



DERBY EXCEL SWIMMING CLUB

Under Swim England Regulations and Technical Rules of Swimming: Licence No 3EM251831

The Derby Excel Christmas Cracker

Level 3 - Short Course Open Meet, Moorways Sports Village, Derby Saturday and Sunday 13th and 14th December 2025

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. It is the responsibility of the coaches/team managers to ensure that their swimmers use the facility for the purpose intended.

AGE GROUPS The age groups are: 10, 11, 12, 13, 14, 15/16, 17 & Over **Ages on 31st December 2025.**

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

Top Open/Male and Female awards in each of the following ages:
10, 11, 12, 13, 14, 15/16 & 17 over years

The overall awards will be calculated as follows:

Top Open/Male and Female Award

World Aquatics points will be calculated for all swims. These will be accumulated into the appropriate British Age Group category for each individual year. The overall top swimmer in each of these BAGCATs will receive a Top Open/Male and Top Female award.

Top Visiting Club

The club that gains the most points overall for the meet will receive The Excel Christmas cracker Top Visiting Club Award. 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 entered swims. (from all age groups)

Please address any enquiries or queries to; promoter@derbyexcel.org.uk





DERBY EXCEL SWIMMING CLUB

Under Swim England Regulations and Technical Rules of Swimming: Licence No 3EM251831

SCHEDULE OF EVENTS: Saturday 13th December 2025

Session 1: Warm Up 8am, Start Time TBC		
101	Female	400 Metre Freestyle
102	Open/Male	200 Metre IM
103	Female	100 Metre Butterfly
104	Open/Male	50 Metre Freestyle
105	Female	50 Metre Backstroke
106	Open/Male	100 Metre Backstroke
107	Female	200 Metre Breaststroke
108	Open/ Male	200 Metre Butterfly

Session 2: Warm up TBC, Start Time TBC		
201	Female	200 Metre IM
202	Open/Male	100 Metre Freestyle
203	Female	50 Metre Breaststroke
204	Open/Male	50 Metre Butterfly
205	Female	200 Metre Backstroke
206	Open/Male	100 Metre Breaststroke
207	Female	200 Metre Freestyle
208	Open/Male	100 Metre IM





DERBY EXCEL SWIMMING CLUB

Under Swim England Regulations and Technical Rules of Swimming: Licence No 3EM251831

SCHEDULE OF EVENTS: Sunday 14th December 2025

Session 3: Warm up 8am, Start Time TBC		
301	Open/Male	400 Metre Freestyle
302	Female	400 Metre IM
303	Open/Male	100 Metre Butterfly
304	Female	50 Metre Freestyle
305	Open/Male	50 Metre Backstroke
306	Female	100 Metre Backstroke
307	Open/Male	200 Metre Breaststroke
308	Female	200 Metre Butterfly

Session 4: Warm up TBC, Start Time TBC		
401	Open/Male	400 Metre IM
402	Female	100 Metre Freestyle
403	Open/Male	50 Metre Breaststroke
404	Female	50 Metre Butterfly
405	Open/Male	200 Metre Backstroke
406	Female	100 Metre Breaststroke
407	Open/Male	200 Metre Freestyle
408	Female	100 Metre IM





DERBY EXCEL SWIMMING CLUB

Under Swim England Regulations and Technical Rules of Swimming: Licence No 3EM251831

