

Mini Meet

4th November 2023



2.00pm warm-up for 2.40pm start Sportspark, UEA

- Age as at 4th November 2023.
- 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.
- 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.
- 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 |

- 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.
- 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).
- For Club Compete SE Members in the 50m and 100m events, this will be a licensed L4 meet. For all other swimmers this will be a development gala.

Schedule of events:

- Girls 50m freestyle
- Boys 50m freestyle
- Girls 25m freestyle
- Boys 25m freestyle
- Girls 50m fly
- Boys 50m fly
- Girls 25m fly
- Boys 25m fly
- Girls 100m IM
- Boys 100m IM
- Girls 25m backstroke
- Boys 25m backstroke
- Girls 50m backstroke
- Boys 50m backstroke
- Girls 25m breaststroke
- Boys 25m breaststroke
- Girls 50m breaststroke
- Boys 50m breaststroke



Mini Meet Entry – 4th November 2023

| | | | |
|-------------------|----------------------|--------------|----------------------|
| 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 (select either 25m or 50m) | | Entry time if known |
|------------------------------------|-------------------------------------|----------------------|----------------------|
| | 25m | 50m | |
| Freestyle | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Butterfly | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Individual Medley (100m) | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Backstroke | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Breaststroke | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Total events @ £3 per event | | | = £ |

- Closing date for entries is 21st October 2023. How to enter:
 - All **CoNSC squad swimmers** (AA, JD and CA) should be via SCM. Invoices will be activated on the closing date of 21st October 2023.
 - Penguins** parents should complete this electronic entry form then email to conscminimeet@gmail.com then pay by BACS to Acct 00919204, Sort 30-96-17, Ref NMM23 + Swimmers Surname.
 - Alternatively please print and complete the form and send to Daniel Akers, CoNSC, 111 Lancaster Gardens, Aylsham, NR11 6LB then pay by BACS to Acct 00919204, Sort 30-96-17, Ref NMM23 + Swimmers Surname.
 - If you need to pay by cheque, please make cheque payable to CITY OF NORWICH SWIMMING CLUB LTD and send to Daniel Akers, CoNSC, 111 Lancaster Gardens, Aylsham, NR11 6LB.

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 4th November 2023. Poolside: Gallery:

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

