



DERBY EXCEL SWIMMING CLUB

Under Swim England Regulations and Technical Rules of Swimming. Licence no.

Derby Excel Long Course Summer Sizzler

Level 3 Long Course Open Meet

Moorways Sports Village, Derby, DE24 8HY

Saturday 13th and Sunday 14th July 2024

Closing date for entries: Friday 5th July 2024 (or when the meet is full if earlier)

VENUE Moorways Sports Village, Derby DE24 9HY. The pool length is 50m, 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 and over

Ages on 31st December 2024.

Awards/Medals will be given to the top three placed swimmers in the following age categories: 10/11, 12, 13, 14, 15/16, 17 and over. In addition to the individual event awards, there will be the following overall awards:

Top three Open/Male and Female awards in each of the following ages:

10/11, 12, 13, 14, 15/16, 17/over

The overall awards will be calculated as follows:

TOP 3 OPEN/MALE AND FEMALE

FINA points will be calculated for all swims. These points will be accumulated into the appropriate British Age Group Category for the age groups 10/11, 12, 13, 14, 15/16, 17/over. The overall top three swimmers in each of these BAGCATs will receive a Top Open/Male, Female award.

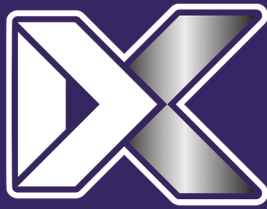
TOP CLUB

The club that gains the most points overall for the meet will receive The Derby Excel Long Course Summer Sizzler Top Club plaque.



Swim England
East Midlands





DERBY EXCEL SWIMMING CLUB

SCHEDULE OF EVENTS

Day One – Saturday 13th July

Session One

Warm Up: 8am

Start: 9am

101	Female	400	Free	HDW
102	Open/Male	200	IM	HDW
103	Female	100	Fly	Heats
104	Open/Male	100	Breast	Heats
105	Female	50	Breast	Heats
106	Open/Male	50	Back	Heats
107	Female	200	Free	HDW
108	Open/Male	200	Fly	HDW
109	Female 14/U	100	Fly	Finals
110	Female 15/O	100	Fly	Finals
111	Open/Male 14/U	100	Breast	Finals
112	Open/Male 15/O	100	Breast	Finals
113	Female 14/U	50	Breast	Finals
114	Female 15/O	50	Breast	Finals
115	Open/Male 14/U	50	Back	Finals
116	Open/Male 15/O	50	Back	Finals

Session Two

Warm Up: TBC.

Start: TBC

201	Female	100	Free	Heats
202	Open/Male	50	Fly	Heats
203	Female	100	Back	Heats
204	Open/Male	50	Free	Heats
205	Female	200	Back	HDW
206	Open/Male	200	Breast	HDW
207	Female 14/U	100	Free	Finals
208	Female 15/O	100	Free	Finals
209	Open/Male 14/U	50	Fly	Finals
210	Open/Male 15/O	50	Fly	Finals
211	Female 14/U	100	Back	Finals
212	Female 15/O	100	Back	Finals
213	Open/Male 14/U	50	Free	Finals
214	Open/Male 15/O	50	Free	Finals





DERBY EXCEL SWIMMING CLUB

SCHEDULE OF EVENTS

Day Two – Sunday 14th July

Session Three

Warm Up: 8am

Start: 9am

301	Open/Male	400	Free	HDW
302	Female	200	IM	HDW
303	Open/Male	100	Fly	Heats
304	Female	100	Breast	Heats
305	Open/Male	50	Breast	Heats
306	Female	50	Back	Heats
307	Open/Male	200	Free	HDW
308	Female	200	Fly	HDW
309	Open/Male 14/U	100	Fly	Finals
310	Open/Male 15/O	100	Fly	Finals
311	Female 14/U	100	Breast	Finals
312	Female 15/O	100	Breast	Finals
313	Open/Male 14/U	50	Breast	Finals
314	Open/Male 15/O	50	Breast	Finals
315	Female 14/U	50	Back	Finals
316	Female 15/O	50	Back	Finals

