



Norwich Swan No Frills Meet, September 23rd & 24th September 2023

Here is all the final information ahead of the weekend, we look forward to welcoming you all!

Venue & Parking: Sportspark, University of East Anglia, Norwich Research Park, Norwich, Norfolk, NR4 7TJ, Tel:(01603) 592398. Website: www.sportspark.co.uk

Parking is free for all those attending. Please make sure you validate tickets/tokens as appropriate.

Coach Information: Coach passes can be collected from Swan volunteers in the reception area by the cafe before we are let through to poolside. Refreshments will be shared by poolside staff throughout the gala, please bring a water bottle which our volunteers will refill regularly for you.

Withdrawals: Withdrawals must be made using the links sent out to clubs before the event. Please ensure you meet the withdrawal deadlines of 8.45am for sessions 1 and 3 and 1.30pm for session 2 and 1.50pm for session 4. (eg 45 mins prior to the session starting)

Spectators: We are pleased to welcome spectators, entry to the Gallery will be from 8.30am approximately.

The entry fee is £3.50 per session or £6.00 per day, children under 10 years are free.

Payment is by cash only so please bring the correct money to avoid the need to exchange coins.

There will also be a raffle and club merchandise for sale as well as some second hand equipment, swimwear and kit etc.

The programme is published on our club website on the No Frills Gala page and can be downloaded and printed should you wish

<https://uk.teamunify.com/team/recznssc/page/events1/swan-no-frills-13>

Swimmers:

We ask that Swimmers do not arrive before 8:10am. On arrival they should wait in the lobby area outside the cafe and wait to be let through to the poolside.

Saturday Session 1:

Warm up is 8.30am, Session start time is 9.30am – estimated finish time 12.30pm

Saturday Session 2:

Warm up is 1.15pm, Session start time is 2.15pm - estimated finish time 4.45pm

Sunday Session 3:

Warm up is 8.30am, Session start time is 9.30am – estimated finish time 12.50pm

Sunday Session 4:

Warm up is 1.35pm, Session start time is 2.35pm - estimated finish time 4.45pm

Results: Results can be found on the Norwich Swan website - link is published on this page
<https://uk.teamunify.com/team/reczznssc/page/events1/swan-no-frills-13>

Medals: This is a no frills meet and there are no awards or medals.

Officials: If you have offered to volunteer to officiate at the meet, please report to the John Jarrold Room at 9am where tea, coffee and bacon rolls/pastries will be served.
Lead Referee, Stewart Murray, will conduct the briefing. Officials are asked to ensure they are poolside and in position at least 5 minutes before the start of the session. Please bring your own water bottle and we will ensure it is refilled. Do not wear outdoor shoes poolside.

Marshalling: All competitors are expected to report to the marshalling area prior to their swim. 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 the marshalling area 10 minutes before the Session start time.

Refreshments: Spectator refreshments will be available throughout the weekend in the Sportspark Café. Officials and volunteers will be provided with refreshments throughout the gala.

Changing Rooms: Parents are not allowed in the swimmers changing rooms under any circumstances. The Sportspark lockers require padlocks. Please ensure you bring your own. Alternatively you may hire one from Sportspark reception. Please be aware the changing rooms are also being used by members of the public as the shallow pool will be open for public use.

Photography: Sportspark have a **complete ban on the use of cameras and camera phones** and image capturing devices in the pool deck area, spectator gallery and changing rooms as the shallow end of the pool is open to the general public while the gala is running. Anyone not adhering to the policy may be asked to leave by Sportspark staff.

Poolside: Parents and spectators are not allowed poolside – unless they have requested and are eligible for poolside or coach passes. Please leave larger bags and clothing in the changing room lockers. The poolside vents must be kept clear or the air conditioning shuts down and it becomes unbearably hot!

Safety and Pool Rules:

Swimmers must use the changing rooms when changing – do not change poolside.

Swimmers are not allowed poolside until their coach and/or team manager are present.

No flash photography is permitted.

Swimmers must wear suitable clothes and footwear poolside. Swimmers not wearing tops and footwear will not be allowed dryside or in the viewing balcony.

We look forward to welcoming you and we hope you will all enjoy a great weekend of racing.

Kind regards

Abby

Norwich Swan Meet Promoter