



REPTON
SWIMMING

BACK TO THE BLOCKS

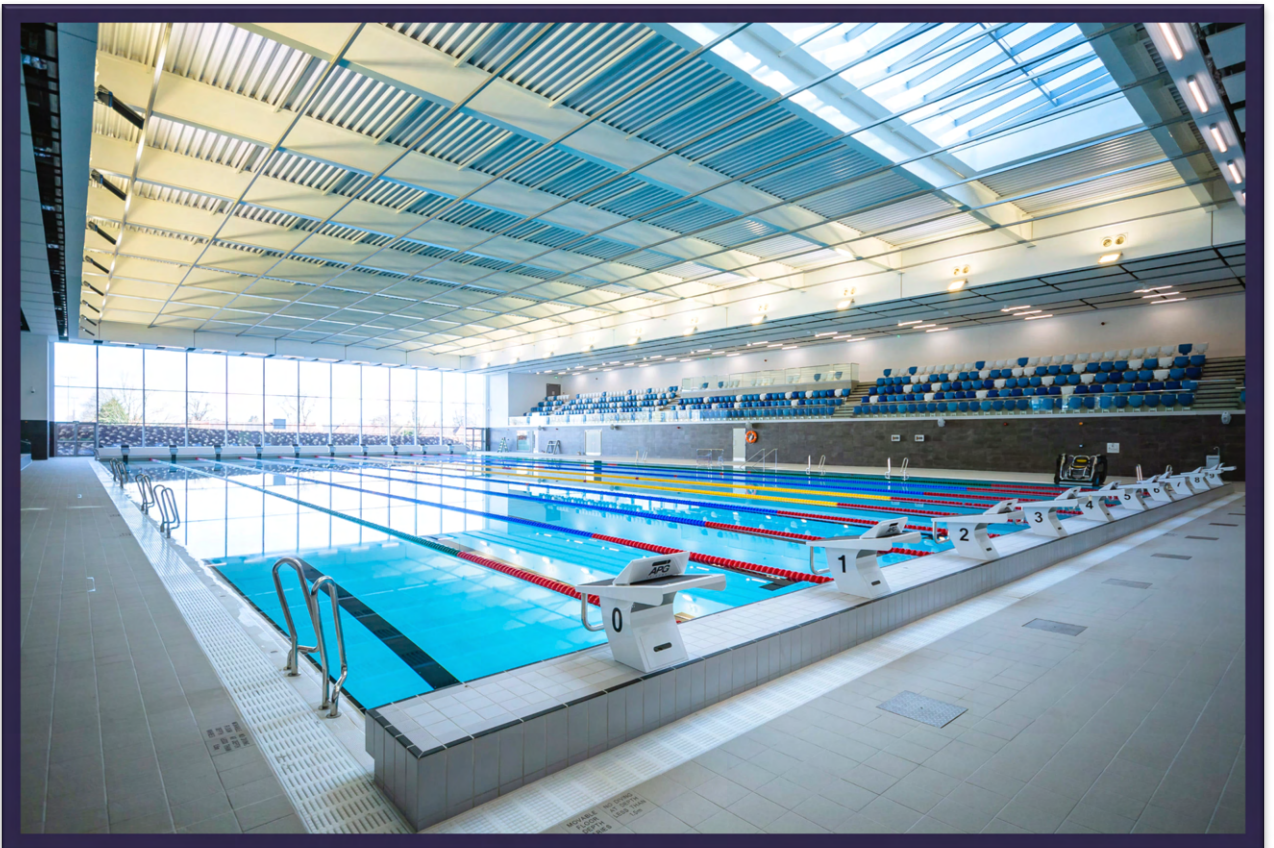
Level 3 Short Course Meet
Sunday September 21st 2025
Moorways Sports Village, Derby
License No. 3EM251163



BACK TO THE BLOCKS SPRINT MEET

Derby Excel and Repton Swimming have collaborated to give swimmers a fast 'Back to the Blocks Sprint Meet' at the world class Moorways Sports Village in Derby.

