

City of Norwich Swimming Club

CONSC Midsummer Madness, L3 Long Course, 3ER240553, 6th - 7th July 2024

Coaches and Team Managers: Coach passes and packs can be collected from the Cringleford Room. Tea and coffee for coaches/team managers/officials is also available in this room on Saturday and the John Jarrold Room on Sunday. Passes should only be used by the coaching/poolside staff named by the Club, and you will be issued with the number of passes paid for. Hot drinks and pick n mix snack bags are available in the Cringleford Room for coaches, Team Managers, officials and volunteers – ***we would appreciate the bags being returned to the room at the end of each session so they can be refilled and re-used.*** Please bring water bottles – you should have time to top up but refreshment volunteers will be available to help if you have to stay poolside. Lunch passes will be provided to those who have paid for lunch. Volunteers and officials helping for **BOTH** morning and afternoon sessions will have lunch provided. Psych sheets with the heats will be visible on Meet Mobile – 2024 CONSC Midsummer Madness 3ER240553 - and a draft programme will be published on the CONSC website. Note that during the meet the heats may change as withdrawals are processed. Clubs are asked to ensure swimmers are supervised poolside at all times, and not left alone.

Venue: Sportspark, University of East Anglia, Norwich Research Park, Norwich, Norfolk, NR4 7TJ, Tel:(01603) 592398. See more at: <http://www.sportspark.co.uk/>

Parking: Parking is free for all those attending. Please make sure you validate tokens before departure. If the Sportspark carpark is full please use the main University carpark.

Entry: Entry for Swimmers to the changing area will be from: 8:15am.

Warmups: As per previous meets warmup is club specific and you have been allocated lanes. If you find a better warmup that works for you and an associated club please contact them.

Saturday 6th July: Session 1 Warmup 8:30 – 9:30, Start 9:35, Finish @12:20

Lane	8:30-8:50	8:50-9:10	9:10-9:30
1	West Suffolk (11)	Team Ipswich (44)	Co Norwich SC (106)
2	Gt Yarmouth (10)	Team Ipswich (44)	Co Norwich SC (106)
3	North Norfolk Vikings (16)	Team Ipswich (44)	Co Norwich SC (106)
4	North Norfolk Vikings (16)	Team Ipswich (44)	Co Norwich SC (106)
5	Deben (18)	Co Peterborough (18)	Co Norwich SC (106)
6	Deben (18)	Co Peterborough (18)	Co Norwich SC (106)
7	Dereham Otters (19)	Saffron Waldon (14) + Stanway (2)	Co Norwich SC (106)
8	Dereham Otters (19)	Saffron Waldon (14) + Hoddesdon (1) & Wisbech (1)	Co Norwich SC (106) + Basildon & Phoenix (1)

Saturday 6th July: Session 2 Warmup 12:45, Start 13:30, Finish @15:45

Lane	12:45-13:05	13:05-13:25
1	Co Norwich SC (84)	Co Peterborough (21)
2	Co Norwich SC (84)	Co Peterborough (21)
3	Co Norwich SC (84)	Dereham Otters (13)
4	Co Norwich SC (84)	Gt Yarmouth (13)
5	Co Norwich SC (84)	Team Ipswich (39)
6	Deben (18)	Team Ipswich (39)
7	Deben (18) Stanway (2)	West Suffolk (11)
8	Saffron Wald (14) + Hoddesdon (1) & Wisbech (1)	North Norfolk Vikings (11)

Saturday 6th July: Session 3 Warmup 16:00, Start 16:45, Finish @19:00

Lane	16:00 – 16:20	16:20 – 16:40
1	Team Ipswich (48)	Co Norwich SC (114)
2	Team Ipswich (48)	Co Norwich SC (114)
3	Team Ipswich (48)	Co Norwich SC (114)
4	Dereham (21)	Co Norwich SC (114)
5	NN Vikings (23)	Co Norwich SC (114)
6	Deben (19) + Stanway (2)	Co Norwich SC (114)
7	Gt Yarmouth (12)	Co Peterborough (19)
8	Saffron Waldon (17)	West Suffolk (6) + East Leeds (1) + Hoddesdon (1) + Woodham Ferrers (1)

