

## City of Norwich Swimming Club

### Rising Stars Festival 2026 4ER260235

**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 those attending. If you use the main carpark rather than the Sportspark carpark make sure you put your license plate into one of the tablets in reception.

**Entry:** Entry to the **pool** will be possible from 8:15am. We ask that coaches wait to be let in via the turnstile – unless you are seated in the gallery. Entry to the gallery is also 8:15am.

**Spectators:** We would ask that spectators sit close together, allow for the fact that we have capacity limits at the Sportspark and there will be a Club seated upstairs taking 100 seats. The entry fee is £5 per session.

**Please bring the correct money if paying cash.** Entries, psych sheets and results will be live on Meet Mobile –**2026 CONSC Rising Stars Festival 4ER260235**.

#### **Schedule:**

S1 – W/up 08:30 – 3 x 20m, Start 09:35, finish @13:30		
101	Mixed	50 Freestyle
102	Mixed	100 Freestyle
103	Mixed	50 Breaststroke
104	Mixed	100 Breaststroke
105	Mixed	100 IM
<b>Break 15 minutes</b>		
106	Mixed	200 IM
S2– Start @14:45, finish @18:30		
201	Mixed	50 Backstroke
202	Mixed	100 Backstroke
203	Mixed	200 Freestyle
204	Mixed	50 Butterfly
205	Mixed	100 Butterfly
<b>Break 15 minutes</b>		
206	Mixed 8 Year Olds	4 x 25m Freestyle Relay
207	Mixed 9 Year Olds	4 x 25m Freestyle Relay
208	Mixed 10 Year Olds	4 x 25m Freestyle Relay
209	Mixed 11 Year Olds	4 x 25m Freestyle Relay
210	Mixed 12 Year Olds	4 x 25m Freestyle Relay

## Warmup:

**Saturday 18<sup>th</sup> April: Session 1 Warmup 8:30-9:30, 3 x 20m, Start 09:35, Finish @13:30**

Lane	8:30-8:50	8:50-9:10	9:10-9:30
1	Co Norwich SC	Norwich Swan	Colchester
2	Co Norwich SC	Norwich Swan	Colchester
3	Co Norwich SC	Norwich Swan	Colchester
4	Co Norwich SC	Norwich Swan	Team Waveney
5	Co Norwich SC	Norwich Swan	Team Waveney
6	Co Norwich SC	Norwich Swan	Gt Yarmouth SC
7	Co Norwich SC	Diss Otters	Gt Yarmouth SC
8	Co Norwich SC	Diss Otters	Gt Yarmouth SC

\*Please note that meet timings may be adjusted subject to withdrawals etc. So please make sure you contact your coach if you need to withdraw your swimmer.

**Backstroke Ledges:** The CONSC backstroke ledges are available for this event. Please let your swimmers know that the ledges will be used for all backstroke events. It is OK to ask the official to remove the ledge from the water if the swimmer is not used to them. We will ensure ledges are available during warmup.

**Withdrawals:** Withdrawals must be made using the links sent out to club representatives before the event. **The system will close for withdrawals 10 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 officiate at the meet, please report to the John Jarrold Room. The Lead Referee (Paul Kendall) will be responsible for the briefing. Officials are asked to ensure they are poolside and in position at least **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 and we will ensure it stays filled. Do not wear outdoor shoes poolside as this can cause the spread of germs.

**Marshalling:** All competitors are expected to report to the marshalling area prior to their swim. The marshalling will run from the gallery side of the pool near the changing room entrance. 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. Relays will be coach/TM managed and swimmers should go direct to their lane. Swimmers available to enter hybrid teams should report to their coach for allocation.

**Refreshments:** Spectator refreshments will be available throughout the competition in the Sportspark Café. Coaches, Team Managers, Officials and volunteers will be provided with refreshments at the start of the gala. We continue to promote the reduction of plastic waste by using goodie bags which will be available at the start of each session.

**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.

**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 con shuts down.

**Photography:**

**Since this is a Short Course Gala the Sportspark ban the use of all mobile devices in the venue for the use of photography or video.** This is due to members of the public being in the public side of the pool. Please respect this ban. City of Norwich Swimming Club encourage all spectators/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. Please do not break this rule – you may be asked to leave.

**Results:** Results will be available throughout the weekend via Meet Mobile – 2026 CONSC Rising Stars Festival 4ER260235. A full set of Hytek results will be made available to each team on demand - contact [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com). Full pdf results will be available within 48 hours on the CONSC website.

**Medals:** Medals are available for collection from the medal table, located poolside, once results have been confirmed. Swimmers are encouraged to collect medals in a timely manner. Swimmers who have been marked as exhibition swims will be awarded speeding tickets instead of medals.

**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 is present.
- **Any device capable of video or photography is strictly forbidden in the gallery, changing rooms and shower areas.**
- Swimmers and coaches should wear appropriate footwear poolside. Indoor shoes only.
- Swimmers, coaches and spectators should leave pool and spectator areas between sessions.

**Protests and Complaints:** Protests must be made as per Swim England Regulations and Technical Rules. Complaints during the competition must be made to the Promoter on the day via the Timing Desk poolside. Any questions regarding technical infractions should be directed to the Lead Referee in the first instance.

**Club Seating:** Please use the map below for seating. Co Norwich SC will be seated in the gallery (129).

	Gallery - CONSC			Spectators	
Timing Desk	GYSC	Diss	Marshalling	No Rising Stars Swimmers	
Start Blocks	Pool!			Public Swimming	Pool entrance
Scoreboard	Norwich Swan	Team Waveney	Colchester	No Rising Stars Swimmers	

**Contact:**

Meet Promoter: Tracey Spinner, [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com), 07970289643.



Lead Referee Contact: Paul Kendall, [ptekendall@gmail.com](mailto:ptekendall@gmail.com).