We would love to see you all there!





BACK TO THE BLOCKS SPRINT MEET

VENUE

Moorways Sports Village, Derby DE24 9HY. The pool length is 25m, 10 lanes, and will be equipped with electronic timing with full display and anti-wave lane ropes. A secondary strobe will be used at this event. A warmup/cool down pool will be available throughout the meet. It is the responsibility of the coaches/team managers to ensure that their swimmers use the facility for the purpose intended.

AGE GROUPS

- 9 for all 50 metre events and 100IM
- 9, 10, 11, 12, 13, 14, 15, 16 and over for all 50 metre events
- 10, 11, 12, 13, 14, 15, 16 and over for all other 100 metre events

Ages on 21st September 2025

AWARDS

Medals will be given to the top three placed swimmers in each age category. In addition to the individual event awards, there will be the following overall awards:

Top Visiting Club Award

Top visiting club points will be scored for all events. The scoring will be, 1st 6 points, 2nd 5 points, 3rd 4 points, 4th 3 points, 5th 2 points, 6th 1 point. Event points will be accumulated for all swimmers (from all age groups) for each Club.

Top Open/Male and Top Female Award

- FINA points will be calculated for all swims and accumulated across all events.
- Top Open/Male and Top Female will be awarded for the following age groups:
- 9, 10, 11, 12, 13, 14, 15, 16 and Over

Skins Relay Competition Cash prizes

1st prize £60 per team, 2nd prize £40 per team, 3rd prize £20 per team.



BACK TO THE BLOCKS SPRINT MEET

SCHEDULE OF EVENTS

SESSION 1 - WARM UP 8.00am & START 9.00am

101	FEMALE	9 years and over 100m IM
102	OPEN/MALE	9 years and over 100m IM
103	FEMALE	10 years and over 100m Breast
104	OPEN/MALE	10 years and over 100m Breast
105	FEMALE	9 years and over 50m Freestyle
106	OPEN/MALE	9 years and over 50m Freestyle
107	FEMALE	10 years and over 100m Back
108	OPEN/MALE	10 years and over 100m Back
109	FEMALE	9 years and over 50m Butterfly
110	OPEN/MALE	9 years and over 50m Butterfly

SESSION 2 - WARM UP TBC & START TBC

201	MIXED	14 years and under Relay Skins Event
202	MIXED	15 years and over Relay Skins Event
203	OPEN/MALE	9 years and over 50m Backstroke
204	FEMALE	9 years and over 50m Backstroke
205	OPEN/MALE	10 years and over 100m Butterfly
206	FEMALE	10 years and over 100m Butterfly
207	OPEN/MALE	9 years and over 50m Breaststroke
208	FEMALE	9 years and over 50m Breaststroke
209	OPEN/MALE	10 years and over 100m Freestyle
210	FEMALE	10 years and over 100m Freestyle



BACK TO THE BLOCKS SPRINT MEET

SHORT COURSE QUALIFYING TIMES UPPER LIMIT TIME OPEN/MALE

Entries must be no faster than the upper limit times, published below.

There are no minimum qualifying times, however swimmers must submit an entry time either from rankings or from club training signed by a coach. Any entries with no time will not be accepted.

EVENT	9	10	11	12	13	14	15/16	17/o
50m Freestyle	31.30	30.70	28.50	27.00	26.00	25.00	23.50	22.00
100m Freestyle		1.06.00	1.03.00	57.00	56.00	55.00	52.00	48.50
50m Backstroke	37.30	34.40	30.00	28.00	27.50	27.00	26.00	25.00
100m Backstroke		1.15.70	1.05.00	58.00	57.50	57.00	56.00	54.50
50m Butterfly	36.20	33.50	29.00	27.50	27.00	26.50	25.00	23.50
100m Butterfly		1.14.10	1.09.00	57.50	57.30	57.00	55.00	53.00
50m Breaststroke	41.20	39.60	33.00	32.00	31.50	31.00	29.00	27.00
100m Breaststroke		1.29.20	1.15.00	1.08.00	1.07.00	1.06.00	1.04.00	1.00.00
100m Ind. Medley	1.19.70	1.15.50	1.11.50	1.07.00	1.04.50	1.02.30	1.00.00	57.50



BACK TO THE BLOCKS SPRINT MEET

SHORT COURSE QUALIFYING TIMES UPPER LIMIT TIME FEMALE

Entries must be no faster than the upper limit times, published below.

