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

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

**(Level 1 License No. 1ER190358)**

**Inc British & English Summer Championships Qualification**

**Sportspark ,UEA, Norwich: Fri 19th - Sun 21st April 2019**

**Under ASA Laws & Regulations & ASA Technical Rules of Racing**

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

**Pool** 8 Lane Long Course Racing Pool

Electronic Timing & 8-Lane Display

Free Parking Saturday and Sunday (Friday may be subject to fees)

**Age Groups:** 10, 11, 12, 13/14 15/16 and 17/over

All ages eligible for 50m, 100m, 200m and 400m all strokes

11yrs/+ may enter 800 Mixed Gender, 1500m Mixed Gender

**Ages as at 31st December 2019**

**Awards** British & English Summer 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

*No additional awards or medals for finals – opportunity to swim for ranking times*

**HEATS & FINALS – 2 CHANCES TO IMPROVE RANKINGS FOR BRITISH & ENGLISH SUMMER CHAMPIONSHIPS**

**THREE FULL DAYS OF SWIMMING**

**EXCELLENT FACILITIES WITH FREE PARKING SAT AND SUN**

**RESULTS ON MEET MOBILE AS YOU WATCH – FREE WIFI**

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

400m Freestyle, 200m & 400m IM

800m Freestyle Mixed Gender, 1500m Freestyle Mixed Gender

**Fees** Race Entry Fee: £7.00 per 50m, 100m, 200m and 400m events

£10.00 per 800m & 1500m

Spectator Entry: £8 per day, £20 for full weekend

Programmes: £5

Free Parking Saturday and Sunday, Friday all day parking rates may apply.

**Entries To** Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB. Enquiries can be e-mailed to [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com), or call 07970289643

**Closing Date: 7pm on Friday 22nd March 2019**.

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

**City of Norwich Swimming Club Easter Long Course Meet 2019**

**(Level 1 License No. 1 1ER190358)**

**Sportspark ,UEA, Norwich: Fri 19th - Sun 21st April 2019**

**Under ASA Laws & Regulations & ASA Technical Rules of Racing**

**Meet Conditions**

1. The event will be held at Sportspark, UEA, on 19th – 21st April 2019, held under ASA Laws and Regulations, ASA Technical Rules of Racing and to the ASA Open Meet Licensing Criteria. Entries may only be accepted from competitors registered as Category 2 members of the ASA, SASA or WASA or competitors from one of the countries affiliated to FINA.
2. The pool length is 50 metres, 8 lanes with anti-wave ropes and Omega electronic timing. The depth of the pool is 1.8m.
3. Competitors’ ages shall be as at **31st December 2019**. No 10 year old age group events in 800m Freestyle and 1500m Freestyle.
4. 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 5 heats (800m) and 4 heats (1500m) based on fastest entries split 50/50 male/female – unless the total number of entries does not exceed the total number of capped heats. If there is no long course time available a converted time using the ASA comparative performance tables can be submitted.
5. 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.
6. Individual entries from visiting clubs shall be made on the entry forms and will be subject to an additional £5 administration charge **per swimmer**. This charge will be waived if the swimmer is entered using the Hytek TM Electronic entry file.
7. 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 payment by BACS to Account 59071068, Sort 30-96-17, Ref EM19 + Club short code. If you wish to pay by cheque please email 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) .
8. Swimmers in possession of an ASA Certificate of Swimming Disability or whose ASA membership record details a disability sport classification (S1-S15) are welcome to enter the competition with an entry time from ASA Rankings. Personal care attendants for swimmers who require them are not required to pay 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 and/or times on Rankings.
10. 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 are travelling from overseas and pre book accommodation and flights.
11. 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.
12. 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/changes required.
13. 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.
14. The meet promoter may check entries against the British Rankings. Falsely entered times will be rejected without refund.
15. **Swimmers withdrawing from events:** Each club should have their own record 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 45 minutes prior to the start of the first event** **in each session**. This is to minimise empty lanes and enable the meet to progress smoothly.
16. 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.
17. 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.
18. 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. Over the top starts may be used at the referee’s discretion.
19. 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.
20. Finalists and reserves for a final must inform the timing desk of their intention to compete 30 minutes after finalists are announced. Failure to do so will result in the waiting reserve being offered their place. Finalists reporting late will be deemed excluded.
21. 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.
22. 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 have 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 swim 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.
23. Closing date for entries **7pm, Friday 22nd March 2019**.
24. 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 entry will be by colour coded wrist band and will be charged at £8.00 per day or £4 per session. Spectators will be charged the higher rate for each day (£8 if you enter in sessions 1, 4, or 7, £4 if you enter in the afternoon) and refunds will be given accordingly as long as the spectator leaves before the start of the next session and turns in their wrist band. On payment of £20 you can enter all sessions for the full Weekend.
* Programmes for the weekend £5.00

