



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

**UEA City of Norwich Swimming Club**  
**Easter Long Course Meet**  
**Inc British Junior Summer Championships Qualification**  
**(Level 1 License No. 1ER170310)**

**Sportspark, UEA, Norwich: Fri 14th, Sat 15th and Sun 16th April 2017**  
**Under ASA Laws & Regulations & ASA Technical Rules of Racing**

<b>Venue</b>	Sportspark, UEA, Norwich, NR4 7TJ
<b>Pool</b>	8 Lane Long Course Racing Pool Electronic Timing & 8-Lane Display Free Parking Saturday and Sunday
<b>Age Groups:</b>	10, 11, 12, 13, 14, 15 and over All ages eligible for 50m, 100m, 200m and 400m all strokes 11yrs/+ may enter 800m Female, 1500m Male <b>Ages as at 31<sup>st</sup> December 2017</b>
<b>Awards</b>	British Junior Champ Ranking Finals: 100m & 50m all events Age groups for finals: 13/14, 15/16, 17/Over Top Male Athlete & Top Female Athlete Awards Top Visiting Club Award Spot Prizes <i>No additional awards for finals – opportunity to swim for ranking times</i>

**HEATS AND FINALS – 2 CHANCES TO IMPROVE RANKINGS FOR BRITISH SUMMER CHAMPS**  
**THREE FULL DAYS OF SWIMMING**  
**EXCELLENT FACILITIES WITH FREE PARKING SAT AND SUN**  
**RESULTS ON MEET MOBILE AS YOU WATCH – FREE WIFI**

<b>Events</b>	50m, 100m & 200m All Strokes 400m Freestyle, 200m & 400m IM 800m Freestyle Female, 1500m Freestyle Male
<b>Fees</b>	Race Entry Fee: £7.00 per 50m, 100m, 200m and 400m events £10.00 per 800m & 1500m Spectator Entry: £4.00 per session or £6.00 per day Programmes: £5 Free Parking Saturday and Sunday, Friday all day parking rates may apply.
<b>Entries To</b>	Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB. Enquiries can be e-mailed to <a href="mailto:tbirdspinner@gmail.com">tbirdspinner@gmail.com</a> , or call 07970289643
<b>Closing Date:</b>	12.00 Midnight on 31 <sup>st</sup> March 2017.

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**UEA City of Norwich Swimming Club Easter Long Course Meet 2017**





(Level 1 License No. 1 1ER170310)

Sportspark ,UEA, Norwich: Fri 14th, Sat 15th & Sun 16th April 2017  
Under ASA Laws & Regulations & ASA Technical Rules of Racing