Upper Limit Times Open/Male

Event	10	11	12	13	14	15/16	17+
50m Freestyle	29.50	28.50	27.00	26.00	25.00	23.50	23.00
100m Freestyle	1.05.00	1.03.0	57.00	56.00	55.00	52.00	51.00
200m Freestyle	2.12.50	2.08.00	2.00.00	1.58.50	1.57.00	1.52.00	1.50.00
400m Freestyle	5.02.00	4.56.40	4.38.00	4.26.90	4.17.90	4.10.00	4.06.50
50m Breaststroke	34.00	33.0	32.00	31.50	31.00	29.00	27.00
100m Breaststroke	1.17.00	1.15.00	1.08.00	1.07.00	1.06.00	1.04.00	1.02.00
200m Breaststroke	3.07.00	3.02.00	2.50.60	2.40.20	2.33.10	2.25.70	2.21.60
50m Butterfly	30.00	29.00	27.50	27.00	26.50	25.50	25.00
100m Butterfly	1.11.00	1.09.00	57.50	57.30	57.00	55.00	54.00
200m Butterfly	2.46.70	2.41.70	2.32.10	2.23.30	2.31.00	2.16.90	2.09.10
50m Backstroke	31.00	30.00	28.00	27.50	27.00	26.00	25.00
100m Backstroke	1.07.00	1.05.00	58.00	57.50	57.00	56.00	55.00
200m Backstroke	2.45.00	2.40.00	2.30.00	2.25.00	2.20.00	2.13.90	2.07.40
100m Ind Medley	1.18.20	1.16.20	1.11.90	1.07.80	1.04.50	100.70	59.10
200m Ind Medley	2.28.00	2.24.00	2.14.00	2.12.00	2.10.00	2.08.00	2.05.00
400m Ind Medley	5.30.00	5.21.20	5.05.60	5.00.50	4.45.00	4.41.00	4.38.80

All entries must meet the qualifying criteria and therefore must not be faster than the upper limit times. 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.



SwimMark



Swim England
East Midlands





DERBY EXCEL SWIMMING CLUB

Under Swim England Regulations and Technical Rules of Swimming: Licence No 3EM251831

Upper Limit Times Female

Event	10	11	12	13	14	15/16	17+
50m Freestyle	30.50	29.50	28.00	27.50	27.00	26.50	26.00
100m Freestyle	1.12.00	1.10.00	1.02.00	57.50	57.00	56.50	56.00
200m Freestyle	2.15.30	2.11.00	2.08.00	2.06.50	2.05.00	2.02.00	2.00.00
400m Freestyle	5.03.00	4.57.00	4.48.00	4.40.00	4.36.00	4.29.00	4.24.00
50m Breaststroke	34.50	33.50	33.00	32.50	32.00	31.00	30.00
100m Breaststroke	1.16.00	1.14.00	1.12.00	1.11.00	1.10.00	1.09.00	1.08.00
200m Breaststroke	3.06.00	3.01.00	2.59.00	2.54.00	2.53.00	2.45.00	2.40.00
50m Butterfly	31.00	30.00	29.50	29.00	28.50	28.20	28.00
100m Butterfly	1.07.00	1.05.00	1.03.00	1.02.00	1.01.00	1.00.00	58.10
200m Butterfly	3.03.00	2.58.00	2.45.00	2.40.00	2.35.00	2.30.00	2.25.00
50m Backstroke	32.50	31.50	31.00	30.50	30.00	29.00	28.00
100m Backstroke	1.10.00	1.08.00	1.06.00	1.05.00	1.04.00	1.03.00	1.02.00
200m Backstroke	2.44.00	2.39.00	2.30.00	2.27.70	2.25.00	2.20.00	2.15.00
100m Ind Medley	1.15.00	1.12.30	1.09.70	1.07.60	1.07.20	1.06.90	1.06.70
200m Ind Medley	2.26.00	2.22.00	2.18.00	2.17.00	2.16.00	2.14.00	2.12.00
400m Ind Medley	5.30.00	5.21.20	5.12.00	5.11.30	5.05.70	4.59.40	4.59.00

All entries must meet the qualifying criteria and therefore must not be faster than the upper limit times. 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.



SwimMark



Swim England
East Midlands





DERBY EXCEL SWIMMING CLUB

Under Swim England Regulations and Technical Rules of Swimming: Licence No 3EM251831

Meet Rules and Conditions

The competition 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 be entered in the correct event or 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 24th November 2025**. **The entry fee is £10.00 for all events submitted electronically by sports system, £12 for paper entries or e mailed entries.** Bank details for BACS payments: Derby Excel Swimming Club Sort Code: 60-11-37 Account No : 23475064 Ref: Home club name.



SwimMark



Swim England
East Midlands





DERBY EXCEL SWIMMING CLUB

Under Swim England Regulations and Technical Rules of Swimming: Licence No 3EM251831

Paper entries should be e mailed together with proof of payment to
promoter@derbyexcel.org.uk

The acceptance of competitors will be based on a first come first serve policy. The closing date is Monday 24th November 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, accepted entries will be **posted on the Derby Excel website/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. If the meet closes before the 24th of November, then the date the accepted entries are published becomes the deadline date for withdrawals.