1. 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.
2. In accordance with the ASA 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.
5. A secondary starting strobe will be available at this meet.
6. 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.**

**City of Norwich Swimming Club Easter Long Course Meet 2019**

**(Level 1 License No. 1ER190358)**

**Sportspark ,UEA, Norwich: Fri 19th - Sun 21st April 2019**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Friday 19th April** | | | | | | |
| **Session 1 – Warmup 8.00am, Start 9.10am** | | |  | **Session 3 – Finals – Warmup TBA** | | |
|  | | | 205F | Mixed | 11/Over 800 Freestyle Fastest Heat |
| 101 | Boys | 200 Breaststroke HDW | 103F | Boys | 13/14 100 Butterfly Final |
| 102 | Girls | 200 Backstroke HDW | 103F | Boys | 15/16 100 Butterfly Final |
| 103 | Boys | 100 Butterfly Heats | 103F | Boys | 17/Over 100 Butterfly Final |
| 104 | Girls | 100 Freestyle Heats | 104F | Girls | 13/14 100 Freestyle Final |
| 105 | Boys | 50 Backstroke Heats | 104F | Girls | 15/16 100 Freestyle Final |
| 106 | Girls | 50 Breaststroke Heats | 104F | Girls | 17/Over 100 Freestyle Final |
| 107 | Boys | 400 Freestyle HDW | 105F | Boys | 13/14 50 Backstroke Final |
|  | | | 105F | Boys | 15/16 50 Backstroke Final |
| 105F | Boys | 17/Over 50 Backstroke Final |
| **Session 2 – Warmup TBA, Start 0144** | | | 106F | Girls | 13/14 50 Breaststroke Final |
| **Session 2 – Warmup TBA, Start 0144** | | | 106F | Girls | 15/16 50 Breaststroke Final |
| 201 | Girls | 200 Breaststroke HDW | 106F | Girls | 17/Over 50 Breaststroke Final |
| 202 | Boys | 200 Backstroke HDW | 204F | Boys | 13/14 50 Breaststroke Final |
| 203 | Girls | 100 Butterfly Heats | 204F | Boys | 15/16 50 Breaststroke Final |
| 204 | Boys | 50 Breaststroke Heats | 204F | Boys | 17/Over 50 Breaststroke Final |
| 205 | Mixed | 11/Over 800 Freestyle (4 heats) | 203F | Girls | 13/14 100 Butterfly Final |
|  | | | 203F | Girls | 15/16 100 Butterfly Final |
| 203F | Girls | 17/Over 100 Butterfly Final |