### Meet Rules and Information

1. This Competition is licensed by the ASA for entry into National and Regional Competitions and held under ASA Laws and ASA Technical Rules. Entries may only be accepted from competitors registered as members of the ASA, SASA or WASA or competitors from one of the countries affiliated to FINA.
2. Competitors' ages shall be as at **31<sup>st</sup> December 2017**. No 10 year old age group events in 800m Freestyle (Female) and 1500m Freestyle (Male).
3. Entries will be eligible provided the swimmer meets the long course qualifying time. For the 800m and 1500m swimmers must meet the QT and will be limited to 4 heats (800m) and 3 heats (1500m) based on fastest entries. If there is no long course time available then a converted time using the ASA comparative performance tables can be submitted but must be indicated as such on the entry form.
4. Any competitor wishing to withdraw from the 1500m or 800m event can do so and will receive a refund provided notification is received in writing **two clear weeks** before the meet date so that reserves can be notified to fill their place.
5. Individual entries from visiting clubs shall be made on the official entry forms and will be subject to an additional £5 administration charge **per swimmer**. Where there are three or more competitors from a Club, entries **MUST** be submitted electronically together with a summary form and the Hytek Team Manager Entry Report with either **ONE** cheque payable to the City of Norwich Swimming Club Ltd or payment by BACS (account details on request) **MUST** be provided for the consolidated payment of all entry fees. If you wish to pay by BACS please email [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com) for further details. Any Club manually entering 3 or more swimmers or who fail to submit the additional charge for individual entries will be subject to a further £25 administration charge **BEFORE** entries are processed. Entry software can be obtained from [www.cityofnorwichsc.co.uk](http://www.cityofnorwichsc.co.uk).
6. This is not a first come first served meet. The promoter reserves the right to limit entries. The slowest competitors may be rejected if the meet is over subscribed. The promoters reserve the right to give preference to accepting complete clubs entries when swimmers (meeting the qualifying times) are travelling long distances and pre book accommodation and/or flights.
7. Should the meet be oversubscribed we will be operating a waiting list for additional entries to fill lanes following withdrawals on the day. If you wish to have your name added to the waiting list please contact the promoter after accepted/rejected entries have been published.
8. Swimmers in possession of an ASA Certificate of Swimming Disability or whose ASA membership record details a disability sport class and compete within the ASA East Region are welcome to enter the competition with a time slower than the lower limit standard. Entry time must be on ASA rankings.
9. The list of accepted and rejected entries will be published/available for download on the club website ([www.cityofnorwichsc.co.uk](http://www.cityofnorwichsc.co.uk)) approximately two weeks prior to the competition. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that are required.
10. Unfortunately there can be no refunds of entry fees unless entries are rejected by the organisers for any reason other than the long distance events if notified in accordance with the above rule 3 and a reserve can be found.
11. No on the day entries will be accepted unless the swimmer is on the waiting list and a formal withdrawal has been made.
12. The meet promoter will check entries against the British Rankings where it is felt that a swimmer may be submitting a faster time in order to gain entry to this meet. Falsely entered times will be rejected without refund.
13. **Swimmers withdrawing from events:** Each club's coach or team manager should have a list of swimmers entered. Swimmers unable to compete must be withdrawn. Withdrawal slips will be available from the recorders desk. There is a **£5 penalty for failure to notify 30 minutes prior to the start of the first event in each session**. Swimmers failing to withdraw in a timely manner will not be allowed to participate until the fine is paid. This is to minimise empty lanes and enable the meet to progress smoothly.
14. **Swimmers in the 800m and 1500m events are asked to report to the timing desk at the start of Session 1 (800m) and Session 4 (1500m) to confirm they are swimming. Text confirmation on the day to 07970289643 is also permitted.**
15. The pool length is 50 metres, 8 lanes with anti-wave ropes and Omega electronic timing and the depth of the pool is 1.8m.
16. Competitors must report to the marshalling area in a timely manner, normally 1 event in advance of their own, where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from that event. It is the swimmers duty to inspect the start list posted by the marshalling area, and report to the event marshals when instructed to do so.
17. All events will be seeded on submitted times and all heats will be spearheaded. The first three swimmers in each event in each age group will receive awards. All 50m and 100m events will have age grouped finals.
18. There will be an award for the top visiting club and points will be awarded as follows for the top 8 places 8,7,6,5,4,3,2 and 1.
19. Finalists and reserves for a final must inform the timing desk of their intention to compete 30 minutes before the event and report to the marshalling area 10 minutes before their event. Failure to do so will result in the waiting reserve being offered their place. Finalists reporting late will be deemed excluded.
20. Team Managers/Coaches will be allowed on poolside if wearing a pre-purchased pass. Passes can be requested with the entry forms and will be £20.00 per person or £40.00 per person inc food for all 3 days of the weekend. Coaches and Team Managers must be club trained personnel and clubs are asked to maintain the recommended ratio of 1:10. Untrained parents without DBS checks are **NOT** allowed poolside.
21. Over the top starts may be used at the referee's discretion.
22. The promoters reserve the right to refuse admission to any competitor or spectator.
23. 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. Sportspark lockers require a padlock, please bring your own.
24. UEA 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 (name, club, recorded/entered times) may be made public during or after the meet.
25. **Closing date for entries midnight on 31<sup>st</sup> March 2017.**
26. Charges as follows:
  - Entry Fees £7 per 50m/100m/200m/400m, £10 per 800m/1500m event
  - Coaches Passes £20.00 (no food); £40 (with food)
  - Spectator fees £4.00 per session or £6.00 per day
  - Programmes for the weekend £5.00
27. Coach passes will not be sold on the day – no pass, no admission poolside.
28. All persons wishing to use photographic equipment - including mobile phones with photographic capacity - must register at the entrance desk. **No photographs are permitted poolside.**
29. 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.
30. Warm up protocol: Strictly 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. 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. Guidance will be given by the meet announcer.
31. 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.

We hope you have an enjoyable meet. Please let us know of anything you feel may help us improve the meet in the future.



