

City of Norwich Swimming Club

CONSC Midsummer Madness, L3 Long Course, 3ER261023, 4th – 5th July 2026

Coaches and Team Managers: Coach packs can be collected from the Kiff Mathieson Room where tea and coffee will also be available for coaches/team managers/officials – this will be in the John Jarrold Room on Sunday. Poolside passes – please use the Swim England Membership Options/Purchase Accreditation option on the swimmingresults.org website. There is no charge – but please make sure you have an up-to-date accreditation as it will be checked on entry. Pick n mix snack bags are available in the Kiff Mathieson/John Jarrold Rooms for coaches, Team Managers, officials and volunteers – ***we would appreciate the bags being returned to the room at the end of each session so they can be refilled and re-used.*** Please bring water bottles – you should have time to top up but refreshment volunteers will be available to help if you have to stay poolside. Lunch passes will be provided to those who have paid for lunch. Volunteers and officials helping for **BOTH** morning and afternoon sessions will have lunch provided. Clubs are asked to ensure swimmers are supervised poolside at all times, and not left alone.

Venue: Sportspark, University of East Anglia, Norwich Research Park, Norwich, Norfolk, NR4 7TJ, Tel:(01603) 592398. See more at: <http://www.sportspark.co.uk/>

Parking: Parking is free for all those attending – whether parking in the Sportspark carpark or the Main Carpark. Please arrive in a timely fashion, and note that the Main UEA Carpark operates an ANPR system – Automatic Number Plate Recognition. Parking is for free – but you must register your numberplate on the tablets at reception.

Entry: Entry for Swimmers to the changing area will be from: 8:15am, please make sure the coaches enter and sit poolside before the swimmers go through!

Warmups:

Saturday 4th July: Session 1 Warmup 8:30 – 9:30, Start 9:35, Finish @12:20

Lane	8:30-8:50	8:50-9:10	9:10-9:30
1	Individual Swimmers + Leiston	West Suffolk	Bishops Stortford
2	Chesterfield SC	West Suffolk	Bishops Stortford
3	Chesterfield SC	West Suffolk	Bishops Stortford
4	Chesterfield SC	Co Norwich SC Girls + Hertford	Diss Otters
5	Co Norwich SC Boys + Boston ASC	Co Norwich SC Girls	Diss Otters
6	Co Norwich SC Boys	Co Norwich SC Girls	Team Ipswich
7	Co Norwich SC Boys	Co Norwich SC Girls	Team Ipswich
8	Co Norwich SC Boys	Co Norwich SC Girls	Team Ipswich

Saturday 4th July: Session 2 Warmup 13:20, Start 14:25, Finish @17:00

Lane	13:20-13:40	13:40-14:00	14:00-14:20
1	West Suffolk	Bishops Stortford	Individual Swimmers + Leiston
2	West Suffolk	Bishops Stortford	Chesterfield SC
3	West Suffolk	Bishops Stortford	Chesterfield SC
4	Co Norwich SC Girls + Hertford	Diss Otters	Chesterfield SC
5	Co Norwich SC Girls	Diss Otters	Co Norwich SC Boys + Boston ASC
6	Co Norwich SC Girls	Team Ipswich	Co Norwich SC Boys
7	Co Norwich SC Girls	Team Ipswich	Co Norwich SC Boys
8	Co Norwich SC Girls	Team Ipswich	Co Norwich SC Boys

Sunday 5th July: Session 3 Warmup 8:30, Start 9:35, Finish @12:35

Lane	8:30-8:50	8:50-9:10	9:10-9:30
1	Bishops Stortford	West Suffolk	Individual Swimmers + Leiston
2	Bishops Stortford	West Suffolk	Chesterfield SC
3	Bishops Stortford	West Suffolk	Chesterfield SC
4	Diss Otters	Co Norwich SC Girls + Hertford	Chesterfield SC
5	Diss Otters	Co Norwich SC Girls	Co Norwich SC Boys + Boston ASC
6	Team Ipswich	Co Norwich SC Girls	Co Norwich SC Boys
7	Team Ipswich	Co Norwich SC Girls	Co Norwich SC Boys
8	Team Ipswich	Co Norwich SC Girls	Co Norwich SC Boys

Sunday 5th July: Session 4 Warmup 13:35, Start 14:40, Finish @17:00

Lane	13:35-13:55	13:55-14:15	14:15-14:35
1	Individual Swimmers + Leiston	West Suffolk	Bishops Stortford
2	Chesterfield SC	West Suffolk	Bishops Stortford
3	Chesterfield SC	West Suffolk	Bishops Stortford
4	Chesterfield SC	Co Norwich SC Girls + Hertford	Diss Otters
5	Co Norwich SC Boys + Boston ASC	Co Norwich SC Girls	Diss Otters
6	Co Norwich SC Boys	Co Norwich SC Girls	Team Ipswich
7	Co Norwich SC Boys	Co Norwich SC Girls	Team Ipswich
8	Co Norwich SC Boys	Co Norwich SC Girls	Team Ipswich

* Please keep an eye on Meet Mobile for the most up to date heat sheets.