Sunday 7th July: Session 4 Warmup 8:30, Start 9:35, Finish @12:30

Lane	8:30-8:50	8:50-9:10	9:10-9:30
1	West Suffolk (8)	Team Ipswich (28) + Deben (1)	Co Norwich SC (115) + B&P (1)
2	Co Peterborough (25)	Team Ipswich (28)	Co Norwich SC (115)
3	Co Peterborough (25)	Team Ipswich (28)	Co Norwich SC (115)
4	Co Peterborough (25)	North Norfolk Vikings (20)	Co Norwich SC (115)
5	Gt Yarmouth (17)	North Norfolk Vikings (20)	Co Norwich SC (115)
6	Gt Yarmouth (17)	North Norfolk Vikings (20)	Co Norwich SC (115)
7	Dereham Otters (18)	Saffron Waldon (13) + Stanway (1)	Co Norwich SC (115)
8	Dereham Otters (18)	Saffron Waldon (13) + Wisbech (1)	Co Norwich SC (115) + St Ives (1)

Sunday 7th July: Session 5 Warmup 13:00, Start 14:05, Finish @16:30

Lane	13:00-13:20	13:20-13:40	13:40-14:00
1	Team Ipswich (30) + Deben (2)	Co Norwich SC (116)	West Suffolk (8)
2	Team Ipswich (30)	Co Norwich SC (116)	Co Peterborough (25)
3	Team Ipswich (30)	Co Norwich SC (116)	Co Peterborough (25)
4	North Norfolk Vikings (24)	Co Norwich SC (116)	Co Peterborough (25)
5	North Norfolk Vikings (24)	Co Norwich SC (116)	Gt Yarmouth (18)
6	North Norfolk Vikings (24)	Co Norwich SC (116)	Gt Yarmouth (18)
7	Saffron Waldon (19) + Stanway (1)	Co Norwich SC (116)	Dereham Otters (18)
8	Saffron Waldon (19) + Wisbech (1)	Co Norwich SC (116) + St Ives (1)	Dereham Otters (18)

* Please keep an eye on Meet Mobile for the most up to date heat sheets.

No diving when entering the pool during warmup. Coaches must supervise swimmers during warmup – supported by the meet marshals. The last 5 mins of each warmup will be allocated to sprints and announced by the commentator. Backstroke ledges will also be provided. Warmup time changes may be announced if necessary. Lanes 1, 3, 5 and 7 are clockwise; lanes 2, 4, 6 and 8 anticlockwise. Please ensure that your swimmers leave the pool promptly to allow the competition to start on time for each session.

Spectators/Parents: We have space for spectators, but please leave the gallery if your child is not swimming to avoid overcrowding. Entry Fees: £5 per Session, Cash or Card. Please leave the gallery at the end of each session. **Whistles or horns should not be used by spectators as this is liable to drown out the emergency alarms/Lifeguard whistles. We appreciate your co-operation on this matter.**

Medals: The medal table is poolside. Swimmers should collect their medals at the end of each event. Any medals not collected over the weekend cannot be distributed after the event.

Backstroke Ledges: We will have the CONSC backstroke ledges available for all relevant events, please let your swimmers know this. It is OK to ask the official to remove the ledge if the swimmer is not comfortable. Swimmers should ask the official to adjust the ledge if they would like it lower or higher.

Withdrawals: Withdrawals should all be done via the club coach or administrator prior to competition, and via the Club coach on the day. Each club will have a link for online withdrawals using Swim-Meet. Individual entries should withdraw via tbirdspinner@gmail.com, or text 07970289643. **The system will close for withdrawals 15 mins after the start of the session warmup.** All swimmers are asked to liaise with their coach or club contact to ensure withdrawals are communicated.

