



DERBY EXCEL SWIMMING CLUB

The Derby Excel Spring Qualifier 2026 Level 1 - Long Course Meet

The objective of the competition is to provide the opportunity for swimmers to gain qualifying times for national events: GB Aquatics British Championships, GB Aquatics Summer Nationals and Swim England Summer Championships 2026.

Meet Conditions

Venue: Ponds Forge International Pool, Sheffield. The pool is 50 metres, 10 lanes and will be equipped with Omega electronic timing with full display, anti-turbulence lane ropes, backstroke ledges, warm up/swim down pool.

Date: Friday, Saturday and Sunday 6th - 8th March 2026

Affiliation: Derby Excel Swimming Club is affiliated to the Swim England East Midlands's region. The meet will be held under Swim England regulations, World Aquatics Technical Rules and World Para Swimming rules and regulations. The competition is licensed at level 1, licence number **1EM260197** For entry into County, regional and National Championships.

Age Groups: 10-13, 14, 15, 16, 17 and over.

Ages on 31st December 2026

Competing Categories: Swimmers are required to swim in one of two categories; Female or Open/Male. *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.*

Events: 50m, 100m and 200m in all four strokes. 400m, 800m and 1500m freestyle and 200m, 400m IM.

All events will be heat declared winners in each individual age group.

The 800m and 1500m will be a mixed event with two age categories, junior (14 and under) and senior (15 and over) The 1500m freestyle event may be limited to three heats and the 800m freestyle to five heats. (more will be offered if time allows)





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At least 10 of the accepted entries for 1500m shall be juniors and 20 seniors. At least 20 of the accepted entries for 800m shall be juniors and 30 seniors. An equal split of female and Open/Male categories will be allocated. Swimmers who enter the 800m and 1500m who are not accepted shall automatically be placed on a wait list and called upon as and when withdrawals are received. The promoter reserves the right to allow for additional heats if time allows.

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 and venue capacity. Heats will be swum with all age groups combined and swimmers seeded by entry times. The slowest heats will be swum first and swimmers will be seeded into a spearhead formation.

It is the responsibility of the swimmer to report to the competition stewarding area in sufficient time for each event. Derby Excel cannot be held responsible for any swimmer missing their race.

Awards: Medals will be given for each event to the top three placed swimmers in each age category. A **top visiting club award** will be awarded based on points allocated to the top six swimmers for all events/age groups. 6 points being awarded for first place, 5 for second place and so on down to 1 point for 6th place.

Entries: Entries open on **December 1st 2025** and close on **Friday 13th February 2026**.

Entry times must have been gained at a licensed competition (level 1-3) and published on GB Aquatics rankings. Entries must be faster than the published minimum qualifying times. The acceptance of entries will be based on the fastest times submitted by age group with the exception of the 800m and 1500m freestyle events. Competitors entering these events will be accepted based on the fastest times in the junior (14 and under) and senior (15 and over) categories.

Should the event be oversubscribed the promoter reserves the right to reject entries. This will be managed by applying a percentage reduction to the qualifying times across the age groups.





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Qualifying times must be achieved after 1st Jan 2024.

A secondary strobe is available but must be requested by the swimmer at the time of entry.

The **electronic** price of entry (Sportssystem) is £11 per swim for all events with the exception of 800m and 1500m which is £16. **Bulk club entries will be invoiced after accepted/rejected entries are published and payment is due before the competition commences.**

The price of an **individual** entry is £13 for all events with the exception of 800m and 1500m which is £18. Payment is due with the entry and proof of payment is required before the entry will be processed.

Entries with long course times (short course conversions accepted) should be submitted using the sportssystem entry file available to download from derbyexcel.org.uk

All entries should be sent to entries@derbyexcel.org.uk

Payment for Individual entries should be made to: Derby Excel Swimming Club Sort Code: 60-11-37 Account Number: 23475064 Ref: Home club name.

Details of accepted and rejected entries will be posted on the Derby Excel Website and social media channels as soon as possible after the closing date.

There will be no refunds for withdrawals after the closing date except for medical withdrawals which must be accompanied by official certification from a medical professional.

In the event that the competition is oversubscribed, a reserve list may be offered in the 800m and 1500m events.

The submission of entries either electronically or by individual entry form indicates acceptance of the meet conditions.





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Any points raised that are not covered in the meet conditions or Swim England Technical rules will be made at the discretion of the promoter Rachel Male on behalf of Derby Excel.

Safeguarding the running of the competition: All clubs submitting entries are requested to assist in the smooth running of the competition by supplying details of licensed officials who are willing to assist at the meet. Derby Excel offers free parking, refreshments throughout the meet and hot lunch to all volunteers assisting. Those attending without a swimmer can claim mileage @ 45p per mile by prior arrangement.