Session Four

Warm Up: TBC

Start: TBC

401	Open/Male	100	Free	Heats
402	Female	50	Fly	Heats
403	Open/Male	100	Back	Heats
404	Female	50	Free	Heats
405	Open/Male	200	Back	HDW
406	Female	200	Breast	HDW
407	Open/Male 14/U	100	Free	Finals
408	Open/Male 15/O	100	Free	Finals
409	Female 14/U	50	Fly	Finals
410	Female 15/O	50	Fly	Finals
411	Open/Male 14/U	100	Back	Finals
412	Open/Male 15/O	100	Back	Finals
413	Female 14/U	50	Free	Finals
414	Female 15/O	50	Free	Finals



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DERBY EXCEL SWIMMING CLUB

LONG COURSE UPPER TIME LIMIT OPEN/MALE

Entries must be no faster than the upper limit times for each event

Event	10/11	12	13	14	15/16	17+
50m Freestyle	28.50	27.0	26.00	25.00	23.5	23.0
100m Freestyle	1.03.0	57.0	56.0	55.0	52.0	51.0
200m Freestyle	2.08.0	2.00.0	1.58.5	1.57.0	1.52.0	1.50.0
400m Freestyle	4.58.0	4.35.0	4.34.0	4.19.0	4.13.0	4.10.0
50m Breaststroke	33.0	32.0	31.5	31.0	29.0	27.0
100m Breaststroke	1.15.0	1.08.0	1.07.0	1.06.0	1.04.0	1.00.0
200m Breaststroke	3.02.0	2.53.0	2.47.0	2.45.1	2.37.0	2.30.0
50m Butterfly	29.0	27.5	27.0	26.5	25.5	25.0
100m Butterfly	1.09.0	57.5	57.3	57.0	55.0	54.0
200m Butterfly	2.57.0	2.47.0	2.34.0	2.31.0	2.21.0	2.10.0
50m Backstroke	30.0	28.0	27.5	27.0	26.0	25.0
100m Backstroke	1.05.0	58.0	57.5	57.0	56.0	55.0
200m Backstroke	2.40.0	2.30.0	2.25.0	2.20.0	2.15.0	2.10.0
200m Ind Medley	2.24.0	2.14.0	2.12.0	2.10.0	2.08.0	2.05.0

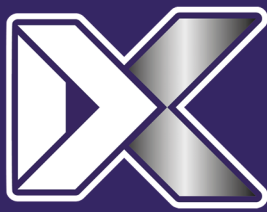


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DERBY EXCEL SWIMMING CLUB

LONG COURSE UPPER TIME LIMIT FEMALE

Entries must be no faster than the upper limit times for each event

Event	10/11	12	13	14	15/16	17 +
50m Freestyle	29.5	28.0	27.5	27.0	26.5	26.0
100m Freestyle	1.10.0	1.02.0	57.5	57.0	56.5	56.0
200m Freestyle	2.11.0	2.08.0	2.06.5	2.05.0	2.02.0	2.00.0
400m Freestyle	4.57.0	4.48.0	4.40.0	4.36.0	4.29.0	4.24.0
50m Breaststroke	33.5	33.0	32.5	32.0	31.0	30.0
100m Breaststroke	1.14.0	1.12.0	1.11.0	1.10.0	1.09.0	1.08.0
200m Breaststroke	3.01.0	2.59.0	2.54.0	2.53.0	2.45.0	2.40.0
50m Butterfly	30.0	29.5	29.0	28.5	28.5	28.0
100m Butterfly	1.08.0	1.04.0	1.03.0	1.02.0	1.01.0	1.00.0
200m Butterfly	2.58.0	2.45.0	2.40.0	2.35.0	2.30.0	2.25.0
50m Backstroke	31.5	31.0	30.5	30.0	29.0	28.0
100m Backstroke	1.08.0	1.06.0	1.05.0	1.04.0	1.03.0	1.02.0
200m Backstroke	2.39.0	2.30.0	2.30.0	2.25.0	2.20.0	2.15.0
200m Ind Medley	2.22.0	2.18.0	2.17.0	2.16.0	2.14.0	2.12.0





DERBY EXCEL SWIMMING CLUB

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.

