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

**Mid-Summer Madness 2025 – Level 3 Long Course**

**(Level 3 License No.3ER250166)**

**Sportspark, UEA, Norwich: Saturday 5th - Sunday 6th July2025**

**Under Swim England (SE) Regulations, Technical Rules and to SE Open Meet Licensing Criteria**

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

**Pool** 8 Lane Long Course Racing Pool

Electronic Timing & 8-Lane Display

Backstroke Ledges

Free Parking

**Age Groups:** 9, 10, 11, 12, 13, 14 and over

Ages as at 6th July 2025

**Awards** Medals to Podium Finishes in all events, all age groups

Top Open/Male Athlete & Top Female Athlete Awards

**\* Level 3 Long Course Meet \***

**\* 8 Lane Long Course Racing Pool, Electronic Timing, Quality Racing Blocks \***

**\* Backstroke Ledges \***

**\* Free Parking \***

**\* Real Time Results on Meet Mobile – Free WIFI \***

**Events** 50m, 100m, 200m All Strokes

400m Freestyle

**Fees** Race Entry Fee: £7.00 per event

Heat Sheets/Programmes: Meet Mobile

Spectator Entry: £5 per session

**Entries to:** Tracey Spinner, email: tbirdspinner@gmail.com

Enquiries can be e-mailed to tbirdspinner@gmail.com - call/text 07970289643

**Closing Date Friday 20th June 2025**

**Entries accepted on first-come first-served basis**

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

**City of Norwich Swimming Club Mid-Summer Madness Meet 2025 - Long Course**

**(Level 3 License No. 3ER250166)**

**Sportspark ,UEA, Norwich: Saturday 5th - Sunday 6th July2025**

The meet will be run under Swim England (SE) Regulations, Technical Rules and to SE Open Meet Licensing Criteria and these conditions.

1. The event will be held at Sportspark, UEA, on 5th – 6th July 2025, held under Swim England Regulations, Swim England Technical Rules and to the Swim England Open Meet Licensing Criteria and these conditions. Entries may only be accepted from Swim England, Swim Scotland or Swim Wales members; or competitors from one of the countries affiliated to World Aquatics.
2. **Competitors’ age shall be as at 6th July 2025**.
3. All entries must be long course times or converted short course times, and must be **slower** than the cut off times listed. Swimmers with no times may also enter. Swimmers wishing to enter who are faster than the cut off times are permitted, but will be listed as “exhibition swims” and will not be eligible for medals.
4. Club, entries **MUST** be submitted electronically with a summary form, Hytek TM Entry File, Entry Report and payment by BACS to Account 00919204, Sort 30-96-17, City of Norwich Swimming Club. Make reference to MSM25 and your club short form name.
5. Entry file, summary form **and** payment must be received by 20/06/2025. Entries will be accepted on a first come first served basis. Entries landing that exceed capacity will be added to the waiting list and may be rejected on an event specific basis.
6. Entries will be made using Female/Male competition categories, as these are the categories recognised by the meet management software at this time. There will be a transition into the use of Female and Open/Male as the new competition categories following the implementation of the Swim England Transgender and Non-binary Competition Policy.
7. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.
8. Swimmers in possession of Swim England Certificate of Swimming Disability or whose Swim England membership record details a disability sport class (S1-S15) may enter the competition. An entry time from Swim England Rankings must be provided. Personal care attendants are permitted for swimmers who require them without the need for an additional Poolside Pass.
9. Masters swimmers are eligible to enter if they are able to evidence entry times from a Masters results site.
10. The meet will have a venue imposed capacity limit based on bather numbers per warmup and per session. This will be revised if/as any further guidance is published. A waiting list will be in operation for additional swimmers/clubs if feasible.
11. Received entries will be published on [www.cityofnorwichsc.co.uk](http://www.cityofnorwichsc.co.uk) approx 1 week after the closing date. It is the competing club/swimmer’s responsibility to check this list for accuracy and advise immediately of mistakes or changes required. Club contacts will be notified of rejections where/if appropriate. No on the day entries will be accepted unless the swimmer is on the waiting list and a formal withdrawal has been made.
12. There will be no refund of entry fees unless entries are rejected by City of Norwich SC if the meet is oversubscribed.
13. The meet promoter may check entries against rankings. Falsely entered times will be rejected without a refund.
14. **Swimmers withdrawing from events:**  Each Club should have their own record of swimmers entered. Swimmers unable to compete must be withdrawn. Withdrawals should be made using a swim-meet link within 15m of the warmup start for each session.
15. The pool length is 50 metres, 8 lanes with anti-wave ropes and Omega electronic timing. The depth of the pool is 1.8m. A secondary strobe for the starting system is available.
16. Competitors must report to the marshalling area in the Beach Hut in a safe and timely manner, normally 1 event prior to their own, where they will be placed in start order. 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.
17. Heats will be seeded on submitted times and spearheaded. All events are timed finals.
18. The promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings. Items have gone missing in the past so please look after your belongings. **UEA Sportspark lockers require a padlock which you should bring with**. Please minimise the number of kit bags brought poolside.
19. Entries to this meet will be processed in accordance with our privacy notice for swim meets. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials, coaches/team managers has been passed to use by a swim club rather than by the individuals themselves, we rely on the swim club to ensure that consent has been obtained. If required, the club should be able to provide evidence to us that such consent has been given. Please see “Meets Privacy Policy” at <https://www.cityofnorwichsc.co.uk/> for further information.
20. Closing date for full entry submission is **12.00 noon on 20th June 2025** and received entries published within 7 days.
21. Charges as follow:

* Entry Fees £7.00 per event
* Coaches and Team Manager Passes: £15.00 no food, £30 with food for weekend.
* Spectators will be charged £5 per session.
* Programmes and Heat Sheets – all on Meet Mobile.

1. Coaches’ passes will not be sold on the day.
2. In accordance with the Swim England 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.
3. Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags and report any issues immediately to a member of the pool staff or to the Open Meet Promoter.
4. Warm up protocol: No diving during any 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 lanes must swim 15m before slowing up. All swimmers must leave the water by the side of the pool and not over the timing pads. Coaches should manage the lanes their swimmers are using during the warm up sessions. Backstroke ledges will be made available for the sprint lanes.
5. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Regulations and the Swim England Technical Rules.

**We hope you have an enjoyable meet and please let us know of anything you think could help us to improve the meet in the future**

**City of Norwich Swimming Club Mid-Summer Madness 2025**

**Long Course Format - (Level 3 License No. 3ER250166)**

**Sportspark, UEA, Norwich: Saturday 5th - Sunday 6th July2025**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Saturday 5th July 2025 - Session 1** | | |  | **Sunday 6th July 2025 – Session 4** | | |
| 101 | Open/Male | 200 Breast |  | 201 | Female | 200 Breast |
| 102 | Female | 200 IM |  | 202 | Open/Male | 200 IM |
| 103 | Open/Male | 100 Back |  | 203 | Female | 100 Back |
| 104 | Female | 100 Fly |  | 204 | Open/Male | 100 Fly |
| 105 | Open/Male | 50 Fly |  | 205 | Female | 50 Fly |
| 106 | Female | 50 Back |  | 206 | Open/Male | 50 Back |
| 107 | Male | 400 Freestyle |  | 207 | Female | 400 Freestyle |
|  | | |  |  |  |  |
| **Saturday 5th July 2025 – Session 2** | | |  | **Sunday 6th July 2025 – Session 4** | | |
| 301 | Female | 200 Free |  | 401 | Open/Male | 200 Free |
| 302 | Open/Male | 200 Fly |  | 402 | Female | 200 Fly |
| 303 | Female | 100 Breast |  | 403 | Open/Male | 100 Breast |
| 304 | Open/Male | 100 Free |  | 404 | Female | 100 Free |
| 305 | Female | 50 Free |  | 405 | Open/Male | 50 Free |
| 306 | Open/Male | 50 Breast |  | 406 | Female | 50 Breast |
| 307 | Female | 200 Back |  | 407 | Open/Male | 200 Back |

