



# DERBY EXCEL SWIMMING CLUB

Under Swim England Regulations and Technical Rules of Swimming. Licence No. 1EM240430

**The Derby Excel  
April Meet  
Level 1 - Long Course Meet  
Ponds Forge International Pool,  
Sheffield  
Saturday and Sunday 6th and 7th April 2024**

**VENUE** Ponds Forge International Pool, Sheffield. 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 & Over

**Ages on 31<sup>st</sup> December 2024.**

**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 Three 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 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 each individual year age. The overall top three swimmers in each of these BAGCATs will receive a Top Open/Male, Top Female award.

**Top Club**

The club that gains the most points overall for the meet will receive The Excel April Meet Top Club Plaque.

Please address any enquiries or queries to: - [promoter@derbyexcel.org.uk](mailto:promoter@derbyexcel.org.uk)



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## SCHEDULE OF EVENTS

Saturday				Sunday			
Session 1				Session 3			
Warm Up	08:00	Start	09:00	Warm Up	08:00	Start	09:00
Expected Finish	TBC			Expected Finish	TBC		
Event				Event			
101	Female	400	IM	301	Open/Male	200	IM
102	Open/Male	200	Back	302	Female	100	Back
103	Female	200	Back	303	Open/Male	100	Back
104	Open/Male	100	Fly	304	Female	200	Fly
105	Female	100	Fly	305	Open/Male	200	Fly
106	Open/Male	100	Breast	306	Female	200	Breast
107	Female	50	Breast	307	Open/Male	200	Breast
108	Mixed	800	Free	308	Mixed	1500	Free
Session 2				Session 4			
Warm Up	TBC	Start	TBC	Warm Up	TBC	Start	TBC
Expected Finish	TBC			Expected Finish	TBC		
Event				Event			
201	Open/Male	200	Free	401	Open/Male	400	Free
202	Female	200	Free	402	Female	400	Free
203	Open/Male	50	Back	403	Open/Male	50	Breast
204	Female	50	Back	404	Female	200	IM
205	Open/Male	400	IM	405	Open/Male	50	Fly
206	Female	100	Breast	406	Female	50	Fly
207	Open/Male	50	Free	407	Open/Male	100	Free
208	Female	50	Free	407	Female	100	Free



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## LONG COURSE QUALIFYING TIMES OPEN/MALE

Event	10/11	12	13	14	15/16	17 +
50m Freestyle	37.00	34.9	33.00	31.30	28.70	28.40
100m Freestyle	1.18.80	1.13.70	1.09.80	1.06.90	1.02.60	1.01.50
200m Freestyle	2.51.30	2.40.80	2.32.60	2.25.60	2.16.30	2.13.70
400m Freestyle	5.56.00	5.38.10	5.21.80	5.07.00	4.49.10	4.44.60
800m Freestyle	12.15.00	11.35.00	11.05.00	10.50.00	10.30.00	10.20.00
1500m Freestyle	24.44.70	22.20.50	21.16.60	19.37.10	19.07.70	18.49.00
50m Breaststroke	48.20	44.60	41.80	39.70	36.80	35.80
100m Breaststroke	1.41.50	1.34.70	1.28.80	1.24.60	1.18.90	1.17.00
200m Breaststroke	3.39.10	3.25.20	3.12.50	3.02.50	2.51.60	2.47.00
50m Butterfly	40.80	38.10	35.90	34.00	31.40	30.60
100m Butterfly	1.27.70	1.21.50	1.16.80	1.12.80	1.07.80	1.06.50
200m Butterfly	3.12.50	2.59.90	2.49.90	2.40.90	2.30.40	2.27.60
50m Backstroke	43.20	40.50	38.20	36.10	33.50	32.70
100m Backstroke	1.29.80	1.24.10	1.19.20	1.15.00	1.10.30	1.09.30
200m Backstroke	3.12.00	3.00.70	2.50.30	2.42.30	2.31.40	2.28.60
200m Ind Medley	3.14.30	3.02.80	2.52.70	2.44.80	2.33.90	2.31.00
400 Ind Medley	6.50.80	6.26.70	6.16.40	5.49.30	5.27.60	5.22.60

All entry times must have been achieved at licensed level 3 meets and above. They will be directly checked with the Swim England rankings files. Short Course conversions will be accepted. Once times have been submitted we are unable to change them for a subsequently achieved faster time.