**Friday 14<sup>th</sup> April**

<b>Session 1 – Warmup 8.00am, Start 9.10am</b>			<b>Session 3 – Finals – Warmup TBA</b>		
101	Boys	200 Breaststroke HDW	205F	Girls	11/Over 800 Freestyle Fastest Heat
102	Girls	200 Backstroke HDW	103F	Boys	13/14 100 Butterfly Final
103	Boys	100 Butterfly Heats	103F	Boys	15/16 100 Butterfly Final
104	Girls	100 Freestyle Heats	103F	Boys	17/Over 100 Butterfly Final
105	Boys	50 Backstroke Heats	104F	Girls	13/14 100 Freestyle Final
106	Girls	50 Breaststroke Heats	104F	Girls	15/16 100 Freestyle Final
107	Boys	400 Freestyle HDW	104F	Girls	17/Over 100 Freestyle Final
			105F	Boys	13/14 50 Backstroke Final
			105F	Boys	15/16 50 Backstroke Final
			105F	Boys	17/Over 50 Backstroke Final
			106F	Girls	13/14 50 Breaststroke Final
			106F	Girls	15/16 50 Breaststroke Final
			106F	Girls	17/Over 50 Breaststroke Final
			204F	Boys	13/14 50 Breaststroke Final
			204F	Boys	15/16 50 Breaststroke Final
			204F	Boys	17/Over 50 Breaststroke Final
			203F	Girls	13/14 100 Butterfly Final
			203F	Girls	15/16 100 Butterfly Final
			203F	Girls	17/Over 100 Butterfly Final

  

<b>Session 2 – Warmup TBA, Start TBC</b>		
201	Girls	200 Breaststroke HDW
202	Boys	200 Backstroke HDW
203	Girls	100 Butterfly Heats
204	Boys	50 Breaststroke Heats
205	Girls	11/Over 800 Freestyle (4 heats)

**Saturday 15<sup>th</sup> April**

<b>Session 4 – Warmup 8.00am, Start 9.10am</b>			<b>Session 6 – Finals – Warmup TBA</b>		
401	Girls	200 IM HDW	506F	Boys	11/Over 1500 Freestyle Fastest Heat
402	Boys	200 Butterfly HDW	403F	Girls	13/14 50 Freestyle Final
403	Girls	50 Freestyle Heats	403F	Girls	15/16 50 Freestyle Final
404	Boys	100 Freestyle Heats	403F	Girls	17/Over 50 Freestyle Final
405	Girls	400 Freestyle HDW	504F	Boys	13/14 50 Butterfly Final
			504F	Boys	15/16 50 Butterfly Final
			504F	Boys	17/Over 50 Butterfly Final
			505F	Girls	13/14 50 Butterfly Final
			505F	Girls	15/16 50 Butterfly Final
			505F	Girls	17/Over 50 Butterfly Final
			404F	Boys	13/14 100 Freestyle Final
			404F	Boys	15/16 100 Freestyle Final
			404F	Boys	17/Over 100 Freestyle Final
			503F	Girls	13/14 100 Backstroke Final
			503F	Girls	15/16 100 Backstroke Final
			503F	Girls	17/Over 100 Backstroke Final

  

<b>Session 5 – Warmup TBA, Start TBC</b>		
501	Girls	200 Butterfly HDW
502	Boys	200 IM HDW
503	Girls	100 Backstroke Heats
504	Boys	50 Butterfly Heats
505	Girls	50 Butterfly Heats
506	Boys	11/Over 1500 Freestyle HDW (3 Heats)

**Sunday 16<sup>th</sup> April**

<b>Session 7 – Warmup 8.00am, Start 9.10am</b>			<b>Session 9 – Finals – Warmup TBA</b>		
701	Boys	100 Backstroke Heats	701F	Boys	13/14 100 Backstroke Final
702	Girls	200 Freestyle HDW	701F	Boys	15/16 100 Backstroke Final
703	Boys	50 Freestyle Heats	701F	Boys	17/Over 100 Backstroke Final
704	Girls	100 Breaststroke Heats	704F	Girls	13/14 100 Breaststroke Final
705	Boys	400 IM HDW	704F	Girls	15/16 100 Breaststroke Final
			704F	Girls	17/Over 100 Breaststroke Final
			803F	Boys	13/14 100 Breaststroke Final
			803F	Boys	15/16 100 Breaststroke Final
			803F	Boys	17/Over 100 Breaststroke Final
			802F	Girls	13/14 50 Backstroke Final
			802F	Girls	15/16 50 Backstroke Final
			802F	Girls	17/Over 50 Backstroke Final
			703F	Boys	13/14 50 Freestyle Final
			703F	Boys	15/16 50 Freestyle Final
			703F	Boys	17/Over 50 Freestyle Final

  