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. However, 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 50m and the competition will be swum **long course**. Anti-wave devices will be in place and electronic timing/placing will be used wherever possible. Backstroke ledges, should they be available, will be offered for use to competitors in all Backstroke events (their use will be optional by the competitor). **A secondary strobe will be used at this event**. Over the top starts may be used at the promoters' discretion.

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 **Friday 5th July 2024**. **The entry fee is £9.00 for all events (£11 for paper/individual e mail)**. Cheques should be made payable to. Cheques to Derby Excel Swimming Club.

Bank details for BACS payments:

Derby Excel Swimming Club Sort Code: 60-11-37 Account No : 23475064 Ref: Home club name.
For paper entries please post with the cash summary form to Rachel Male, 2 The Cottages, Bakers Lane, Doveridge, Ashbourne, DE6 5LA.

The acceptance of competitors will be based on a first come first serve policy. 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 time** for each event.

As soon as possible after the closing date, club list sheets will be **posted on the Derby Excel Website**, 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 31st December 2024**. 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.





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

Finals will be swum in 50 and 100m events in a junior age category (14 and under) and senior age category (15 and over) and the remaining events will be swum as Heat Declared Winners for the respective age group.

Swimmers taking part in the final will be placed according to their final time.

Swimmers not taking part in the final **will be placed below them**, according to their heat time.

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 by Swim England Regulations or technical rules will be at the promoter's discretion.

SAFEGUARDING

Derby Excel takes its commitment to safeguarding seriously, as such only coaches and team managers who have purchased coach's passes and have registered their DBS details with Derby Excel will be permitted to sit in the competitor area to the left-hand side of the competition pool as you enter. This policy will be enforced, and any person found to be contravening this will be asked to move, the promoter reserves the right to ask those who refuse to observe this to leave the gala without refund.

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. Cheques should be made to: Derby Excel Swimming Club

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

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

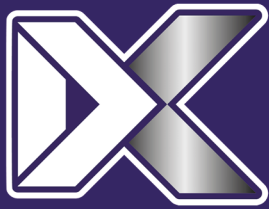
No entries will be processed without full and complete payment.

The meet promoter reserves the right to limit entries. If entries are rejected, the entry fee will be refunded, a single BACS payment will be made payable to the club in question.



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POOLSIDE PASSES

Poolside passes are £15.00 each per day or £25 for a full weekend pass including food 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). Passes will only be processed after receipt of the requested DBS information detailed on the application form. Passes may be requested on the day but will only be issued with proof of a valid DBS certificate.

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.

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.

SESSIONS

Saturday	Session 1 Warm Up 8am Start 9am	Session 2 Warm Up TBC
Sunday	Session 3 Warm Up 8am Start 9am	Session 4 Warm Up TBC

Confirmation of session times will be posted on the Derby Excel Website.

There will be a NO warmup/swim down pool available during the meet.

OFFICIALS

Visiting clubs are requested to provide at least one qualified official per 10 swimmers, please email our officials coordinator: officials@derbyexcel.org.uk

Meals and refreshments will be provided. Expenses will be paid to officials attending without a swimmer at a rate of 45p per mile with a maximum claim of £50 by prior agreement only.

ELECTRONICS

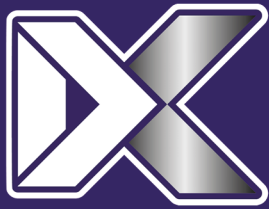
Colorado timing system with electronic display.

DRUG TESTING

Testing may take place at this event and implicit by the submission of an entry form is the willingness, if selected, to be tested under the current ASA procedures.

