



[www.cityofnorwichsc.co.uk](http://www.cityofnorwichsc.co.uk)

## 2017 November L3 Short Course Open Meet (Level 3 License No: 3ER171484)

**Sportspark, UEA, Norwich: Saturday 18th - Sunday 19th November 2017**  
Under ASA Laws & Regulations and ASA Technical Rules of Racing

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

**Pool** 8 Lane Short 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, 15 and over.

Ages as at 19<sup>th</sup> November 2017

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

**Events** 50m, 100m & 200m All Strokes  
400m Freestyle  
100m, 200m IM

**Fees** Race Entry Fee £5.50 per event  
Spectator entry £3.00 per session, £5.00 all day, £10 for the weekend  
Programmes £3  
Free Parking

**Entries To** Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB

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

**Closing Date:** Friday 20<sup>th</sup> October 2017, 7pm  
Entries accepted on first-come first-served basis

**Meet Promoter:** Tracey Spinner

[www.cityofnorwichsc.co.uk](http://www.cityofnorwichsc.co.uk)



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### Meet Rules and Information

1. The event will be held at Sportspark, UEA, on 18-19<sup>th</sup> November 2017, ASA Laws and Regulations, ASA Technical Rules of Racing and to the ASA Open Meet Licensing Criteria. Entries may only be accepted from Category 2 ASA, SASA or WASA members; or competitors from one of the countries affiliated to FINA.
2. The pool length is 25 metres, 8 lanes with anti-wave ropes and Omega electronic timing. The depth of the pool is 1.8m.
3. **Competitors' ages shall be as at 19<sup>th</sup> November 2017.** 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 the cut off times may be permitted **after** the closing date, but will be listed as "exhibition swims" and will not be eligible for medals.
4. **Individual entries** from visiting swimmers shall be made on the official entry forms and will be subject to an additional £5 administration charge **per swimmer**. This charge will be waived if the swimmer is entered using the Hytek TM electronic entry file.
5. Where there are 3 or more competitors entered by a Club, entries **MUST** be submitted electronically with a summary form and Hytek TM Entry File and Entry Report with either 1 cheque payable to the City of Norwich Swimming Club Ltd or payment by BACS. If you wish to pay by BACS please email [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com) for further details. Entry software can be obtained from [www.cityofnorwichsc.co.uk](http://www.cityofnorwichsc.co.uk). Entry file, summary form **and** payment must be received by 7pm on Friday 20/10/17. Clubs manually entering 3 or more swimmers will be subject to a £25 administrative charge **BEFORE** entries are processed.
6. Swimmers in possession of an ASA Certificate of Swimming Disability or whose ASA membership record details a disability sport class (S1-S15) are welcome to enter the competition with an entry time from ASA Rankings and will swim under IPC swimming rules. Personal care attendants for swimmers who require them are not required to pay for an additional Poolside Pass.
7. Masters swimmers are eligible to enter if they are able to evidence entry times from a Masters results site.
8. The promoter retains the right to accept 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 received will be acknowledged by email, but must be made in full (ie electronic entry file, payment, club summary form, entry summary report).
9. Accepted 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.
10. 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.
11. The promoter regrets to confirm there will be no refunds of entry fees unless the entries are rejected by the organisers.
12. The meet promoter will check entries against the British Rankings. Falsely entered times will be rejected without a refund.
13. **Swimmers withdrawing from events:** Each Club should have their own record of swimmers entered. Swimmers unable to compete must be withdrawn. Withdrawal forms are available from the timing desk - with a £5 penalty for failure to notify 45 minutes prior to the start of the first event in each session.
14. 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's duty to check the start lists and report in a timely manner.
15. 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 the Top Boy, Top Girl and Top Visiting Club. All competitors points will go towards Top Visiting Club points tally, including speeders.
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. Please look after your belongings. **UEA Sportspark lockers require a padlock which you should bring with you, or hire from Sportspark reception.** Please minimise the number of kit bags brought poolside.
17. City of Norwich SC 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.
18. Closing date for entry is 7pm on 20<sup>th</sup> October 2017.
19. Charges as follow:
  - Entry Fees £5.50 per event
  - Coaches Passes £20.00 (no food); £40 (with food)
  - Spectator fees £3.00 per session or £5.00 per day.
  - Programmes for the meet £3.00
20. Coaches' passes will not be sold on the day – no pass, no admission to poolside.
21. 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.
22. 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 Meet Promoter.
23. 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.
24. 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.