There are no minimum qualifying times, however swimmers must submit an entry time either from rankings or from club training signed by a coach. Any entries with no time will not be accepted.

EVENT	9	10	11	12	13	14	15/16	17/o
50m freestyle	31.80	30.60	29.50	28.00	27.50	27.00	26.50	23.50
100m freestyle		1.04.80	1.04.00	1.01.00	57.50	57.00	56.50	53.40
50m Backstroke	36.20	34.00	31.50	31.00	30.50	30.00	29.00	27.00
100m Backstroke		1.14.90	1.08.00	1.06.00	1.05.00	1.04.00	1.03.00	59.00
50m Butterfly	36.00	32.70	30.00	29.50	29.00	28.50	28.50	26.00
100m Butterfly		1.15.00	1.08.00	1.04.00	1.03.00	1.02.00	1.01.00	58.00
50m Breaststroke	42.90	39.20	33.50	33.00	32.50	32.00	31.00	29.00
100m Breaststroke		1.29.10	1.14.00	1.12.00	1.11.00	1.10.00	1.09.00	1.05.00
100m Ind. Medley	1.18.40	1.14.80	1.11.30	1.09.00	1.08.00	1.06.00	1.04.00	1.02.00



BACK TO THE BLOCKS SPRINT MEET

MEET RULES AND CONDITIONS

The meet will be held under Swim England Regulations and Technical Rules of Swimming. This event is **LEVEL 3 LICENSED** by Swim England for entry into Regional and County Championships.

All competitors must be members of an affiliated club, eligible to compete and registered in accordance with Swim England laws and Swim England technical rules and may enter in the name of one club only.

Entries will be administered using Female and Open/Male categories. 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, an athlete confirms that their birth sex is female.

The promoter reserves the right to reject any entries which do not meet the entry requirements. By submitting entries on the official entry forms or electronically, clubs and competitors accept the rules of this competition. Competitors whose entries are accepted and subsequently found to have been entered in the wrong event(s)

a) because of incorrect entry information will be withdrawn from the event(s) and will not have their entry fees refunded.

b) because of error by the organiser, will be withdrawn from the event(s) and will at the organiser's discretion and without further obligation or liability by the organiser either a) be entered in the correct event or b) receive a refund of the relevant entry fee(s).

The pool is 25m and the competition will be swum **Short Course**. Anti-wave devices will be in place and electronic timing/placing will be used. **A secondary strobe will be used at this event.** Over the top starts may be used at the promoters' discretion. Backstroke ledges will be offered if they are available. A warmup / swim down pool will be available throughout the competition.

Entries should be made via SportSystems Entry Manager file (or individual entry form if applicable) backed up with the cash entry summary & poolside pass application form together with entry fees. These should reach the Sports Systems entry manager/promoter by **Monday 1st September 2025. The entry fee is £9.00 for all events (£11 for paper).**

Bank details for BACS payments: Derby Excel Swimming Club Sort Code: 60-11-37 Account No : 23475064 Ref: Home club name.

Paper entries please post with the cash summary form to Rachel Male, 2 The Cottages, Bakers Lane, Doveridge, Ashbourne. DE6 5LA



BACK TO THE BLOCKS SPRINT MEET

The acceptance of competitors will be based on a first come first serve policy after Derby Excel and Repton entries are processed. The closing date is Monday 1st September 2025 or earlier if the meet is full. As many heats as possible will be run in the time available for the Meet. The promoters reserve the right to amend the number of heats in each event depending on entry numbers. Heats will be swum with all age groups combined and swimmers seeded by entry times. **Entries must be no faster than the upper limit times** for each event.