Officials: If you have offered to volunteer to officiate at the meet, please report to the Cringleford Room before the start of each session on Saturday (John Jarrold on Sunday), sign in and then disperse. Lead Referee, Adele Gilbertson, will be responsible for the briefing which will be held 30 mins before the start of each session. Officials are asked to ensure they are poolside and in position **5 minutes** before the start of each session, start sheets will be distributed to officials by Club Volunteers. To reduce single use plastic please bring your own water bottle. Outdoor shoes are not permitted poolside

Marshalling: Competitors from all clubs will be asked to ensure they are at the marshalling area in the Beach Hut in a timely manner. It is the responsibility of the competitor to report in sufficient time before the event. Swimmers failing to report in time may lose the opportunity to compete. Swimmers in the first heat of each session are asked to report to marshalling at least **5 minutes** before Session start.

Changing Rooms: Parents are not allowed in the swimmers changing rooms under any circumstances. Mobile phones must not be used in the changing rooms as this would be in breach of the venue and SE safeguarding guidelines. Make sure your swimmers are aware.

Photography: We are all aware of the wide range of devices including mobile telephones which have photo and video capability. This enables the capture of static and moving images. The majority of images taken within a swimming gala setting are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identify a child or adult which could present a risk of harm to that individual.

Coaches and swimmers are requested to focus on their own swimmers as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media. Whilst it is acknowledged that swimmers wish to celebrate their achievements when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.

City of Norwich Swimming Club encourage all participants to make themselves familiar with the photography and filming arrangements and be vigilant during the event. Should individuals have any concerns about photography or filming at the event, this should be brought to the immediate attention of the Meet Day Promoter. No flash photography is permitted.

Results: Results will be available throughout the weekend via Meet Mobile – **2024 CONSC Midsummer Madness 3ER240553**. Hytek results will be made available to each team on request - contact tbirdspinner@gmail.com. Full pdf results will be available within 48 hours and posted on the Club website.

Safety and Pool Rules:

- Swimmers are not allowed poolside until the coach, gala promoters and lifeguard are present.

- Swimmers and coaches should wear appropriate footwear poolside.
- Swimmers, coaches and spectators should **leave** pool and spectator areas during session breaks.

Protests and Other Meet Issues: Protests must be made as per Swim England Regulations and Technical Rules. Any meet issues during the competition must be made to the Day Promoter on the day via the Timing Desk poolside. After the completion of the meet email issues to: tbirdspinner@gmail.com (Meet Promoter) or adele.gilbertson@btinternet.com (Lead Referee).

Meet Schedule

Saturday 6 th July 2024 - Session 1				Sunday 7 th July 2024 – Session 4			
101	Male/Open	9 and over	200 Free	401	Male/Open	9 and over	400 Freestyle
102	Female	9 and over	400 Freestyle	402	Female	9 and over	200 Free
103	Male/Open	9 and over	100 Back	403	Male/Open	9 and over	100 Breast
104	Female	9 and over	50 Back	404	Female	9 and over	200 Breast
105	Male/Open	9 and over	50 Breast	405	Male/Open	9 and over	50 Back
				406	Female	9 and over	50 Breast
Saturday 6 th July 2024 – Session 2							
201	Female	9 and over	200 IM				
202	Male/Open	9 and over	200 Breast	Sunday 7 th July 2024 – Session 5			
203	Female	9 and over	100 Fly	501	Male/Open	9 and over	200 IM
204	Male/Open	9 and over	100 Fly	502	Female	9 and over	100 Free
205	Female	9 and over	200 Back	503	Male/Open	9 and over	200 Fly
				504	Girls	9 and over	100 Breast
Saturday 6 th July 2024 – Session 3				505	Boys	9 and over	50 Free
301	Female	9 and over	100 Back	506	Female	9 and over	50 Fly
302	Male/Open	9 and over	100 Free				
303	Female	9 and over	200 Fly				
304	Male/Open	9 and over	200 Back				
305	Female	9 and over	50 Free				
306	Male/Open	9 and over	50 Fly				