Detail on Warmup Times and Session times will be posted with accepted entries. First warmup of each day - 8.30am.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **City of Norwich Swimming Club Mid-Summer Madness 2025**  **Long Course Format - (Level 3 License No. 3ER250166)**  **Sportspark, UEA, Norwich: Saturday 5th - Sunday 6th July2025**  **Cut off Times – Long Course *(****Swimmers must be* ***SLOWER*** *than these times, age as at 6th July 2025****)*** | | | | | | | | | | | | | | |
|  |  | **OPEN/MALE** | | | | | |  | **FEMALE** | | | | | |
| **Event** |  | **9** | **10** | **11** | **12** | **13** | **14+** |  | **9** | **10** | **11** | **12** | **13** | **14+** |
| **Freestyle 50m** | Cut off | 35.00 | 33.50 | 32.00 | 29.00 | 27.00 | 24.00 |  | 35.00 | 33.50 | 30.00 | 29.00 | 27.00 | 26.00 |
| **Freestyle 100m** | Cut off | 1.13.00 | 1.10.00 | 1.07.00 | 1.04.00 | 58.00 | 53.00 |  | 1.14.00 | 1.10.00 | 1.07.00 | 1.03.50 | 1.01.00 | 58.00 |
| **Freestyle 200m** | Cut off | 2.40.00 | 2.32.00 | 2.24.00 | 2.16.00 | 2.06.00 | 1.56.00 |  | 2.44.00 | 2.33.00 | 2.24.00 | 2.18.00 | 2.10.00 | 2.05.00 |
| **Freestyle 400m** | Cut off | 5:30.00 | 5:15.00 | 5:00.00 | 4:40.00 | 4:20.00 | 4:10.00 |  | 5:30.00 | 5:15.00 | 5:00.00 | 4:40..00 | 4:30.00 | 4:20.00 |
| **Breaststroke 50m** | Cut off | 42.00 | 39.50 | 37.50 | 35.50 | 33.50 | 31.00 |  | 44.00 | 42.00 | 40.00 | 37.00 | 36.00 | 33.00 |
| **Breaststroke 100m** | Cut off | 1.29.50 | 1.25.50 | 1.21.50 | 1.17.50 | 1.13.50 | 1.07.50 |  | 1.34.00 | 1.29.00 | 1.25.00 | 1.19.00 | 1.17.00 | 1.13.00 |
| **Breaststroke 200m** | Cut off | 3:10.00 | 3:00.00 | 2:50.00 | 2:40.00 | 2:30.00 | 2:25.00 |  | 3:15.00 | 3:10.00 | 3:00.00 | 2:45.00 | 2:40.00 | 2:30.00 |
| **Butterfly 50m** | Cut off | 37.50 | 35.50 | 33.50 | 31.50 | 29.50 | 26.50 |  | 38.50 | 36.00 | 34.00 | 32.00 | 29.50 | 28.00 |
| **Butterfly 100m** | Cut off | 1.23.00 | 1.19.00 | 1.15.00 | 1.11.00 | 1.06.00 | 1.00.00 |  | 1.23.00 | 1.20.00 | 1.16.00 | 1.12.00 | 1.07.00 | 1.03.00 |
| **Butterfly 200m** | Cut off | 3:00.00 | 2:50.00 | 2:40.00 | 2:30.00 | 2:20.00 | 2:10.00 |  | 3:00.00 | 2:50.00 | 2:40.00 | 2:30.00 | 2:20.00 | 2:15.00 |
| **Backstroke 50m** | Cut off | 40.50 | 38.50 | 36.50 | 34.50 | 31.50 | 28.00 |  | 40.50 | 38.50 | 36.50 | 34.00 | 33.50 | 30.00 |
| **Backstroke 100m** | Cut off | 1.24.00 | 1.20.00 | 1.16.00 | 1.12.00 | 1.05.00 | 1.00.00 |  | 1.24.00 | 1.20.00 | 1.18.00 | 1.13.00 | 1.08.00 | 1.05.00 |
| **Backstroke 200m** | Cut off | 3:00.00 | 2:50.00 | 2:40.00 | 2:30.00 | 2:20.00 | 2:10.00 |  | 3:00.00 | 2:50.00 | 2:40.00 | 2:30.00 | 2:25.00 | 2:20.00 |
| **Ind Medley 200m** | Cut off | 2.58.00 | 2.50.00 | 2.42.00 | 2.34.00 | 2.20.00 | 2.14.00 |  | 2.58.00 | 2.50.00 | 2.44.00 | 2.38.00 | 2.28.00 | 2.22.00 |

**City of Norwich Swimming Club Mid-Summer Madness 2025**

**Long Course Format - (Level 3 License No. 3ER250166)**

**Sportspark, UEA, Norwich: Saturday 5th - Sunday 6th July2025**

**External Club Summary Entry Form**

Please return this completed form with your electronic entry file:

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

Closing date for full entry submission: Friday 20th June 2025

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club Name:** |  | | | |
| **Contact Name:** |  | | | |
| **Email Address:** |  | | | |
| **Telephone No:** |  | | | |
|  |  |  | |  |
| Entry Details: | | | | |
|  |  | **Number** | **Cost** | |
| Individual entries | @ £7.00 per event |  | £ | |
| Coach or TM Pass | @£15.00 No Food  @£30.00 with Food |  | £ | |
| **TOTAL** | | | £ | |

\* If you wish to pay by BACs please make payment to Account: 00919204; Sort 30-96-17; Ref MSM25 and add your club code. Email [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com) to confirm payment has been made.