As soon as possible after the closing date, club list sheets will be **posted on the Derby Excel and Repton Swimming respective Websites/social media channels**, together with any information in respect of entries not accepted. There will be no refunds for withdrawals after the closing date without the consent of the promoter.

All events are being swum combined; however, awards will be age grouped. **Ages on 21st September 2025.** By submitting entries, consent is thereby given, as required under the data Protection Act of 1984, to the holding of personal information on a computer. Personal data, including submitted and recorded times, may be made public during the meet.

There will be **no** reserve list run at this meet.

All heats will be swum as Heat Declared Winners for the respective age group.

Entries will be seeded into heats from submitted times. All heats will be placed in 'spearhead' formation.

Competitors must report to the stewards prior to their event.

Only coaches and team managers holding a valid meet pass will be allowed on poolside. Wet swimmers are not allowed in spectator areas or outside the changing area. Suitable footwear and clothing should be always worn when not on the pool deck.

A skins relay competition will be held based on the top 10 Open/Male and Female swimmers from the 100IM events. The age groups are 14 and under and 15/over for this competition. Cash prizes are offered for the top 3 placed teams in each age category. The skins competition is not licensed, and the relay competition conditions will be published in advance of the event.

Any matter not covered by these conditions or Swim England laws and technical rules will be at the promoter's discretion.

SAFEGUARDING

Derby Excel and Repton Swimming takes its commitment to safeguarding seriously, as such only coaches and team managers who have purchased poolside pass and display SE accreditation will be permitted to sit in the competitor area. This policy will be enforced, and any person found to be contravening this will be asked to leave the poolside area. The promoter reserves the right to ask those who refuse to observe this to leave the gala without refund.



BACK TO THE BLOCKS SPRINT MEET

ENTRIES

Paper Entries: Paper entries should be submitted with entry form/payment to: Rachel Male, 2 The Cottages, Bakers Lane, Doveridge, Ashbourne. DE6 5LA

Email entries will be classified as paper entries and should be emailed to:

promoter@derbyexcel.org.uk

No entries will be processed without full and complete payment.

Sportsystems/Electronic entries: entries@derbyexcel.org.uk

Entries should be submitted to the above contact.

Electronic Entries should be emailed to the above address and include an entry report. This should be backed up with full payment and completed cash entry summary sheet & poolside pass application form sent to the address as detailed.

For electronic entries emailed, the sent date on the email will be classed as the date submitted likewise for postage entry the posted date will be classed as the entry date. **NO LATE ENTRIES WILL BE ACCEPTED.**

No entries will be processed without full and complete payment.

Poolside Passes

Poolside passes are **£20.00** which includes lunch and refreshments. Each club may apply for an initial 3 passes (additional passes may be purchased based upon the number of swimmers present at the meet). Applicants must be a Swim England member, hold a TM or coaching qualification, have a current safeguarding and DBS certificate. Passes may be requested on the day but will only be issued with proof of the above.

Passes must be always worn whilst on poolside and will be required to gain access.

Poolside passes/packs will be available from the admissions desk before the start of the meet and will include warm-up information and break-time information.

THERE WILL BE NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOL PASS.

Overseas Clubs

The promoter reserves the right to guarantee entries of up to a maximum of two clubs and not exceeding a total of 400 entries, where booking of flights is required to travel to and from the event. All entries must meet the published qualifying times, proof may be requested. This will be on a first come first served basis and application must be by email to the promoter on promoter@derbyexcel.org.uk.

The promoter strongly recommends that no travel arrangements are confirmed until the club receives a written confirmation of entry.



BACK TO THE BLOCKS SPRINT MEET

Session Times

The following session times are provisional. Session timing will be finalised once all entries have been processed and will be posted on the Derby Excel/Repton Swimming Website.

