



Affiliated to East Region ASA



# **UEA CITY OF NORWICH EASTER LONG COURSE LEVEL 1 LICENSED MEET**

**Licence Number (1ER0186)**  
Under ASA Laws and ASA Technical Rules

**2<sup>nd</sup> – 3<sup>rd</sup> – 4<sup>th</sup> April 2010**  
**UEA Sportspark Norwich**

50m - 100m - 200m all strokes  
400m Freestyle  
200m & 400m I.M.  
1500m & 800m Freestyle

Finals for all 100m Events

4 x 100m f/s & medley Relays

**ALL ENTRIES MUST MEET OR EXCEED QT'S AS SET BY ASA FOR LEVEL 1 MEET**

If the meet is oversubscribed entries with the slowest times may be rejected even if they meet the QT's

**8 LANE 50M DECK LEVEL POOL**  
**OMEGA ELECTRONIC TIMING**  
**SPORTSYTEMS RESULTS SERVICE**

Ages: 9-10yrs certain events, 11-12yrs, 13-14yrs 15/ov  
**AWARDS 1st, 2nd,3rd IN ALL AGE GROUPS**

*All details and entry forms will be available on our website:*

**Closing Date 26<sup>th</sup> February 2010**  
**(NB: Cardless meet - electronic entries only)**

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

**UEA CITY OF NORWICH SWIMMING CLUB - SCHEDULE OF EVENTS EASTER MEET 2010**

<b>Session 1 Warm Up 2.00pm Start 2.30pm</b>		<b>Session 3 Warm Up 8.30am Start 9.30am</b>		<b>Session 5 Warm Up 8.30am Start 9.30am</b>	
w/u		w/u		w/u	
101) Mixed 1500m Fr (HDW)		301) Female 200m Fr (HDW)		501) Male 200m Fr (HDW)	
		302) Male 100m Br		502) Female 100m Br	
		303) Female 100m Bk		503) Male 100m Bk	
		304) Male 100m Fly		504) Female 100m Fly	
		305) Female 50m Fly		505) Male 50m Fly	
		306) Male 400m Fr (HDW)		506) Female 400m Fr (HDW)	
		307) Female 400m IM (HDW)		507) Male 400m IM (HDW)	
		308) Final Male 100m Br		508) Final Female 100m Br	
		309) Final Male 100m Br		509) Final Female 100m Br	
		310) Final Male 100m Br		510) Final Female 100m Br	
		311) Final Female 100m Bk		511) Final Male 100m Bk	
		312) Final Female 100m Bk		512) Final Male 100m Bk	
		313) Final Female 100m Bk		513) Male 100m Bk	
		314) Final Male 100m Fly		514) Final Female 100m Fly	
		315) Final Male 100m Fly		515) Final Female 100m Fly	
		316) Final Male 100m Fly		516) Final Female 100m Fly	
<b>Session 2 Warm Up TBA Start TBA</b>		<b>Session 4 Warm Up TBA Start TBA</b>		<b>Session 6 Warm Up TBA Start TBA</b>	
w/u		w/u		w/u	
201) Female 200m Br (HDW)		401) Male 50m Fr		601) Female 50m Fr	
202) Male 200m Br (HDW)		402) Female 50m Br		602) Male 50m Br	
203) Female 200m Bk (HDW)		403) Male 800m Fr (HDW)		603) Female 800m Fr (HDW)	
204) Male 200m Bk (HDW)		404) Female 200m IM (HDW)		604) Male 200m IM (HDW)	
		405) Male 50m Bk		605) Female 50m Bk	
		406) Female 100m Fr		606) Male 100m Fr	
		407) Male 200m Fly (HDW)		607) Female 200m Fly (HDW)	
		408) Final Female 100m Fr		608) Final Male 100m Fr	
		409) Final Female 100m Fr		609) Final Male 100m Fr	
		410) Final Female 100m Fr		610) Final Male 100m Fr	
		411) Male 4x100 Fr Relay		611) Female 4x100 Fr Relay	
		412) Female 4x100 Medley relay		612) Male 4x100 medley relay	