Officials should put their names forward using the Officials swim-meet link: [**https://swim-meet.com/Availability/?m=3225**](https://swim-meet.com/Availability/?m=3225)

Officials are asked to wear Black trousers and white shirts.

Volunteers should put their names forward using the Volunteers Swim-Meet Link: [**https://swim-meet.com/Availability/?m=3226**](https://swim-meet.com/Availability/?m=3226)

**Checklist – By the Closing Date Friday 20th June 2025 please ensure you have:**

**Emailed**:

Hytek Entry File

Hytek Meet Entry Report

(BACS Transfer)

**City of Norwich Swimming Club Mid-Summer Madness 2025**

**Long Course Format - (Level 3 License No. 3ER250166)**

**Sportspark, UEA, Norwich: Saturday 5th - Sunday 6th July2025**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **INDIVIDUAL ENTRY FORM FOR VISITING CLUBS** | | | | | | | | | | | | | | |
| **FORENAME:** |  | **SURNAME:** | | |  | | | | | | | | | |
| **CLUB:** |  | **AGE (@ 06/07/25):** | | |  | | | | | | | | | |
| **SEX:** | **OPEN/MALE/FEMALE** | **DATE OF BIRTH:** | | |  | | | | | | | | | |
| **EMAIL ADDRESS:** |  | **DISABILITY CLASSIFICATION:** | | | | | |  | | | | | | |
| **TELEPHONE NO:** |  | **SE REG NO** | |  | |  | | |  |  |  | |  |  |
|  |  | |  | | | |  | | | | |  | | |
| **EVENT** | **COST PER EVENT** | | **ENTRY TIME (LC)** | | | | **IF CONVERTED STATE SHORT COURSE TIME:** | | | | | | | |
| **50M FREESTYLE** | £7 | |  | | | |  | | | | | | | |
| **100M FREESTYLE** | £7 | |  | | | |  | | | | | | | |
| **200M FREESTYLE** | £7 | |  | | | |  | | | | | | | |
| **400M FREESTYLE** | £7 | |  | | | |  | | | | | | | |
| **50M BACKSTROKE** | £7 | |  | | | |  | | | | | | | |
| **100M BACKSTROKE** | £7 | |  | | | |  | | | | | | | |
| **200M BACKSTROKE** | £7 | |  | | | |  | | | | | | | |
| **50M BREASTSTROKE** | £7 | |  | | | |  | | | | | | | |
| **100M BREASTSTROKE** | £7 | |  | | | |  | | | | | | | |
| **200M BREASTSTROKE** | £7 | |  | | | |  | | | | | | | |
| **50M BUTTERFLY** | £7 | |  | | | |  | | | | | | | |
| **100M BUTTERFLY** | £7 | |  | | | |  | | | | | | | |
| **200M BUTTERFLY** | £7 | |  | | | |  | | | | | | | |
| **200M IM** | £7 | |  | | | |  | | | | | | | |
|  | *Total Events* | |  | | | | £ | | | | | | | |
| *CoNSC Swimmers Admin Fee/Visiting Clubs individual manual entry fee* | | | £5.00 | | | | £ | | | | | | | |
|  |  | | **Total:** | | | | **£** | | | | | | | |

**CLOSING DATE FOR ENTRIES IS 12:00 Midday ON Friday 20th June 2025**

Please return this form and/or an “Entries Summary Form” as appropriate, to Tracey Spinner, [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com), with BACS payment to Acct: 00919204, Sort 30-96-17, using the reference MSM25 and the first 4 letters of your swimmer’s surname.

**City of Norwich Swimming Club Mid-Summer Madness 2025**

**Long Course Format - (Level 3 License No. 3ER250166)**

**Sportspark, UEA, Norwich: Saturday 5th - Sunday 6th July 2025**

**Poolside Pass Application Form**

Closing date 20th June 2025

|  |  |
| --- | --- |
| **Full Name:** |  |
| **Club Name:** |  |
| **Position (Coach/TM):** |  |
| **PASS:** | @£15 without food  @£30 with food |
| **Telephone No:** |  |
| **Email Address:** |  |
| **Swim England Number:** |  |
| **Safeguarding Certificate Expiry Date:** |  |
| **DBS Certificate Expiry Date:** |  |

**Club Poolside Declaration:**

* The above club members are authorised to hold a pass for this club and have been on the appropriate safeguarding course and have been DBS checked by the club.
* They will ensure that the swimmers being supervised will follow the guidance of the marshals and – in the event they feel unwell – will remove themselves from poolside with immediate effect.

**Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Club Secretary**

Return form to Tracey Spinner at tbirdspinner@gmail.com