Times must have been achieved since 01st Jan '23



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## LONG COURSE QUALIFYING TIMES FEMALE

Event	10/11	12	13	14	15/16	17 +
50m Freestyle	37.3	35.4	34.0	32.9	31.9	31.8
100m Freestyle	1.19.3	1.15.2	1.12.7	1.10.7	1.08.8	1.08.1
200m Freestyle	2.51.3	2.42.5	2.36.2	2.32.1	2.27.5	2.25.8
400m Freestyle	6.56.4	5.38.8	5.26.3	5.18.0	5.09.2	5.06.3
800m Freestyle	12.19.6	11.39.0	11.10.8	10.56.0	10.36.0	10.28.3
1500m Freestyle	25.00.7	23.20.5	22.16.6	20.37.1	19.47.7	19.29.0
50m Breaststroke	47.8	45.0	43.1	41.5	40.1	39.8
100m Breaststroke	1.41.6	1.35.2	1.30.8	1.28.5	1.26.1	1.25.2
200m Breaststroke	3.36.6	3.24.9	3.15.5	3.09.5	3.05.8	3.04.0
50m Butterfly	40.7	38.6	36.7	35.7	34.2	34.2
100m Butterfly	1.27.9	1.22.60	1.19.1	1.17.2	1.14.8	1.14.0
200m Butterfly	3.12.6	3.01.7	2.53.5	2.48.0	2.43.3	2.41.3
50m Backstroke	43.1	40.9	39.4	38.0	36.6	36.3
100m Backstroke	1.29.9	1.24.5	1.21.7	1.19.6	1.17.1	1.16.3
200m Backstroke	3.11.0	3.00.6	2.54.3	2.49.8	2.43.9	2.42.8
200m Ind Medley	3.14.3	3.03.3	2.56.8	2.52.3	2.46.9	2.45.5
400 Ind Medley	6.47.3	6.24.9	6.10.6	6.02.0	5.50.8	5.48.7

All entry times must have been achieved at licensed level 3 meets and above. They will be directly checked with the Swim England rankings files. Short Course conversions will be accepted. Once times have been submitted we are unable to change them for a subsequently achieved faster time.

Times must have been achieved since 01st Jan '23



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# DERBY EXCEL SWIMMING CLUB

Under Swim England Regulations and Technical Rules of Swimming. Licence No. 1EM240430

**The Derby Excel  
Spring Qualifier Meet  
Level 1 - Long Course Meet  
Ponds Forge International Pool,  
Sheffield  
Saturday and Sunday 6th and 7th April 2024**

## Meet Rules and Conditions

The meet will be held under Swim England Regulations and Technical Rules of Swimming. This event is **LEVEL 1 LICENSED** by Swim England for entry into National, 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 swam **long course**. 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 **8th March 2024**. The entry fee is **£10.00 for all events (£12 for paper/email)**, Distance events will be charged at **£12.50 (£14 for paper/email)**. Distance events on this occasion will be **800m and 1500m freestyle**.

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 Steve Roome, 2 Battersea Park Way, DE22 4LT.

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 slower than the qualifying times** 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 31<sup>st</sup> 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.

There may be a reserve list run at this meet. This will depend on the event and the amount of swimmers entered for that event.

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



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# DERBY EXCEL SWIMMING CLUB

Under Swim England Regulations and Technical Rules of Swimming. Licence No. 1EM240430

## SAFEGUARDING

Clubs are required to provide team managers in the ratio required by wavepower to supervise their swimmers at all times throughout the event. Please see the latest Swim England policy which came into effect from 1st September 2023.

Any individual swimmers who are under 18 and will have no chaperone at the meet must inform the Promoter Steve Roome before entering, this is due to the home club being the swimmers chaperone and being able to provide the correct ratio of team managers to swimmers as is required.

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 right-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/Email Entries:** Paper/email entries should be submitted with entry form/payment to: Steve Roome, 2 Battersea Park Way, Derby, DE22 4LT

**Email entries will be classified as paper entries and should be emailed to:** [promoter@derbyexcel.org.uk](mailto:promoter@derbyexcel.org.uk)

**No entries will be processed without full and complete payment.**

**SportSystem/Electronic entries:** [entries@derbyexcel.org.uk](mailto: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.**

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.

## POOLSIDE PASSES

Poolside passes are **£15.00** each per day 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](mailto:promoter@derbyexcel.org.uk). The promoter strongly recommends that no travel arrangements are confirmed until the club receives a written confirmation of entry.

**Session timing will be finalised once all entries have been processed and will be posted on the Derby Excel Website.**



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# DERBY EXCEL SWIMMING CLUB

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## 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 our officials coordinator [officials@derbyexcel.org.uk](mailto: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.

## ELECTRONICS

**Omega** 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 British Swimming procedures.

## 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 British Swimming rankings for their reference and inclusion into the 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.

## MEET OFFICE

A Meet Office will be open for the duration of the meet in the Omega timing suite poolside.