# **UEA CITY OF NORWICH SWIMMING CLUB**

## **EASTER LONG COURSE MEET LEVEL 1 LICENSED MEET**

License No . 1ER0186

(Under ASA Laws and Technical Rules)

at the UEA Sportspark, UEA, Norwich 2<sup>nd</sup> 3<sup>rd</sup> & 4<sup>th</sup> April 2010

(Affiliated to East Region ASA)

### **MEET RULES AND INFORMATION**

1) This Competition is licensed by the ASA for entry into National and Regional Competitions and will be held under ASA Laws and ASA Technical Rules.

2) Entries will be accepted initially provided the swimmer meets the qualifying time achieved in a 50m pool. If there is genuinely no 50m pool 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. NB: If the meet is over subscribed then entries with the slowest time will be rejected even if they meet the qualifying times. All entries must be made both on the paper entry form and using the current 'Sportssystem' electronic files which are downloadable from the clubs website "www.ueacityofnorwichsc.co.uk". Entries not complying with these requirements will not be accepted.

3) The Competition will be run as a cardless meet. The list of accepted and rejected entries will be published/available for download on the club website approximately four 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.

4) Swimmers wishing to withdraw must do so in writing prior to commencement of warm up for each session in which they were due to compete, if not they will be deemed to be competing rule (5) applies.

5) Failure to comply with rule (4) will incur a £10 fine on each occasion. Neither swimmer nor their club will be allowed to participate further in the meet until paid. The primary reason for this is to minimize empty lanes.

6)The pool length is 50 metres, 8 lanes with anti wave ropes and Omega electronic timing. The depth of the pool is 1.8m.

7)The age groups are 9/10yrs 11/12yrs, 13/14 yrs, 15yrs and over. Ages as at midnight on 4<sup>th</sup> April 2010.

8)Apart from 100, 400, 800, 1500m and 200 fly events which will not have a 9/10yr group, the other events will incorporate all age groups. Winners for all age groups in the 50, 200, 400, 800 and 1500m events will be on a heat declared winner basis but the 100m events will have age group finals.

9) All team relay events will be open age group

10) All events will be seeded on submitted times and all heats will be spearheaded.

- 11) The first three swimmers in each event in each age group will receive awards.
- 12) 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.
- 13) It is the swimmers duty to inspect the events list that will be posted at poolside and report to the Competitors Stewards when instructed to do so. Any competitor not reporting in time may be excluded and rule 4&5 apply.
- 14) Finalists and reserves for a final must report 20 minutes before the event, failure to do so will result in the waiting reserve being offered their place. Finalists reporting late will be deemed excluded – you have been warned.
- 15) A maximum of 2 Team Managers/Coaches per Club will be allowed on poolside. Passes can be requested with the entry forms and will be £10.00 per person covering all three days or £25.00 (inc food each day)
- 16) The promoters reserve the right to refuse admission to any person.
- 17) The promoters reserve the right in the interests of time, to operate 'OVER THE TOP' starts.
- 18) Lockers are available in the changing rooms and no valuables should be left unattended. The promoters cannot accept liability for any losses or damage that may occur.
- 19) Any situation not covered by the above will be at the discretion of the promoters, who also reserve the right to make any changes that may be considered necessary for the smooth running and discipline of the event.