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| **Saturday 20th April** | | | | | | |
| **Session 4 – Warmup 8.00am, Start 9.10am** | | |  | **Session 6 – Finals – Warmup TBA** | | |
|  |  |  | 506F | Mixed | 11/Over 1500 Freestyle Fastest Heat |
| 401 | Girls | 200 IM HDW | 403F | Girls | 13/14 50 Freestyle Final |
| 402 | Boys | 200 Butterfly HDW | 403F | Girls | 15/16 50 Freestyle Final |
| 403 | Girls | 50 Freestyle Heats | 403F | Girls | 17/Over 50 Freestyle Final |
| 404 | Boys | 100 Freestyle Heats | 504F | Boys | 13/14 50 Butterfly Final |
| 405 | Girls | 400 Freestyle HDW | 504F | Boys | 15/16 50 Butterfly Final |
|  | | | 504F | Boys | 17/Over 50 Butterfly Final |
| 505F | Girls | 13/14 50 Butterfly Final |
| **Session 5 – Warmup TBA, Start 0144** | | | 505F | Girls | 15/16 50 Butterfly Final |
|  | | | 505F | Girls | 17/Over 50 Butterfly Final |
| 501 | Girls | 200 Butterfly HDW | 404F | Boys | 13/14 100 Freestyle Final |
| 502 | Boys | 200 IM HDW | 404F | Boys | 15/16 100 Freestyle Final |
| 503 | Girls | 100 Backstroke Heats | 404F | Boys | 17/Over 100 Freestyle Final |
| 504 | Boys | 50 Butterfly Heats | 503F | Girls | 13/14 100 Backstroke Final |
| 505 | Girls | 50 Butterfly Heats | 503F | Girls | 15/16 100 Backstroke Final |
| 506 | Mixed | 11/Over 1500 Freestyle HDW (3 Heats) | 503F | Girls | 17/Over 100 Backstroke Final |

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| **Sunday 21st April** | | | | | | |
| **Session 7 – Warmup 8.00am, Start 9.10am** | | |  | **Session 9 – Finals – Warmup TBA** | | |
|  |  |  | 701F | Boys | 13/14 100 Backstroke Final |
| 701 | Boys | 100 Backstroke Heats | 701F | Boys | 15/16 100 Backstroke Final |
| 702 | Girls | 200 Freestyle HDW | 701F | Boys | 17/Over 100 Backstroke Final |
| 703 | Boys | 50 Freestyle Heats | 704F | Girls | 13/14 100 Breaststroke Final |
| 704 | Girls | 100 Breaststroke Heats | 704F | Girls | 15/16 100 Breaststroke Final |
| 705 | Boys | 400 IM HDW | 704F | Girls | 17/Over 100 Breaststroke Final |
|  | | | 803F | Boys | 13/14 100 Breaststroke Final |
| 803F | Boys | 15/16 100 Breaststroke Final |
| **Session 8 – Warmup TBA, Start 0144** | | | 803F | Boys | 17/Over 100 Breaststroke Final |
|  | | | 802F | Girls | 13/14 50 Backstroke Final |
| 801 | Boys | 200 Freestyle HDW | 802F | Girls | 15/16 50 Backstroke Final |
| 802 | Girls | 50 Backstroke Heats | 802F | Girls | 17/Over 50 Backstroke Final |
| 803 | Boys | 100 Breaststroke Heats | 703F | Boys | 13/14 50 Freestyle Final |
| 804 | Girls | 400 IM HDW | 703F | Boys | 15/16 50 Freestyle Final |
|  |  |  | 703F | Boys | 17/Over 50 Freestyle Final |