<b>Session 8 – Warmup TBA, Start TBC</b>		
801	Boys	200 Freestyle HDW
802	Girls	50 Backstroke Heats
803	Boys	100 Breaststroke Heats
804	Girls	400 IM HDW

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



BOYS Qualifying Times						Long Course Times	GIRLS Qualifying Times					
10	11	12	13	14	15+		Event	10	11	12	13	14
39.00	37.00	34.90	33.00	31.30	29.70	Freestyle 50m	39.80	37.30	35.40	34.00	32.90	32.20
1:23.90	1:18.80	1:13.70	1:09.80	1:06.90	1:04.40	Freestyle 100m	1:26.20	1:21.10	1:16.30	1:13.20	1:11.70	1:10.70
2:53.60	2:44.30	2:35.80	2:27.60	2:20.60	2:13.70	Freestyle 200m	2:58.40	2:48.30	2:37.50	2:28.20	2:23.10	2:18.10
5:55.40	5:30.00	5:14.10	5:05.80	4:55.00	4:44.60	Freestyle 400m	6:07.40	5:51.40	5:35.80	5:16.30	5:04.00	4:52.80
	22:04.70	20:49.50	19:41.60	18:47.20	18:12.10	1500m (Boys) Freestyle 800m (Girls) Freestyle		12:01.60	10:58.00	10:19.80	10:04.00	9:49.50
51.60	48.20	44.60	41.80	39.70	37.80	Breaststroke 50m	51.20	47.80	45.00	43.10	41.50	40.60
1:50.30	1:41.50	1:34.70	1:28.80	1:24.60	1:21.40	Breaststroke 100m	1:59.10	1:50.30	1:41.60	1:35.20	1:30.80	1:28.50
3:50.20	3:35.10	3:19.20	3:07.50	3:01.50	2:50.40	Breaststroke 200m	3:55.50	3:32.60	3:17.90	3:10.50	3:04.50	3:01.70
43.50	40.80	38.10	35.90	34.00	32.20	Butterfly 50m	44.00	40.70	38.60	36.70	35.70	34.80
1:33.50	1:25.70	1:21.50	1:16.80	1:12.80	1:09.80	Butterfly 100m	1:38.90	1:33.10	1:27.90	1:22.60	1:19.10	1:16.20
3:32.30	3:12.50	2:59.90	2:49.90	2:40.90	2:34.40	Butterfly 200m	3:34.60	3:12.60	3:01.70	2:53.50	2:48.00	2:45.70
46.00	43.20	40.50	38.20	36.10	34.50	Backstroke 50m	46.00	43.10	40.90	39.40	38.00	37.00
1:35.20	1:29.80	1:24.10	1:19.20	1:15.00	1:12.20	Backstroke 100m	1:37.50	1:33.50	1:27.90	1:22.50	1:19.70	1:15.60
3:25.80	3:04.00	2:55.70	2:46.30	2:36.30	2:30.00	Backstroke 200m	3:26.30	3:08.00	3:00.60	2:52.50	2:44.80	2:38.80
3:29.60	3:14.30	3:02.80	2:52.70	2:44.80	2:38.40	Ind Medley 200m	3:29.60	3:14.30	3:03.30	2:56.80	2:52.30	2:48.90
7:06.30	6:35.80	6:16.70	5:49.40	5:29.30	5:19.20	Ind Medley 400m	7:26.20	6:43.30	6:28.90	6:00.60	5:49.00	5:35.20



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## UEA City of Norwich Swimming Club Easter Long Course Meet 2017 (Level 1 License No. 1ER170310)

**Sportspark ,UEA, Norwich: Fri 14th, Sat 15th & Sun 16th April 2017**  
Under ASA Laws & Technical Rules, Affiliated to the East Region ASA

### Club Summary Entry Form

Please return this completed form with your entries and a **SINGLE** cheque\* payable to **City of Norwich Swimming Club Ltd**, to: Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB

**Closing date** 31<sup>st</sup> March 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>No of Entries/ Passes</b>	<b>Cost</b>
Swimmers	@ £7 per 50m, 100m, 200m and 400m event		£
	@ £10 per 800m & 1500m event		£
Coaches Pass	@ £20 no food		£
	@ £40 with food		£
Admin Fee	@£5 per swimmer if manual entry		
		<b>TO</b>	£

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

**Checklist – By the Closing Date of 31<sup>st</sup> March 2017 please ensure you have:**

**Emailed:**

Hytek Entry File  
Hytek Meet Entry Report  
Coach/Chaperone Forms  
Officials Forms (1 licensed official for every 10 swimmers)  
(BACS Transfer)