**UEA CITY OF NORWICH SWIMMING CLUB  
EASTER 2010 LONG COURSE LEVEL 1 LICENSED MEET**

License No . 1ER0186

<b>BOYS</b>				
<b>Level 1 QT - LC Qualifying Times</b>			<b>Long Course Pool</b>	
<b>EVENT</b>	<b>9/10</b>	<b>11/12</b>	<b>13/14</b>	<b>15/OV</b>
50m Freestyle	39.00	34.90	31.30	28.70
100m Freestyle		01:13.70	01:06.90	01:02.60
200m Freestyle	03:03.60	02:40.80	02:25.60	02:16.30
400m Freestyle		05:38.10	05:07.00	04:49.10
800m Freestyle		11:47.10	10:42.50	10:05.00
1500m Freestyle		22:20.50	20:19.00	19:07.70
50m Breaststroke	51.60	44.60	39.70	36.80
100m Breaststroke		01:34.70	01:24.60	01:18.90
200m Breaststroke	03:57.20	03:25.20	03:02.50	02:51.60
50m Butterfly	43.50	38.10	34.00	31.40
100m Butterfly		01:21.50	01:12.80	01:07.80
200m Butterfly		02:59.90	02:40.90	02:30.40
50m Backstroke	46.00	40.50	36.10	33.50
100m Backstroke		01:24.10	01:15.00	01:10.30
200m Backstroke	03:25.80	03:00.70	02:42.30	02:31.40
200m Individual Medley	03:29.60	03:02.80	02:44.80	02:33.90
400m Individual Medley		06:26.70	05:49.30	05:27.60
<b>GIRLS</b>				
<b>Level 1 QT - LC Qualifying Times</b>			<b>Long Course Pool</b>	
<b>EVENT</b>	<b>9/10</b>	<b>11/12</b>	<b>13/14</b>	<b>15/OV</b>
50m Freestyle	39.80	35.40	32.90	31.90
100m Freestyle		01:15.20	01:10.70	01:08.80
200m Freestyle	03:04.40	02:42.50	02:32.10	02:27.50
400m Freestyle		05:38.80	05:18.00	05:09.20
800m Freestyle		11:39.00	10:56.00	10:36.00
1500m Freestyle		22:25.80	21:00.80	20:22.90
50m Breaststroke	51.20	45.00	41.50	40.10
100m Breaststroke		01:35.20	01:28.50	01:26.10
200m Breaststroke	03:55.50	03:24.90	03:09.50	03:05.80
50m Butterfly	44.00	38.60	35.70	34.20
100m Butterfly		01:22.60	01:17.20	01:14.80
200m Butterfly		03:01.70	02:48.00	02:43.30
50m Backstroke	46.00	40.90	38.00	36.60
100m Backstroke		01:24.50	01:19.60	01:17.10
200m Backstroke	03:26.30	03:00.60	02:49.80	02:43.90
200m Individual Medley	03:29.60	03:03.30	02:52.30	02:46.90
400m Individual Medley		06:24.90	06:02.00	05:50.80

# UEA CITY OF NORWICH SWIMMING CLUB

(Affiliated to East Region ASA)

## UEA City Of Norwich Easter Long Course Level 1 Licensed Meet

(Under ASA Laws and ASA Technical Rules)

The Sportspark, UEA, Norwich: 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> April 2010

### INDIVIDUAL MALE ENTRY FORM

Please fill this form in FULLY and CORRECTLY, otherwise your entries cannot be accepted.  
Use BLOCK CAPITALS (except for signatures!)

FORENAME.....SURNAME.....

CLUB:.....

FULL ADDRESS:.....

..... POST CODE:..... TEL NO:.....

ASA Registration No.

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EVENT	Cost	ENTRY TIME (50M)	Converted from:	
50M FREESTYLE	£6.00			<p><b><u>D.O.B</u></b></p> <p>___/___/___</p> <p><b><u>Age as at</u></b></p> <p><b><u>4.04.2010</u></b></p> <p>_____yrs</p>
100M FREESTYLE	£6.00			
200M FREESTYLE	£6.00			
400M FREESTYLE	£6.00			
800M FREESTYLE	£9.00			
1500M FREESTYLE	£9.00			
50M BACKSTROKE	£6.00			
100M BACKSTROKE	£6.00			
200M BACKSTROKE	£6.00			
50M BREASTSTROKE	£6.00			
100M BREASTSTROKE	£6.00			
200M BREASTSTROKE	£6.00			
50M BUTTERFLY	£6.00			
100M BUTTERFLY	£6.00			
200M BUTTERFLY	£6.00			
200M INDIVIDUAL MEDLEY	£6.00			
400M INDIVIDUAL MEDLEY	£6.00			

I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the ASA and will abide by the conditions laid down by the promoters for this competition.