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

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| **BOYS Qualifying Times** | | | | | | **Long Course Times** | **GIRLS Qualifying Times** | | | | | |
| 10 | 11 | 12 | 13/14 | 15/16 | 17/o | **Event** | 10 | 11 | 12 | 13/14 | 15/16 | 17/o |
| 40.00 | 39.00 | 35.90 | 34.00 | 29.50 | 28.70 | Freestyle 50m | 41.80 | 39.30 | 37.40 | 36.00 | 34.20 | 33.20 |
| 1:25.80 | 1:20.80 | 1:15.70 | 1:11.80 | 1:08.40 | 1:04.40 | Freestyle 100m | 1:29.20 | 1:25.10 | 1:20.30 | 1:18.20 | 1:15.70 | 1:13.70 |
| 3.10.60 | 2:55.30 | 2:45.80 | 2:37.60 | 2:23.70 | 2:15.70 | Freestyle 200m | 3:10.40 | 2:58.30 | 2:47.50 | 2:38.20 | 2:30.10 | 2:24.10 |
| 6:30.40 | 5:59.00 | 5:40.10 | 5:28.80 | 4:54.60 | 4:48.60 | Freestyle 400m | 6:27.40 | 5:59.40 | 5:39.80 | 5:26.30 | 5:02.80 | 4:54.80 |
|  | 10.50.00 | 10.50.00 | 10.24.00 | 9.42.00 | 9.13.00 | Freestyle 800m |  | 10:49.60 | 10:39.00 | 10:25.80 | 9:55.50 | 9:50.50 |
|  | 22:40.70 | 20:40.50 | 20:10.60 | 18:22.10 | 17:30.10 | Freestyle 1500m |  | 22:35.00 | 20:35.20 | 19:59.20 | 19:01.50 | 18:40.30 |
| 59.60 | 49.20 | 45.60 | 43.80 | 41.70 | 36.80 | Breaststroke 50m | 58.50 | 49.80 | 48.00 | 47.10 | 45.60 | 40.60 |
| 1:55.30 | 1:49.50 | 1:39.70 | 1:32.80 | 1:29.40 | 1:21.40 | Breaststroke 100m | 1:59.10 | 1:50.30 | 1:48.60 | 1:38.20 | 1:30.50 | 1:26.50 |
| 4.20.20 | 3:45.10 | 3:29.20 | 3:19.50 | 3:01.40 | 2:52.40 | Breaststroke 200m | 3:55.50 | 3:38.60 | 3:28.90 | 3:18.50 | 3:08.70 | 2:59.70 |
| 48.00 | 45.20 | 43.50 | 39.20 | 36.50 | 34.50 | Backstroke 50m | 48.00 | 47.10 | 45.90 | 39.40 | 37.00 | 36.00 |
| 1:35.80 | 1:30.80 | 1:28.10 | 1:27.20 | 1:20.20 | 1:13.20 | Backstroke 100m | 1:39.50 | 1:33.50 | 1:28.90 | 1:27.50 | 1:17.60 | 1:15.60 |
| 3.55.80 | 3:25.00 | 3:15.70 | 2:59.30 | 2:39.00 | 2:32.00 | Backstroke 200m | 3:29.30 | 3:19.00 | 3:09.60 | 2:59.50 | 2:48.80 | 2:44.80 |
| 49.50 | 47.80 | 39.10 | 38.90 | 33.20 | 31.20 | Butterfly 50m | 46.00 | 44.70 | 39.60 | 38.70 | 36.80 | 35.80 |
| 1:35.50 | 1:27.70 | 1:25.50 | 1:19.80 | 1:12.80 | 1:08.80 | Butterfly 100m | 1:39.90 | 1:33.10 | 1:29.90 | 1:25.60 | 1:17.20 | 1:14.20 |
| 3.40.30 | 3:25.50 | 3:15.90 | 3:05.90 | 2:39.40 | 2:29.40 | Butterfly 200m | 3:39.60 | 3:19.60 | 3:10.70 | 2:59.50 | 2:45.70 | 2:43.70 |
| 3.39.60 | 3:24.30 | 3:12.80 | 2:59.70 | 2:43.40 | 2:33.40 | Ind Medley 200m | 3:39.60 | 3:24.30 | 3:09.30 | 2:59.80 | 2:48.90 | 2:44.90 |
| 7:26.30 | 6:55.80 | 6:40.70 | 6:34.40 | 5:40.20 | 5:23.20 | Ind Medley 400m | 7:26.20 | 6:49.30 | 6:29.90 | 6:10.60 | 5:50.20 | 5:45.20 |

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

**City of Norwich Swimming Club Easter Long Course Meet 2019**

**(Level 1 License No. 1ER190358)**

**Sportspark ,UEA, Norwich: Fri 19th - Sun 21st April 2019**

**Under ASA Laws & Technical Rules, Affiliated to the East Region ASA**

**External Club Summary Entry Form**

Please return this completed form with your entries confirmation of BACS payment to Acct: 59071068, Sort 30-96-17, Ref EM19 XXXX (Club Shortform Code)**,** to: Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB or email to tbirdspinner@gmail.com.

