club Championships**

Distance Events Licence L4 Number: 4ER171619

Main Events Licence L4 Number: 4ER171620

**Held under ASA Laws and Regulations, ASA Technical Rules  
of Racing and to the ASA Open Meet Licensing Criteria  
For UEA City of Norwich Swimming Club Members (including  
Link Swimmers) Only**

**Entrants must be CAT 1 or Cat 2 ASA Members**

Thu 21 <sup>st</sup> Sep	5pm	Sportspark UEA
Thu 28 <sup>th</sup> Sep	5pm	Sportspark UEA
Fri 29 <sup>th</sup> Sep	5pm	Sportspark UEA
Sat 30 <sup>th</sup> Sep	7am	Sportspark UEA

### **Event Information and Entry Form**

**UEA CoNSC Meet Promoter: Tracey Spinner**



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<b>Venue</b>	Sportspark, UEA, Norwich NR4 7TJ
<b>Pool</b>	8 Lane Short Course Racing Pool Electronic Timing & 8-Lane Display
<b>Age-groups</b>	7, 8, 9, 10, 11, 12/13, 14/15, 16yrs / over (Age as on 30 <sup>th</sup> September 2017)
<b>Events</b>	All events will be timed finals All ages eligible for 100IM, 200m IM, 50m & 200m All Strokes 9yrs/+ may enter 100m Fl/Bc/Br/Fr 10yrs/+ may enter 400m Fr, 800Fr (Girls), 1500Fr (Boys), 400 IM
<b>Awards</b>	Medals will be given on the day for each event to the first 3 places <b>by age group</b> Trophies will be given on the day for trophyed events in of each age group.
<b>Data</b>	UEA City of Norwich Swimming Club uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data handled such as name, club, recorded and entered times may be made public during or after the meet.
<b>Entries</b>	Entry is for UEA City of Norwich SC members (including Link Swimmers) only Entrants must be Cat 1 or Cat 2 ASA Members Entry forms to Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB Or UEA Noticeboard Mailbox, or Hewett Green Box
<b>Promoter</b>	Meet Promoter is Tracey Spinner (in the event of Tracey Spinner not being available there may be a Day Promoter).
<b>Fee</b>	£4.00 per event <b>*Cheques payable to City of Norwich Swimming Club Limited*</b>
<b>Closing Date</b>	<b>Monday 11<sup>th</sup> September 2017, 7pm.</b>
<b>Seeding</b>	All events will be seeded and spearheaded swim slow-to-fast based on entry times. If no time is available then swimmers will be entered with 'no time' – 'NT'.
<b>Starts</b>	Over the top starts may be used at the Referee's discretion.
<b>Results</b>	Web-live at the championships, Meet Mobile live app event compatible, posted on the CoNSC website & sent to the ASA for inclusion in the national rankings.
<b>Spectators</b>	Free Entry – included in event fees - programmes will be on sale
<b>Health &amp; Safety</b>	Only swimmers who have reached the standard of the ASA Competitive Start Award are permitted to start from the starting blocks. If unable to execute a competent racing dive do not use starting blocks during this swim meet. It is the responsibility of the swimmer and/or parent to declare to the referee any disability or medical condition that could present a health or safety risk. If such a disability or medical condition exists swimmers must produce a medical certificate confirming that their participation presents no health or safety problems.
<b>Camera Use</b>	In accordance with the ASA Child 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.
<b>General</b>	Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing.
<b>Appeals</b>	Any protests will be dealt with in accordance with ASA Laws.



**2017 UEA City of Norwich Swimming Club Championships  
21<sup>st</sup> and 28<sup>th</sup> – 30<sup>th</sup> September 2017**

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**Programme of Events**

**Thursday 21<sup>st</sup> September 2017**

Session 1 – Warmup 5pm, start 5.15pm, finish TBC

Event 101	Girls	10/over	800m Freestyle	TF
Event 102	Boys	10/over	1500m Freestyle	TF

**Thursday 28<sup>th</sup> September 2017**

Session 2 - w-up 5pm, start 5.30pm, finish 9pm approx

Event 201	Girls	10/over	400 Freestyle	TF
Event 202	Boys	10/over	400 IM	TF
Event 203	Girls	Open	200 IM	TF
Event 204	Boys	Open	200 Freestyle	TF
Event 205	Girls	Open	50 Breaststroke	TF
Event 206	Boys	Open	50 Backstroke	TF
Event 207	Girls	9/over	100 Breaststroke	TF
Event 208	Boys	9/over	100 Backstroke	TF