Signature of Competitor.....Date .....

I certify that the above information is correct.....Club Official

**● CLOSING DATE FOR ENTRIES IS FRIDAY 26<sup>th</sup> February 2010 ●**

Please return this form with an 'ENTRIES SUMMARY FORM & cheque made payable to:  
**"UEA CITY OF NORWICH SC"**

# UEA CITY OF NORWICH SWIMMING CLUB

(Affiliated to East Region ASA)

## UEA City Of Norwich Easter Long Course Level 1 Licensed Meet

(Under ASA Laws and ASA Technical Rules)

The Sportspark, UEA, Norwich: 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> April 2010

### INDIVIDUAL FEMALE ENTRY FORM

Please fill this form in FULLY and CORRECTLY, otherwise your entries cannot be accepted.  
Use BLOCK CAPITALS (except for signatures!)

FORENAME.....SURNAME.....

CLUB:.....

FULL ADDRESS:.....

..... POST CODE:..... TEL NO:.....

ASA Registration No.

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EVENT	Cost	ENTRY TIME (50M)	Converted from:	
50M FREESTYLE	£6.00			<p><b><u>D.O.B</u></b></p> <p>___/___/___</p> <p><b><u>Age as at</u></b></p> <p><b><u>4.04.2010</u></b></p> <p>_____yrs</p>
100M FREESTYLE	£6.00			
200M FREESTYLE	£6.00			
400M FREESTYLE	£6.00			
800M FREESTYLE	£9.00			
1500M FREESTYLE	£9.00			
50M BACKSTROKE	£6.00			
100M BACKSTROKE	£6.00			
200M BACKSTROKE	£6.00			
50M BREASTSTROKE	£6.00			
100M BREASTSTROKE	£6.00			
200M BREASTSTROKE	£6.00			
50M BUTTERFLY	£6.00			
100M BUTTERFLY	£6.00			
200M BUTTERFLY	£6.00			
200M INDIVIDUAL MEDLEY	£6.00			
400M INDIVIDUAL MEDLEY	£6.00			

I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the ASA and will abide by the conditions laid down by the promoters for this competition.

Signature of Competitor.....Date .....

I certify that the above information is correct.....Club Official

**● CLOSING DATE FOR ENTRIES IS FRIDAY 26<sup>th</sup> February 2010 ●**

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# UEA CITY OF NORWICH EASTER LONG COURSE LEVEL 1 LICENSED MEET

Lic. 1ER0186

Under ASA Laws and ASA Technical Rules

2<sup>nd</sup> 3<sup>rd</sup> & 4<sup>th</sup> April 2010

UEA Sportspark Norwich



If you are a qualified official and would be willing to help at the above Meet we would be grateful for any assistance. Please contact Mrs Emma Fox who will be organising the officials, Tel: 01603 784052 or Mobile 07721537194 or email to foxes@sizzel.net

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Name: ..... Club: .....

Address: .....

.....

.....

Tel: .....

Qualification: Referee: ..... *Please tick as applicable*

Starter: .....

Judge: .....

Timekeeper: .....

I would be available to help at the following sessions: *Please tick if available*

**Friday 2<sup>nd</sup> April**      Session 1 .....

Session 2 .....

**Saturday 3<sup>rd</sup> April**      Session 3 .....

Session 4 .....

**Sunday 4<sup>th</sup> April**      Session 5 .....

Session 6 .....

Please refer to the Programme of events for start times etc.

Please return form to Mrs. Emma Fox, 123 Norwich Road, Wroxham, Norfolk, NR12 8YR or include in your entry.