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Under ASA Laws & Regulations and ASA Technical Rules of Racing

### Schedule of Events

#### Saturday 18<sup>th</sup> November

##### Session 1 – Warm up 8.30am – Start 9.30am\*

Event 101	Girls	9 and over	400 Freestyle	HDW
Event 102	Boys	9 and over	200 Freestyle	HDW
Event 103	Girls	9 and over	100 Breaststroke	HDW
Event 104	Boys	9 and over	100 Backstroke	HDW
Event 105	Girls	9 and over	50 Backstroke	HDW
Event 106	Boys	9 and over	50 Breaststroke	HDW
Event 107	Girls	9 and over	200 Butterfly	HDW

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

Event 201	Girls	9 and over	100 IM	HDW
Event 202	Boys	9 and over	200 IM	HDW
Event 203	Girls	9 and over	200 Backstroke	HDW
Event 204	Boys	9 and over	200 Breaststroke	HDW
Event 205	Girls	9 and over	100 Butterfly	HDW
Event 206	Boys	9 and over	100 Freestyle	HDW
Event 207	Girls	9 and over	50 Freestyle	HDW
Event 208	Boys	9 and over	50 Butterfly	HDW

#### Sunday 19<sup>th</sup> November

##### Session 3 – Warm up 8.30am – Start 9.30am\*

Event 301	Boys	9 and over	400 Freestyle	HDW
Event 302	Girls	9 and over	200 Freestyle	HDW
Event 303	Boys	9 and over	100 Breaststroke	HDW
Event 304	Girls	9 and over	100 Backstroke	HDW
Event 305	Boys	9 and over	50 Backstroke	HDW
Event 306	Girls	9 and over	50 Breaststroke	HDW
Event 307	Boys	9 and over	200 Butterfly	HDW

##### Session 4 – Warm up tba – Start tba\*

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

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



Entry times must be **slower** than below cut off times

		BOYS							GIRLS						
Event		9	10	11	12	13	14	15+	9	10	11	12	13	14	15+
Freestyle 50m	Cut off	35.00	33.00	31.50	30.00	28.50	27.00	25.50	35.00	33.50	31.50	30.00	29.00	28.50	28.00
Freestyle 100m	Cut off	1.15.00	1.11.00	1.07.00	1.03.00	1.00.00	58.50	56.00	1.15.00	1.11.00	1.07.00	1.04.50	1.01.00	1.00.00	59.50
Freestyle 200m	Cut off	2.40.00	2.32.00	2.24.00	2.16.00	2.10.00	2.05.00	2.00.00	2.40.00	2.35.00	2.27.00	2.20.00	2.15.00	2.11.00	2.08.00
Freestyle 400m	Cut off	5.40.00	5.22.00	5.00.00	4.50.00	4.40.00	4.30.00	4.20.00	5.40.00	5.25.00	5.10.00	4.55.00	4.45.00	4.35.00	4.30.00
Breaststroke 50m	Cut off	45.00	40.00	36.00	34.00	33.00	32.00	31.00	48.00	44.00	40.00	38.00	37.00	36.00	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	1.38.00	1.32.00	1.25.00	1.20.00	1.17.50	1.15.00	1.13.50
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	34.00	32.00	31.50	31.00	30.00
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	1.15.00	1.10.00	1.08.00	1.06.00	1.04.00
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	37.00	34.50	32.50	30.50	29.00	43.00	40.00	37.50	35.00	33.50	32.00	31.00
Backstroke 100m	Cut off	1.30.00	1.24.00	1.18.00	1.14.00	1.10.00	1.06.00	1.02.00	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	1.24.00	1.20.00	1.16.00	1.12.00	1.10.50	1.09.00	1.07.50
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	2.50.00	2.40.00	2.30.00	2.25.00	2.20.00



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**Club Summary Entry Form**  
**(For use by external clubs entering 3 or more swimmers)**

Please return this completed form with your entries and a **SINGLE** cheque\* payable to **City of Norwich Swimming Club Limited** to:

Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB

NB The club electronic entry file must be emailed to: [tracey.spinner@gmail.com](mailto:tracey.spinner@gmail.com)

Closing date Friday 20<sup>th</sup> October 2017

<b>Club Name:</b>			
<b>Contact Name:</b>			
<b>Postal Address:</b>			
<b>Email Address:</b>			
<b>Telephone No:</b>			
<b>Entry Details:</b>			
		<b>Number</b>	<b>Cost</b>
Swimmers	@ £5.50 per event		£
Coaches Pass	@ £20 per pass no food		
	@ £40 per pass with food		£
		<b>TOTAL</b>	£

\* If you wish to pay by BACs please email [tracey.spinner@gmail.com](mailto:tracey.spinner@gmail.com) for details.