**Posted:**

Club Summary Entry Form (this form) including £5 admin  
Hytek Entry Report  
Coach/Chaperone Forms  
Officials Forms (1 licensed official for every 10 swimmers)  
Cheque (payable to City of Norwich Swimming Club Ltd)





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INDIVIDUAL ENTRY FORM			
FORENAME:		SURNAME:	
CLUB:		AGE (@ 31/12/17):	
SEX:	MALE/FEMALE	DATE OF BIRTH:	
DISABILITY CLASSIFICATION			
EMAIL ADDRESS:			
TELEPHONE NO:		ASA REG NO	
EVENT	COST PER EVENT	ENTRY TIME (LC)*	IF CONVERTED STATE SHORT COURSE TIME*:
50M FREESTYLE	£7.00		
100M FREESTYLE	£7.00		
200M FREESTYLE	£7.00		
400M FREESTYLE	£7.00		
800M FREESTYLE (G)	£10.00		
1500M FREESTYLE (B)	£10.00		
50M BACKSTROKE	£7.00		
100M BACKSTROKE	£7.00		
200M BACKSTROKE	£7.00		
50M BREASTSTROKE	£7.00		
100M BREASTSTROKE	£7.00		
200M BREASTSTROKE	£7.00		
50M BUTTERFLY	£7.00		
100M BUTTERFLY	£7.00		
200M BUTTERFLY	£7.00		
200M IM	£7.00		
400M IM	£7.00		
<b>TOTAL ENTRIES</b>			£
<i>Admin Fee (UEA Swimmers and Visiting Clubs manual entry only)</i>		<b>@ £5.00</b>	£
		<b>TOTAL</b>	£

*\*If time not on ASA database please state origin on reverse of form. UEA Swimmers please just tick the entry time boxes.*  
**CLOSING DATE FOR ENTRIES IS 31<sup>st</sup> March 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 Ltd.** If you would like to pay by BACS tick here  and you will be emailed with details of the club account and instructions for payment.





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**Sportspark ,UEA, Norwich: Fri 14th, Sat 15th & Sun 16th April 2017  
Under ASA Laws & Technical Rules, Affiliated to the East Region ASA  
Coaches / Chaperone Pass Individual Application Form**

Closing date 31<sup>st</sup> March 2017

<b>Full Name:</b>		
<b>Club Name:</b>		
<b>Position:</b> (eg Coach)		
<b>Postal Address:</b>		
<b>Telephone No:</b>		
<b>Email Address:</b>		
<b>ASA Affiliation Number:</b>		
<b>Meet Pass</b>	Without Food: £20: <input type="checkbox"/>	With Food £40: <input type="checkbox"/>
<b>Dietary Requirements</b>		

**The above named person is authorised to hold a pass for this club and their details are visible on the ASA Members Check Website:**

**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 Passes are £20.00 (no food) or £40 (with food) each and include entry to poolside and results service. All completed forms to be returned to:

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



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**Officials Request Form**

Please complete details, noting that only fully licensed officials are eligible to officiate at a L1 meet:

<b>Full Name:</b>				
<b>Qualification</b> <i>(tick box applicable):</i>	JL1	JL2	JL2S	LRef
<b>Date License Valid To:</b>				
<b>Sessions Available:</b>	Friday	S1	S2	S3
	Saturday:	S4	S5	S6
	Sunday:	S7	S8	S9
<b>Mobile No:</b>				
<b>Email Address:</b>				
<b>Club:</b>				
<b>Swimmer's Name</b>				
<b>Mentor Request</b>	<i>If you are in the middle of training to become an official and require mentoring, please indicate the session are available and use this box to detail the tasks you require mentoring for.</i>			
<b>Dietary Requirements</b>	<i>Officials working a full day will be provided with lunch. Let us know if you have any special requirements.</i>			

Please email completed form to Tracey Spinner with Entry Form  
or return the form with your entry form via your club entry.  
Thank you







## Race Sponsorship Form

For only £10 you can sponsor a race your child/grandchild will be competing in at The Easter Meet 2017.

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 £10 payable to City of Norwich Swimming Club Ltd, with your entry form. Alternatively mail it direct to Tracey Spinner, CoNSC, 16 Ethel Road, Norwich NR1 4DB.

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 (£10 per event).

I would like to sponsor:

Name to be used for Sponsorship: .....

1st Choice Event No: .....

2nd Choice Event No: .....

3rd Choice Event No: .....

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