Please send details to **officials@derbyexcel.org.uk**

Poolside Passes: Poolside passes are **£20.00** each per day or **£40.00** for the weekend to include start lists, lunch and refreshments. Passes may be requested on the day but will only be issued with proof of a valid Swim England DBS and safeguarding certificate. There will be no charge for a Friday evening poolside pass, entering clubs should ensure that the supervising TM's and coaches attending, comply with the safeguarding requirements stated above.

Please contact Rachel Male, promoter@derbyexcel.org.uk to apply for passes. 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.

A free poolside pass will be provided to any club providing licensed officials to all five sessions.

Overseas Entries: Derby Excel reserves the right to guarantee entries of clubs travelling from overseas to attend the competition 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 guarantee does not include 400, 800 and 1500 m events. This will be on a first come first served basis and a maximum of 250 entries will be accepted. Application must be by email to Rachel Male at **promoter@derbyexcel.org.uk** Derby Excel strongly recommends that no travel arrangements are confirmed until the club receives a written confirmation of entry.



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Spectators: On entry to the pool area balcony, spectator seating is to the left side of the pool. Swimmers and their teams are seated to the right. An entry fee applies, price TBC.

Parking: Event parking is located at the Q Park Castlegate, S1 2BQ. A parking charge applies. Pre booking attracts a discount or a voucher is available from Ponds Forge reception which can be used upon payment.

Safeguarding: Clubs are required to provide team managers at the ratio required by swim England to always supervise their swimmers 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, Rachel Male before entering.

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.

Media Policy: Mobile phone use in line with Swim England guidance is strictly forbidden in the changing rooms. Video and photography are allowed from the balcony area. Anyone wishing to capture the swimming is requested to focus on their own swimmer and refrain from posting on social media/public forums if other swimmers are in the frame.

Data: Entries and results will be managed by computer software and available via the internet. By submitting entries, consent is thereby given, as required by the data protection act, to the holding of personal information on a computer. Personal data including submitted and recorded times will be available during the meet.

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 GB Aquatics Database at the time of entry. Minimum age is 10 years as at the 31st December 2026. The entries manager should be notified when entries are submitted that the swimmer is



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under a multi classification. Please notify our entry manager on entries@derbyexcel.org.uk

Administration A meets results service will operate throughout the competition. A meet office will be in operation for the duration of the weekend located in the Omega timing suite. Any conditions not covered in the above will be at the discretion of the promoter, Rachel Male on behalf of Derby Excel.

For queries and submission of entries please contact Kirsty Billinge.
Entries@derbyexcel.org.uk

For all other enquiries including ordering poolside passes please contact the promoter, Rachel Male promoter@derbyexcel.org.uk

Technical officials who can assist at the competition please contact:
officials@derbyexcel.org.uk



Swim England
East Midlands





DERBY EXCEL SWIMMING CLUB

Schedule of Events

Friday 6th March 2026

Session 1 Warm Up 5pm Start Time 6pm		
101	Female	400m Freestyle
102	Open/Male	400m Freestyle
103	Female	200m Butterfly
104	Open/Male	200m Butterfly

Saturday 7th March 2026

Saturday Session 2 Warm Up 8am, start 9am		
201	Open/Male	200m Ind Medley
202	Female	100m Butterfly
203	Open/Male	50m Freestyle
204	Female	50m Backstroke
205	Open/Male	100m Backstroke
206	Female	200m Breaststroke
207	Mixed	800m Freestyle

Saturday Session 3 Warm Up TBC, start TBC		
301	Female	200m Ind Medley
302	Open/Male	100m Freestyle
303	Female	50m Breaststroke
304	Open/Male	50m Butterfly
305	Female	200m Backstroke
306	Open/Male	100m Breaststroke
307	Female	200m Freestyle





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Schedule of Events

Sunday 8th March 2026

Sunday Session 4 Warm Up 8am, start 9am		
401	Female	400m Ind Medley
402	Open/Male	100m Butterfly
403	Female	50m Freestyle
404	Open/Male	50m Backstroke
405	Female	100m Backstroke
406	Open/Male	200m Breaststroke
407	Mixed	1500m Freestyle

Sunday Session 5 Warm Up TBC, start TBC		
501	Open/Male	400m Ind Medley
502	Female	100m Freestyle
503	Open/Male	50m Breaststroke
504	Female	50m Butterfly
505	Open/Male	200m Backstroke
506	Female	100m Breaststroke
507	Open/Male	200m Freestyle





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Long Course Qualifying Times Open/Male