**Checklist – By the Closing Date of 20<sup>th</sup> October 2017 please ensure you have emailed or posted the following:**

**Paperless Entry - Email:**

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

**Postal Entry:**

- Club Summary Entry Form (this form)
- Hytek Entry Report
- Coach/Chaperone Forms
- Officials Forms



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INDIVIDUAL ENTRY FORM									
FORENAME:		SURNAME:							
CLUB:		AGE (@ 19/11/17):							
SEX:	MALE/FEMALE	DATE OF BIRTH:							
EMAIL ADDRESS:		DISABILITY CLASSIFICATION:							
TELEPHONE NO:		ASA REG NO							
EVENT	COST PER EVENT	ENTRY TIME (SC)*	IF CONVERTED STATE LONG COURSE TIME*:						
50M FREESTYLE	£5.50								
100M FREESTYLE	£5.50								
200M FREESTYLE	£5.50								
400M FREESTYLE	£5.50								
50M BACKSTROKE	£5.50								
100M BACKSTROKE	£5.50								
200M BACKSTROKE	£5.50								
50M BREASTSTROKE	£5.50								
100M BREASTSTROKE	£5.50								
200M BREASTSTROKE	£5.50								
50M BUTTERFLY	£5.50								
100M BUTTERFLY	£5.50								
200M BUTTERFLY	£5.50								
100M IM	£5.50								
200M IM	£5.50								
<b>TOTAL ENTRIES</b>			£						
Admin Fee (CoNSC Swimmers Only)		@ £5.00	£						
<b>Total</b>			£						

*\*If time not on ASA database please state origin on reverse of form. UEA Swimmers – just tick the box.*

**CLOSING DATE FOR ENTRIES IS Friday 20<sup>th</sup> October 2017**

Please return this form and/or an "Entries Summary Form" as appropriate, to Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB, with a cheque made payable to: **City of Norwich Swimming Club Limited**. If you wish to pay by BACS email [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com).



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### Coaches / Chaperone Pass Individual Application Form

Closing date 20<sup>th</sup> October 2017

<b>Full Name:</b>		
<b>Club Name:</b>		
<b>Position:</b> (eg Coach)		
<b>Email Address:</b>		
<b>Telephone No:</b>		
<b>ASA Affiliation Number:</b>		
<b>Weekend Pass No Food</b>	Quantity:	Total Sent: £
<b>Weekend Pass With Food</b>	Quantity	Total Sent: £

The above named person is authorised to hold a pass for this club:

Signed \_\_\_\_\_ Club Secretary

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, 16 Ethel Road, Norwich, NR1 4DB.



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### Officials Request Form

All clubs entering are asked to try to provide 1 official for every 10 swimmers entered. Those volunteering to officiate will be provided with refreshments. Those volunteering for a full day will receive lunch.

<b>Full Name:</b>				
<b>Qualification:</b>	JL1	JL2	JL2S	LRef
<b>Date License Valid Until:</b>				
<b>Sessions Available:</b>	Saturday:	S1	S2	
	Sunday:	S3	S4	
<b>Mobile No:</b>				
<b>Email Address:</b>				
<b>Club:</b>				
<b>Swimmer's Name</b>				
<b>Mentor Request</b>	If you require mentoring, state the level you are working towards and the areas you require mentoring in. The lead ref will assign accordingly.			
<b>Dietary Requirements</b>	Please indicate if you are vegetarian, vegan, or have other dietary requirements.			

Please email completed forms to Milagros Perez Rodrigues at  
 consc.officials@gmail.com





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### CoNSC Volunteer Request Form

Please complete details.

<b>Full Name:</b>				
<b>Preferred Role:</b>	Entry Door:	Back Door:	Runner:	Refreshments:
	Heat Marshal	Team Manager	Medal Table	Tech
<b>Sessions Available:</b>	Saturday:	S1	S2	
	Sunday:	S3	S4	
<b>Mobile No:</b>				
<b>Email Address:</b>				
<b>Club:</b>				
<b>Swimmer's Name</b>				
<b>Dietary Requirements</b>	Please indicate if you are vegetarian, vegan, or have other dietary requirements.			

Please email completed form to Tracey Spinner at [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com)



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### Race Sponsorship Form

For only £5 you can sponsor a race your child/grandchild will be competing in at The 2017 November L3 SC Open Meet.

There are 29 events scheduled to take place, so why not have an encouraging message printed in the Meet Programme?

To sponsor a race please complete the sponsorship form below. Pick 3 events in order of preference, events will be allocated on a first come first served basis. Return your sponsorship form, with a cheque for £5 payable to City of Norwich Swimming Club Ltd, with your entry form.

If your first choice is already taken we will go to the second or third choices. If all are taken we will contact you to choose another event.

If you wish to sponsor more than 1 event please make this clear on the form and on the cheque (£5 per event).

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I would like to sponsor:

Name of Competitor: .....

1st Choice Event No: .....

1st Choice Event No:.....

2nd Choice Event No: .....

Cheque for £..... enclosed, made payable to City of Norwich Swimming Club Ltd