

Norwich Swan Swimming Club

Affiliated to Swim England East Region and Swim England Norfolk



NORWICH SWAN "NO FRILLS" SEASON STARTER

Held under Swim England Laws and Regulations, the Swim England Technical Rules of Swimming and to the Swim England Open Meet Licensing Criteria

Level 3 Licence 3ER231938

23rd-24th September 2023

Sportspark, Norwich

MEET CONDITIONS AND INFORMATION

1. The meet will take place at Sportspark on 23rd-24th September 2023 and is licensed by Swim England at Level 3 under Licence No.3ER231938
2. The meet will be run in accordance with Swim England Regulations, Swim England Technical Rules of Swimming, and these conditions.
3. Competitors must be Club Compete members of an affiliated club, eligible to compete and registered in accordance with Swim England Regulations and Technical Rules, and may enter in the name of one club only. Entries will only be accepted from competitors registered as members of Swim England, SASA or WASA or competitors from a country affiliated to FINA.
4. The promoter is Abby Chapman on behalf of Norwich Swan Swimming Club.
5. Entries will be made using Female/ Male competition categories, as these are the recognised categories at this time. You will notice a transition into the use of Female and Open/Male as the new competition categories following the launch of the Swim England Transgender and Non-binary Competition Policy on 1 September.
6. The age groups for Women's and Open/Male categories are: 10, 11, 12, 13, 14, 15, 16, 17 & over.
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. **Ages are as at 31st December 2023**
9. *There will be no medals or awards at this No Frills meet.*
10. The pool is 25m, anti-wave devices will be in place and AOE will be used. A secondary strobe for the starting system is available
11. Heats will be swum as mixed age with swimmers seeded by entry times, those with NT will be randomly seeded in the slowest heats.
12. Over the top starts may be used at the referee's discretion.
13. All entries must be short course times or converted long course times and must be slower than the cut off times listed. Entries with No Time will be accepted.
14. Cut-off times are provided and valid entries (which must include payment) will be accepted in the order of receipt, that is: first come first served. Complete entries for each club are required together with an electronic payment. Individual entries will only be accepted at the Promoter's discretion. [Late entries, day of meet entries and day of meet alterations will not be accepted, unless due to administrative error.]
15. Those swimmers in possession of a Swim England Certificate of Swimming Disability or those swimmers whose membership details record a disability Sport Class are welcome to enter the competition
16. Entry shall be by an Individual Entry Form. Where five or more competitors enter from the same club,

entry shall be made using SPORTSYSTEMS Entry Manager and sending the Entry file to the Promoter. The Entry Manager software may be downloaded free of charge from the SPORTSYSTEMS website <http://www.sportsys.co.uk/entry/index.php> and the required Entry File for the meet will be available on the club website.

17. If electronic entries are not being made, entry forms should be emailed to admin@norwichswansc.co.uk and BACS payment made.
18. **Entries together with entry fees must be received by the Promoter by Tuesday 29th August. The entry fee is £4.50 per event.**
19. The Promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. In the event that entries are rejected, fees will be refunded by a single payment to the club in question.
20. Accepted and rejected entries will be posted on the club website within 2 weeks of the closing date.
21. Swimmers must withdraw from events that they no longer wish to swim. Each club will be provided with a schedule of their accepted entries. Withdrawal may be made on the day, or can be e-mailed in advance, but must be made at least 45 minutes prior to the start of the first event in each session. Refunds are not available for withdrawals after the accepted entries have been posted, other than for medical reasons.
22. Coaches' passes will be issued at a cost of £12 per person without food for the whole weekend, or £14 per person each day to include lunch. There will be no entry to poolside without a pass and passes must be worn at all times.
23. Warm up protocol will be published ahead of the event. There is to be strictly no diving during warm-up, with the exception of designated sprint lanes. Odd lanes will swim clockwise and even lanes will swim anti-clockwise. Swimmers must leave the water by the side of the pool and not over the timing pads.
24. Results will be posted on Norwich Swan club website and will be supplied to British Swimming for entry into the national rankings database.
25. In accordance with Sportspark policy there is **NO photography or filming** allowed at this venue.
26. All participants must observe the safety precautions in operation at Sportspark. Neither the Promoter nor Norwich Swan Swimming Club will be responsible for any loss or damage occurring during the meet.
27. The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes: obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018. 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 and coaches/team managers has been passed to us by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.
28. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Regulations and Technical Rules of Racing.

Programme of Events

Saturday 23rd September 2023	
Session 1	Session 2
Open/Male 400m Individual Medley	Women's 400m Individual Medley
Women's 200m Individual Medley	Open/Male 200m Freestyle
Open/Male 100m Breaststroke	Women's 100m Freestyle
Women's 100m Backstroke	Open/Male 100m Fly
Open/Male 50m Freestyle	Women's 200m Breaststroke
Women's 50m Breaststroke	Open/Male 50m Backstroke
Open/Male 200m Backstroke	Women's 50m Fly
Women's 200m Fly	
Sunday 24th September 2023	
Session 3	Session 4
Women's 400m Freestyle	Open/Male 400m Freestyle
Open/Male 200m Individual Medley	Women's 200m Freestyle
Women's 100m Breaststroke	Open/Male 100m Backstroke
Open/Male 100m Freestyle	Women's 100m Fly
Women's 50m Freestyle	Open/Male 200m Breaststroke
Open/Male 50m Breaststroke	Women's 50m Backstroke
Women's 200m Backstroke	Open/Male 50m Fly
Open/Male 200m Fly	