

# Mini Meet

## 12th November 2022

3.00pm warm-up for 3.30pm start Sportspark, UEA



1. Age as at 12th November 2022.
2. Restrictions: 25m events are open to swimmers age 5–10, apart from 25m fly – age 12; 50m and 100m events are open to ages 5–14. Swimmers may only enter 1 distance per stroke.
3. Cut off times: All swimmers age 9/over cannot win medals or ribbons if they are FASTER THAN the cut off times for their age group as listed in the table below. If faster than the 50m time the swimmer cannot swim the 25m event.
4. Please speak to your teacher or coach if you need help understanding which event to enter.

Cut-off times	9 years	10 years	11 years	12–14 years
50 freestyle	39.0	37.0	35.0	33.0
50 butterfly	47.0	45.0	43.0	38.0
100 IM	1:38.0	1:36.0	1:27.0	1:21.0
50 backstroke	46.0	44.0	42.0	40.0
50 Breaststroke	52.0	50.0	48.0	44.0

5. Medals/Ribbons: For 1–6th place swimmers there will be awards (medals 1st–3rd, ribbons 4th–6th) in each 25m event in the following age groups: 6/under, 7, 8, 9, 10. In the 50m and 100m events there will be awards for swimmers placing 1st–6th in the following age groups: 7/under, 8, 9, 10, 11, 12–14.
6. Entry Fee: There will be a small charge of £3 for each event, and £3 for each spectator attending on the day – if spectators are permitted, spectator fee needs to be paid in person on the day. All entries and results will be visible in Meet Mobile (download from the AppStore).

Keep top part of form for reference; return lower part.

### Schedule of events:

1. Girls 50m freestyle
2. Boys 50m freestyle
3. Girls 25m freestyle
4. Boys 25m freestyle
5. Girls 50m fly
6. Boys 50m fly
7. Girls 25m fly
8. Boys 25m fly
9. Girls 100m IM
10. Boys 100m IM
11. Girls 25m backstroke
12. Boys 25m backstroke
13. Girls 50m backstroke
14. Boys 50m backstroke
15. Girls 25m breaststroke
16. Boys 25m breaststroke
17. Girls 50m breaststroke
18. Boys 50m breaststroke



### Mini Meet Entry – 12th November 2022

First name	<input type="text"/>	Surname	<input type="text"/>
Squad (CoNSC)	<input type="text"/>	DOB	<input type="text"/>
Lesson (Penguins)	<input type="text"/>	Gender	<input type="text"/>
Email	<input type="text"/>	Phone number	<input type="text"/>

Event	Distance (tick either 25m or 50m)		Entry time if known
	25m	50m	
Freestyle	<input type="checkbox"/>	<input type="checkbox"/>	
Butterfly	<input type="checkbox"/>	<input type="checkbox"/>	
Individual Medley (100m)	<input type="checkbox"/>	<input type="checkbox"/>	
Backstroke	<input type="checkbox"/>	<input type="checkbox"/>	
Breaststroke	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Total events @ £3 per event</b>			<b>= £</b>

7. Entry: All CONSC swimmers in AA JD and CA should be via SCM. Invoices will be activated on the closing date of 29th October 2022. Penguins parents should send the entry form, with cheques made payable to CITY OF NORWICH SWIMMING CLUB LTD, to Daniel Akers, CONSC, 111 Lancaster Gardens, Aylsham, NR11 6LB. Alternatively please pay by BACS to Acct 00919204, Sort 30-96-17, Ref NMM22 + Swimmers Surname.

### ONLY COMPLETE THIS SECTION IF YOU PLAN TO VOLUNTEER:

Parents/families of swimmers: Did you know that it takes over 40 volunteers to run a well organized, relaxed and above all a safe gala? Most jobs are not difficult, and with plenty of helpers it can be fun! No prior experience is needed. If you can help please complete your details below or contact Daniel Akers on **07399 569209** or email **CONSCminimeet@gmail.com**.

If you are interested in officials training and the JL1 online theory course please tick here and we will send further information.

I/we would like to help at the Gala on 12th November 2022. Poolside:  Gallery:

Name(s)	<input type="text"/>
Tel:	<input type="text"/>
Email	<input type="text"/>