No diving when entering the pool during warmup. Coaches must supervise swimmers during warmup –supported by the meet marshals. The last 5 mins of each warmup will be allocated to sprints and announced by the commentator. Backstroke ledges will also be provided. Warmup time changes may be announced if necessary. Lanes 1, 3, 5 and 7 are clockwise; lanes 2, 4, 6 and 8 anticlockwise. Please ensure that your swimmers leave the pool promptly to allow the competition to start on time for each session.

Spectators/Parents: We have space for spectators, but please leave the gallery if your child is not swimming to avoid overcrowding. Entry Fees: £5 per Session, Cash or Card. Please leave the gallery at the end of each session. **Whistles or horns should not be used by spectators as this is liable to drown out the emergency alarms/Lifeguard whistles. We appreciate your co-operation on this matter.**

Medals: The medal table is poolside. Swimmers should collect their medals at the end of each event. Any medals not collected over the weekend cannot be distributed after the event.

Backstroke Ledges: We will have the CONSC backstroke ledges available for all relevant events, please let your swimmers know this. It is OK to ask the official to remove the ledge if the swimmer is not comfortable. Swimmers should ask the official to adjust the ledge if they would like it lower or higher.

Withdrawals: Withdrawals should all be done via the club coach or administrator prior to competition, and via the Club coach on the day. Each club will have a link for online withdrawals using Swim-Meet. Individual entries should withdraw via tbirdspinner@gmail.com, or text 07970289643. **The system will close for withdrawals 15 mins after the start of the session warmup.** All swimmers are asked to liaise with their coach or club contact to ensure withdrawals are communicated.

Officials: If you have offered to volunteer to officiate at the meet, please report to the Cringleford Room before the start of each session on Saturday (John Jarrold on Sunday), sign in and then disperse. Lead

Referee, Darren Peck, will be responsible for the briefing which will be communicated separately. Officials are asked to ensure they are poolside and in position **5 minutes** before the start of each session, start sheets will be distributed to officials by Club Volunteers. To reduce single use plastic please bring your own water bottle. Outdoor shoes are not permitted poolside.

Marshalling: Competitors from all clubs will be asked to ensure they are at the marshalling area in the Beach Hut in a timely manner. 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 marshalling at least **5 minutes** before Session start.

Changing Rooms: Parents are not allowed in the swimmers changing rooms under any circumstances. Mobile devices must not be used in the changing rooms as this would be in breach of the venue and SE safeguarding guidelines. Make sure your swimmers are aware.

Photography: We are all aware of the wide range of mobile devices which have photo and video capability. This enables the capture of static and moving images. The majority of images taken within a swimming gala setting are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identify a child or adult which could present a risk of harm to that individual.

Coaches and swimmers are requested to focus on their own swimmers as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media. Whilst it is acknowledged that swimmers wish to celebrate their achievements when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.

City of Norwich Swimming Club encourage all participants to make themselves familiar with the photography and filming arrangements and be vigilant during the event. Should individuals have any concerns about photography or filming at the event, this should be brought to the immediate attention of the Meet Promoter. No flash photography is permitted at any time.

Results: Results will be available throughout the weekend via Meet Mobile – **2026 CONSC Midsummer Madness 3ER261023**. Full pdf results will be available within 48 hours and posted on the Club website. Full results will be available to download from ClubRankings once loaded and approved by Rankings.

Safety and Pool Rules:

- Swimmers are not allowed poolside until the coach, gala promoters and lifeguard are present.
- Swimmers and coaches should wear appropriate footwear poolside.
- Swimmers, coaches and spectators should **leave** pool and spectator areas during session breaks.

Protests and Other Meet Issues: Protests must be made as per Swim England Regulations and Technical Rules. Any meet issues during the competition must be made to the Day Promoter on the day via the Timing Desk poolside. After the completion of the meet email issues to: tbirdspinner@gmail.com (Meet Promoter) or peckdarren@aol.com (Lead Referee).

Meet Schedule

Saturday 4th July 2026 - Session 1			Sunday 5th July 2026 – Session 3		
101	Open/Male	200 Breast	301	Female	200 Breast
102	Female	200 IM	302	Open/Male	200 IM
103	Open/Male	100 Back	303	Female	100 Back
104	Female	100 Fly	304	Open/Male	100 Fly
105	Open/Male	50 Fly	305	Female	50 Fly
106	Female	50 Back	306	Open/Male	50 Back
107	Male	400 Freestyle	307	Female	400 Freestyle
Saturday 4th July 2026 – Session 2			Sunday 5th July 2026 – Session 4		
201	Female	200 Free	401	Open/Male	200 Free
202	Open/Male	200 Fly	402	Female	200 Fly
203	Female	100 Breast	403	Open/Male	100 Breast
204	Open/Male	100 Free	404	Female	100 Free
205	Female	50 Free	405	Open/Male	50 Free
206	Open/Male	50 Breast	406	Female	50 Breast
207	Female	200 Back	407	Open/Male	200 Back