**Friday 29<sup>th</sup> September 2017**

Session 3 - w-up 5pm, start 5.30pm, finish 9pm approx

Event 301	Boys	10/over	400 Freestyle	TF
Event 302	Girls	10/over	400 IM	TF
Event 303	Boys	Open	200 IM	TF
Event 304	Girls	Open	200 Freestyle	TF
Event 305	Boys	Open	50 Breaststroke	TF
Event 306	Girls	Open	50 Backstroke	TF
Event 307	Boys	9/over	100 Breaststroke	TF
Event 308	Girls	9/over	100 Backstroke	TF

**Saturday 30<sup>th</sup> September 2017**

Session 4 - w-up 7am, start 7.30am, finish 10am approx

Event 401	Girls	Open	200 Butterfly	TF
Event 402	Boys	Open	200 Breaststroke	TF
Event 403	Girls	Open	100 IM	TF
Event 404	Boys	9/over	100 Butterfly	TF
Event 405	Girls	9/over	100 Freestyle	TF
Event 406	Boys	Open	200 Backstroke	TF
Event 407	Girls	Open	50 Freestyle	TF
Event 408	Boys	Open	50 Butterfly	TF

Session 5 - w-up 10.00am, start 10.30am, finish 1pm approx

Event 501	Boys	Open	200 Butterfly	TF
Event 502	Girls	Open	200 Breaststroke	TF
Event 503	Boys	Open	100 IM	TF
Event 504	Girls	9/over	100 Butterfly	TF
Event 505	Boys	9/over	100 Freestyle	TF
Event 506	Girls	Open	200 Backstroke	TF
Event 507	Boys	Open	50 Freestyle	TF
Event 508	Girls	Open	50 Butterfly	TF



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INDIVIDUAL ENTRY FORM				
FORENAME:		SURNAME:		
CLUB:		AGE (@ 30/09/17):		
SEX:	MALE/FEMALE	DATE OF BIRTH:		
EMAIL ADDRESS:		DISABILITY CLASSIFICATION:		
TELEPHONE NO:		ASA REG NO		
EVENT	COST PER EVENT	7-8 YEAR OLD	9/OVER	10/OVER
50M FREESTYLE	£4.00			
100M FREESTYLE	£4.00			
200M FREESTYLE	£4.00			
400M FREESTYLE	£4.00			
800M FREESTYLE (GIRLS)	£4.00			
1500M FREESTYLE (BOYS)	£4.00			
50M BACKSTROKE	£4.00			
100M BACKSTROKE	£4.00			
200M BACKSTROKE	£4.00			
50M BREASTSTROKE	£4.00			
100M BREASTSTROKE	£4.00			
200M BREASTSTROKE	£4.00			
50M BUTTERFLY	£4.00			
100M BUTTERFLY	£4.00			
200M BUTTERFLY	£4.00			
100M IM	£4.00			
200M IM	£4.00			
400M IM	£4.00			
	<i>Total Events @ £4.00</i>			£
			<i>Admin Fee</i>	<b>£5.00</b>
			<b>Final Total:</b>	£

\*Please tick the events you wish to enter – our Hytek database will submit your PB. Younger swimmers may be entered with no time (NT) in the event of no pb. If you are not sure which events to enter please talk to your coach.

Please return this form to Tracey Spinner, CONSC, 16 Ethel Road, Norwich, NR1 4DB, with a cheque made payable to: **City of Norwich Swimming Club Ltd** by Monday 11<sup>th</sup> September 2017. Alternatively post your form in the Club Mailbox at UEA or put it in the Green Box at Hewett. **Any cash payments must be handed over in person.**



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Every home meet run by the City of Norwich SC takes over 40 volunteers to run. Club Championships is the ideal meet to start helping if you have not done so before. Please let me know below if you are available to support the Club Championships, and in what capacity:

<b>Name</b>					
<b>Squad</b>					
<b>Email Address</b>					
<b>Phone Number:</b>					
<b>Role</b>	Please indicate the role you would like to have a go at and when you are available (tick)				
	<b>21<sup>st</sup></b>	<b>28<sup>th</sup></b>	<b>29<sup>th</sup></b>	<b>30<sup>th</sup></b>	
<b>Programme Sales</b>					
<b>Heat Marshal</b>					
<b>Timekeeper</b>					
<b>Medal Table</b>					
<b>Runner</b>					
<b>Official</b>					
<b>Team Manager</b>					

Send this form in with the entry form. For further information about volunteer roles talk to Tracey Spinner.