Event	13 under	14	15	16	17 +
50m Freestyle	33.60	32.30	29.70	29.00	28.30
100m Freestyle	1.10.80	1.07.90	1.04.20	1.02.30	1.01.40
200m Freestyle	2.36.30	2.26.60	2.18.30	2.15.70	2.12.50
400m Freestyle	5.27.10	5.09.00	4.58.30	4.48.60	4.44.70
800m Freestyle	10.40.00	10.20.10	9.55.00	9.45.30	9.35.50
1500m Freestyle	20.45.30	19.46.10	19.10.70	19.00.00	18.50.00
50m Breaststroke	42.80	39.70	38.00	36.70	35.80
100m Breaststroke	1.33.80	1.25.60	1.23.00	1.21.30	1.20.00
200m Breaststroke	3.18.50	3.08.50	2.58.60	2.54.60	2.49.50
50m Butterfly	35.90	34.00	32.40	31.60	30.80
100m Butterfly	1.22.30	1.16.80	1.12.30	1.10.30	1.08.50
200m Butterfly	3.09.50	2.52.90	2.39.30	2.38.60	2.27.40
50m Backstroke	38.30	36.10	33.80	32.50	32.00
100m Backstroke	1.20.30	1.15.00	1.12.30	1.09.80	1.07.50
200m Backstroke	2.50.30	2.41.30	2.35.40	2.33.30	2.27.30
200m Ind Medley	2.53.70	2.43.30	2.33.90	2.30.90	2.26.00
400 Ind Medley	6.15.40	5.50.30	5.29.60	5.24.80	5.15.10

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.

Please be aware that if events are oversubscribed then it will be necessary to reject entries as detailed in the conditions.

Times must have been achieved since 01st Jan '24



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Long Course Qualifying Times Female

Event	13 under	14	15	16	17 +
50m Freestyle	34..00	33.30	32.50	32.00	30.80
100m Freestyle	1.13.00	1.11.70	1.09.80	1.07.00	1.05.80
200m Freestyle	2.36.80	2.31.10	2.27.00	2.23.50	2.20.80
400m Freestyle	5.24.30	5.15.00	5.05.40	5.02.20	5.01.30
800m Freestyle	11.15.80	10.58.00	10.50.30	10.36.00	10.24.30
1500m Freestyle	21.00.60	20.50.10	20.10.00	19.30.70	19..00.00
50m Breaststroke	43.10	41.10	40.50	40.10	39.80
100m Breaststroke	1.31.80	1.28.50	1.26.00	1.24.10	1.23.30
200m Breaststroke	3.16.50	3.10.50	3.04.10	3.02.80	3.01.90
50m Butterfly	37.20	35.70	34.60	34.20	33.60
100m Butterfly	1.23.40	1.19.20	1.16.80	1.15.80	1.14.00
200m Butterfly	3.05.30	2.58.80	2.56.20	2.51.90	2.47.30
50m Backstroke	39.40	38.00	37.00	36.10	35.30
100m Backstroke	1.21.70	1.19.60	1.17.30	1.15.30	1.13.30
200m Backstroke	2.53.30	2.46.80	2.41.20	2.40.90	2.35.00
200m Ind Medley	2.57.80	2.53.30	2.45.30	2.42.90	2.41.30
400 Ind Medley	6.23.60	6.15.00	5.55.20	5.52.80	5.50.70

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

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Entry Summary Form and Poolside Pass Form (Sportsystems entries)

Club Name	
Contact Name	
Telephone Number	
Email Address	
Open/Male Entries @ £11 (electronic)	
Open/Male entries Distance @ £16 (electronic)	
SUBTOTAL	
Female entries @ £11 (electronic)	
Female Distance entries @ £16 (electronic)	
SUBTOTAL	
Daily Pool Pass @ £20	
Weekend Pool Pass @ £40	
SUBTOTAL	
TOTAL	

Clubs will be invoiced after accepted entries are published. Please send to entries@derbyexcel.org.uk





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Individual Entry Form

Please return the completed entry form with the appropriate entry fee by the closing date of **13th February 2026**

Age as on 31st December 2026

Name:			
Gender:	Open/Male / Female	Entry No: (Official Use Only)	
Date of Birth:	/ /	SE 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 Paper Entries		@ £13.00 per Event	£ - p
Total No of Paper Entries		@ £18.00 per Event	£ - p
Coaches Passes Req'd		@ £20.00	£ - p
Weekend Coaches Pass		@ £40.00	£ - p

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

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

Please send completed form to entries@derbyexcel.org.uk along with proof of payment.

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

Ref: DXSQ/Name/club name

Any enquiries to promoter@derbyexcel.org.uk





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East Midlands



Derby Excel Swimming Club Registered Charity Number 1202349