MEET RESULTS





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In addition to providing a results service which will be updated regularly, meet results will be posted on the Derby Excel website within 24 hours of the meet closing. Results will also be submitted to Swim England Rankings 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 & 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.

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. This includes the use of body tape during racing.

MEET 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 at promoter@derbyexcel.org.uk

GENERAL INFORMATION

1. 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:

Children under 14 Free

Weekend Pass £15 Concession £7.50

All Day Saturday Adult £10 Concessions £5.00

All Day Sunday Adult £10 Concessions £5.00

Session Pass Adult £6.00 Concessions £3.00

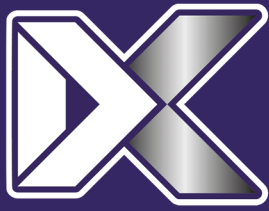
2. Presentation of medals will be made as soon as possible after the event.

3. An accredited team of photographers may be present at the meet on both days.

4. Any conditions not covered in the above will be at the discretion of the promoter Rachel Male on behalf of Derby Excel

5. The safety of all competitors, officials 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





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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.

6. MSV car park operates a 3hr free parking system, enter your registration into a terminal to redeem the offer. Any more than 3hrs may require payment after the 3hr free parking expires. Spectators and swimmers should use Rolls Royce parking close to the venue, there is a charge of £3 for this.

Please address any enquiries or queries to: Rachel Male at promoter@derbyexcel.org.uk

WITHDRAWALS

Any withdrawals should be made by contacting the promoter Rachel Male:

promoter@derbyexcel.org.uk before the start of the warmup of the session concerned.

Friday 5th July is the closing deadline for withdrawal refunds. After this date, 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.

PARASWIMMING

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 10 years as at the 31st December 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

CATEGORIES

Entries will be made using Female/ Open competition categories, as these are the recognised categories at this time. 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, a swimmer confirms that their birth sex is female.





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INDIVIDUAL ENTRY FORM – SUMMER SIZZLER

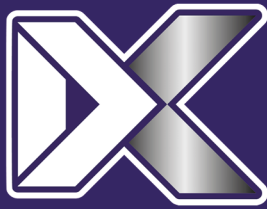
Please return the completed entry form with the appropriate entry fee by the closing date of Friday 5th July 2024. Age as on 31st December 2024.

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

Event	Entry Time	Event	Entry Time
50m Freestyle		50m Breaststroke	
100m Freestyle		100m Breaststroke	
200m Freestyle		200m Breaststroke	
400m Freestyle		50m Butterfly	
50m Backstroke		100m Butterfly	
100m Backstroke		200m Butterfly	
200m Backstroke		100m Individual Medley	
		200m Individual Medley	

Total No of Electronic Entries:		@ £9.00 per Event	£
Total No of Paper Entries		@ £11.00 per Event	£
Coaches Passes Required		@ £15.00	£
Weekend Coaches Pass		@ £25.00	£





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CASH ENTRY SUMMARY & POOLSIDE PASS APPLICATION FORM

Club Contact Name

Telephone Number

Email address

Individual Open/Male Entries @ £9.00 each. Subtotal.....

Individual Open/Male Entries @ £11.00 each. Subtotal

Individual Female Entries @ £9.00 each. Subtotal

Individual Female Entries @ £11.00 each. Subtotal

Poolside Passes Sat/Sun..... @ £15 each. Subtotal

Poolside Passes Weekend @ £25 each. Subtotal

Total Cheque Enclosed: £

Cheques should be made payable to: Derby Excel Swimming Club

For payment by electronic transfer, our bank details are:

Derby Excel Swimming Club Sort Code: 60-11-37 Account No: 23475064

Ref: Home club name.

Poolside pass DBS Information (passes will not be processed without this information)

Name	Disclosure Number	Position	Date of Issue

Please return all completed entry forms, together with entry fees to:
Rachel Male, 2 The Cottages, Bakers Lane, Doveridge, Ashbourne, DE6 5LA