- **Session 1 Warm up TBC. Start time TBC**
- **Session 2 Warm up TBC. Start time TBC.**

Officials

Visiting clubs are requested to provide at least one qualified official per 10 swimmers, please complete the form included in this pack which can be forwarded with entry information or emailed to the officials coordinator, officials@derbyexcel.org.uk

Meals and refreshments will be provided along with free parking. Expenses will be paid to officials attending without a swimmer at a rate of 45p per mile with a maximum claim of £50.

Timing System

Colorado timing system with electronic display.

Meet Results

In addition to providing a results service which will be updated regularly ASAP, the meet results will be posted on the Derby Excel website within 24 hours of the meet closing. Results will also be passed to Swim England for their reference and inclusion in rankings. For clubs using Sports Systems or other software systems, a complete electronic copy of the meet results can be obtained following the meet. Any clubs wishing this service should provide their e-mail details to the meet office during or prior to the meet.

Health and Safety

No outdoor shoes to be worn on the poolside. Suitable footwear and clothing must be worn outside the pool deck area and particularly when moving around and climbing the steps in the competitors' area. **Swimmers are asked not to enter the spectators' area or foyer in swimwear.**

A designated area of the changing village will be allocated for the competition, and athletes should use this area for changing. **There should be no changing on the pool deck. Mobile phones are not to be used in the changing village, they must be out of sight.**

It is the responsibility of the swimmer and or parent to declare to the referee any disability or medical condition that could present a health or safety risk. If such a disability or medical condition exists swimmers must produce a medical certificate confirming that their participation presents no health or safety problems.



BACK TO THE BLOCKS SPRINT MEET

Competition Office

A Meet Office will be open for the duration of the meet in the timing suite poolside. Please address any enquiries or queries to: Rachel Male promoter@derbyexcel.org.uk

General Information

Spectator tickets and programmes will be available at the table situated at the spectator's entrance to the pool. There is limited seating at Moorways, could all spectators please be aware of this. The **reservation** of seats in the spectator area and cafe **will not be allowed** and will be closely monitored.

Spectator Admission Prices

- All day Pass £10.00
- Concession all day £7.00
- One session pass £5.00
- Concession Individual session £3.50

Presentation of medals will be made as soon as possible after the event.

Any conditions not covered in the above will be at the discretion of the promoter, Rachel Male on behalf of **Derby Excel and Repton Swimming**.

The safety of all competitors, officials, volunteers and spectators is of paramount importance. During this event announcements concerning your safety will be made in accordance with the recommendations of Swim England. The organisers ask everyone to pay particular attention to these announcements and instructions. Also please keep all emergency exits clear of obstruction and follow all the safety instructions given by the organisers or the sports centre staff.

Withdrawal Information

Any withdrawals should be made by contacting the promoter Rachel Male at promoter@derbyexcel.org.uk before the start of the warmup of the session concerned.

Monday September 1st (or earlier if the meet is declared full) is the closing deadline for withdrawal refunds. After the 1st September or the date when the meet is closed due to capacity, no refunds are possible unless the swimmer withdraws for medical reasons. Medical withdrawals can only be considered when accompanied by a letter from a medical professional (such as a doctor).

Appointment cards or photos of Covid tests are not adequate proof of a medical withdrawal. Medical withdrawals can only be considered when brought to the attention of the promoter in writing, before the first event that the swimmer is due to compete in. **Any refunds will be at the discretion of the promoter.**

Para Swimming Entries

All competitors must have a recognised World Para-Swimming Classification, British swimming classification, INAS-FID or British Blind Sport Classification, held on the Swim England Database at the time of entry. Minimum age is 9 years as at the 15th September 2024. There are no qualifying times for the events, but the entries manager should be notified when entries are submitted that the swimmer is under a multi classification. Please notify our entry manager on entries@derbyexcel.org.uk



WE LOOK FORWARD TO SEEING YOU AT OUR MEET!