Closing date 7pm Friday 22nd March 2019

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Club Name:** | |  | | | | |
| **Contact Name:** | |  | | | | |
| **Email Address:** | |  | | | | |
| **Telephone No:** | |  | | | | |
|  | |  |  | |  | |
| **Entry Details:** | | | | | | |
|  |  | | | **No of Entries/ Passes** | | **Cost** |
| 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 | | |  | |  |
|  | | | | **TOTALTAL** | | £ |

\* If you wish to pay by BACs please make payment to:

Sort: 30-96-17; Account: City of Norwich Swimming Club Ltd; Account No: 59071068; Ref: EM19 “Club 4 character ASA Code” or contact [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com) for further information and guidance.

**Checklist – By the Closing Date of 7pm 22nd March 2019 please ensure you have:**

**Either** **Emailed**:

Hytek Entry File

Hytek Meet Entry Report

Coach/Chaperone Forms

Officials Forms (1 licensed official for every 10 swimmers)

(BACS Transfer)

**Or 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)

**City of Norwich Swimming Club Easter Long Course Meet 2019**

**(Level 1 License No. 1ER190358)**

**Sportspark ,UEA, Norwich: Fri 19th - Sun 21st April 2019**

**Under ASA Laws & Technical Rules, Affiliated to the East Region ASA**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **INDIVIDUAL ENTRY FORM** | | | | | | | | | | | |
| **FORENAME:** |  | **SURNAME:** | | | |  | | | | | |
| **CLUB:** |  | **AGE (@ 31/12/19):** | | | |  | | | | | |
| **SEX:** | **MALE/FEMALE** | **DATE OF BIRTH:** | | | |  | | | | | |
| **EMAIL ADDRESS:** |  | **DISABILITY CLASSIFICATION:** | | | | |  | | | | |
| **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** | |  | |  | | | | | | |
| **TOTAL ENTRIES** | | |  | | **£** | | | | | | |
| *Admin Fee (City of Norwich SC Swimmers and Visiting Clubs manual entry only)* | | | **@ £5.00** | | **£** | | | | | | |
|  | | | **TOTAL** | | **£** | | | | | | |

*\*If time not on ASA database please state origin on reverse of form. City of Norwich Swimmers please just tick the entry time boxes.*

**CLOSING DATE FOR ENTRIES IS** 7pm 22nd March 2019

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 use EM19 plus the first 4 letters of your surname as the reference – pay to: Account: 59071068; Sort 30-96-17.

**City of Norwich Swimming Club Easter Long Course Meet 2019**

**(Level 1 License No. 1ER190358)**

**Sportspark ,UEA, Norwich: Fri 19th - Sun 21st April 2019**

**Under ASA Laws & Technical Rules, Affiliated to the East Region ASA**

**Coaches / Chaperone Pass Individual Application Form**

**Closing date 7pm 22nd March 2019**

|  |  |  |
| --- | --- | --- |
| **Full Name:** |  | |
| **Club Name:** |  | |
| **Position:**  (eg Coach) |  | |
| **Email Address:** |  | |
| **Swim England Membership Number:** |  | |
| **Meet Pass** | Without Food: £20: 🞎 | With Food £40: 🞎 |
| **Dietary**  **Requirements** |  | |

**The above named person is authorised to hold a pass for this club and their details are visible on the Swim England 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**

**City of Norwich Swimming Club Easter Long Course Meet 2019**

**(Level 1 License No. 1ER190358)**

**Sportspark ,UEA, Norwich: Fri 19th - Sun 21st April 2019**

**Under ASA Laws & Technical Rules, Affiliated to the East Region ASA**

**Officials Request Form**

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

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

Please email completed form to Adele Gilbertson at deligilbo@icloud.com or return the form with your entry form via your club entry.

Thank you

**City of Norwich Swimming Club Easter Long Course Meet 2019**

**(Level 1 License No. 1ER190358)**

**Sportspark ,UEA, Norwich: Fri 19th - Sun 21st April 2019**

**Race Sponsorship Form**

For only £10 you can sponsor a race your child/grandchild will be competing in at The Easter Meet 2019.

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.