Please address any enquiries or queries to: Steve Roome at [promoter@derbyexcel.org.uk](mailto:promoter@derbyexcel.org.uk)



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# DERBY EXCEL SWIMMING CLUB

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## General Information

1. Spectator tickets and programmes will be available at the table situated at the spectator's entrance to the pool.

Spectator admission prices: -

Children under 12 Free

**Weekend Pass** - Adult £15 Concession £7.50

**All Day Saturday** - Adult £10 Conc. £5.00

**All Day Sunday** - Adult £10 Conc. £5.00

**Session Pass** Adult £6.00 Conc. £3.00

Weekend Programme £5.00

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 Steve Roome 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 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.

Please address any enquiries or queries to: Steve Roome at [promoter@derbyexcel.org.uk](mailto:promoter@derbyexcel.org.uk)

## Withdrawals

Any withdrawals should be made by contacting the promoter Steve Roome at [promoter@derbyexcel.org.uk](mailto:promoter@derbyexcel.org.uk) before the start of the warmup of the session concerned.

**Friday 8th March** 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.**



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## Para – Swimming

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 31<sup>st</sup> December '24. 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](mailto: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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# DERBY EXCEL SWIMMING CLUB

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## Individual Entry Form

Please return the completed entry form with the appropriate entry fee by the closing date of **8th March 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	
800m Freestyle		100m Butterfly	
1500m Freestyle		200m Butterfly	
50m Backstroke			
100m Backstroke		200m Individual Medley	
200m Backstroke		400m Individual Medley	

Total No of Electronic Entries:		@ £10.00 per Event	£ - p
Total No of Paper Entries		@ £12.00 per Event	£ - p
Total No of Electronic Entries		@ £12.50 per Event	£ - p
Total No of Paper Entries		@ £14.00 per Event	£ - p
Coaches Passes Req'd		@ £15.00	£ - p
Weekend Coaches Pass		@ £25.00	£ - p

This event is Level 1 Licensed by Swim England for entry into National, Regional and County Championships.

limit times for each event. These entries will be accepted on a "quickest times submitted by age group basis". Please see the meet rules and conditions for details.

I certify that the above details are correct, I will abide by the promoter's conditions and that I am an eligible competitor in accordance with the laws of the British Swimming Association.

Swimmer's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please return all completed entry forms, together with entry fees to:**

Steve Roome, 2 Battersea Park Way Derby DE22 4LT. (Cheques 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



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## Cash Entry Summary & Poolside Pass Application Form

Club .....

Contact Name .....

Telephone Number .....

Email address .....

Individual Open/Male Entries ..... @ £10.00 each: Sub Total.....

Individual Open/Male Entries ..... @ £12.00 each: Sub Total .....

Individual Open/Male Entries ..... @ £12.50 each: Sub Total .....

Individual Open/Male Entries ..... @ £14.00 each: Sub Total .....

Individual Female Entries ..... @ £10.00 each: Sub Total .....

Individual Female Entries ..... @ £12.00 each: Sub Total .....

Individual Female Entries ..... @ £12.50 each: Sub Total .....

Individual Female Entries ..... @ £14.00 each: Sub Total .....

Poolside Passes Sat/Sun..... @ £15 each Sub Total .....

Poolside Passes Weekend ..... @ £25 each Sub Total .....

**Total Cheque Enclosed:** £ .....

Cheques should be made payable to: DerbyExcelSwimmingClub

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: Steve Roome, 2 Battersea Park Way Derby DE22 4LT





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## POOLSIDE OFFICIALS

Since the Open Meet will require many helpers, all clubs entering are requested to supply at **least 1** qualified official for each 10 swimmers for the duration of the meet. Would you please complete the form below and return it with your swimmer's entry form, or send to our officials' coordinator at [officials@derbyexcel.org.uk](mailto:officials@derbyexcel.org.uk)

If you have any preferences, please note them below otherwise we will advise you of your allocated duties nearer the day. Refreshments will be provided for all officials, and food for those working on consecutive sessions.

For those unqualified officials, or J1's and above who require mentoring or practical sessions please also complete the form, indicating what duties you need to cover, and we will do our best to assist, as we actively promote the development of all officials within British Swimming.

Should you require additional forms, photocopies will be accepted, or electronic copies sent to the email address below

Name: \_\_\_\_\_ Club: \_\_\_\_\_ Telephone No: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Post Code: \_\_\_\_\_

Email: \_\_\_\_\_

Licence No: \_\_\_\_\_

	J1	J2	J2S	Training
Sat 16th Start 9.00am				
Sat 16th Start TBC				
Sun 17th Start 9.00am				
Sun 17th Start TBC				

(Please x appropriate and return to above address or with entry forms)

Officials briefing will be 30 minutes before the start of each session

Offers of help can also be emailed to [officials@derbyexcel.org.uk](mailto:officials@derbyexcel.org.uk)



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