All events are being swum combined; however, awards will be age grouped. **Ages on 31st December 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.

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





DERBY EXCEL SWIMMING CLUB

Under Swim England Regulations and Technical Rules of Swimming: Licence No 3EM251831

Safeguarding

Derby Excel takes its commitment to safeguarding seriously, as such only coaches and team managers who have purchased a poolside pass 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.

Entries

Paper entries should be e mailed together with proof of payment to promoter@derbyexcel.org.uk

SportSystem/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 CAN BE ACCEPTED.**

No entries will be processed without full and complete payment.

Poolside Passes

Poolside passes are **£20.00 per day** which includes lunch and refreshments. 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 worn whilst on poolside and will be required to gain access.

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





DERBY EXCEL SWIMMING CLUB

Under Swim England Regulations and Technical Rules of Swimming: Licence No 3EM251831

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.

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 website.

Session 1 Warm up 8.00am, start of competition TBC

Session 2 warm up TBC, Start Time TBC.

Session 3 warm up 8am, start time TBC.

Session 4 warm up TBC, start time TBC.

Officials

Visiting clubs are requested to provide at least one qualified official per 10 swimmers. Please contact officials@derbyexcel.org.uk with details of volunteers. Meals and refreshments will be provided along with free parking.

Timing System

Colorado timing system with electronic display.

Meet Results

In addition to providing a results service which will be updated regularly, the meet results will be posted on the Derby Excel website ASAP after the competition completes. 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.





DERBY EXCEL SWIMMING CLUB

Under Swim England Regulations and Technical Rules of Swimming: Licence No 3EM251831

Health and Safety

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

Moorways Sports Village has a changing village that will be open to both the event and members of the public attending swim lessons and the splash pool. Derby Excel together with Everyone Active will provide extra staffing in the changing village to encourage the right environment. **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.

Photography is allowed from the balcony in the spirit of focusing on your child and making memories. No photography or video footage should be posted on any public forum or social media site if you do not have the permission of any other swimmer in the frame.

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 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

Weekend pass £20

Weekend Concession £12

All day Pass £12

Concession all day £8

One session pass £6 Concession Individual session £4.00



SwimMark



Swim England
East Midlands





DERBY EXCEL SWIMMING CLUB

[Under Swim England Regulations and Technical Rules of Swimming: Licence No 3EM251831](#)

An accredited team of photographers, swim shop and medals engraving service may be present at the meet.

Event car parking is a short five-minute walk from the venue at Rolls Royce. Details available on the Derby Excel hosted meets page.

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. Derby Excel asks 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 organiser or the Sports Centre staff.



SwimMark

Aquatics GB



Swim England
East Midlands





DERBY EXCEL SWIMMING CLUB

Individual/E mail Entry Form

Derby Excel Christmas Cracker. Please return the completed entry form with the appropriate entry fee by the closing date of **Monday 24th November 2025**. Age as on 31st December 2025.

Name:			
Gender:	Open/Male Female	Entry No: (Official Use Only)	
Date of Birth:	/ /	Swim England Number	
Club:			
Address:			
Tel No:		Email:	

Event	Entry Time	Event	Entry Time
50 Free		100 Breast	
100 Free		200 Breast	
200 Free		50 Fly	
400 Free		100 Fly	
50 Back		200 Fly	
100 Back		100 IM	
200 Back		200 IM	
50 Breast		400 IM	
Total Paper Entries		@ £12 per Event	
Coaches Passes Day		@ £20.00 per day	
Coaches Passes Weekend		@ £40 weekend	
TOTAL			£

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



SwimMark



Swim England
East Midlands





DERBY EXCEL SWIMMING CLUB

Entry Summary and poolside Pass application for Sports System Entries

Club:

Contact Name:

Contact E Mail:

Telephone Number:

Item	Number	Total £
Open/Male Entries @ £10		
Female Entries @ £10		
Day poolside pass @ £20		
Weekend poolside Pass @£40		
Total		

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



SwimMark



Swim England
East Midlands





DERBY EXCEL SWIMMING CLUB



SvimMark



Swim England
East Midlands



Derby Excel Swimming Club Registered Charity Number 1202349