



Under Swim England Regulations and Technical Rules of Swimming. Licence No 1EM230151

The eXcel Early March Meet

Derventio eXcel Level 1 - Long Course Open Meet

Ponds Forge International Pool, Sheffield

Friday 10th to Sunday 12th March 2023

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 31st December 2023.

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 Boy/Girl 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 Boy / Girl

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 Boy/Girl award.

Top Club

The club that gains the most points overall for the weekend will receive the **eXcel March Meet** top club plaque.

Please address any enquiries or queries to:- promoter.openmeet@derventioexcel.org.uk



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The eXcel Early March Meet 2023

SCHEDULE OF EVENTS

| | | | | | | | | | |
|---------------------------|-----|----------------|--------------|--------------|------------------------|-------------------------|--------|--------------|-------|
| Friday Session 1 | | Warm Up | 17.00 | Start | 18.00 | Expected Finish | | 21.00 | |
| Event | 101 | Female | 400 | Free | | 103 | Female | 200 Fly | |
| | 102 | Male | 400 | Free | | 104 | Male | 200 Fly | |
| Saturday Session 2 | | | | | | Sunday Session 4 | | | |
| Warm Up | | 08:00 | Start | 09.00 | Warm Up | | 08:00 | Start | 09.00 |
| Expected Finish | | TBC | | | Expected Finish | | TBC | | |
| Event | | | | | Event | | | | |
| | 201 | Male | | 200 IM | | 401 | Female | 400 IM | |
| | 202 | Female | | 100 Fly | | 402 | Male | 100 Fly | |
| | 203 | Male | | 50 Free | | 403 | Female | 50 Free | |
| | 204 | Female | | 50 Back | | 404 | Male | 50 Back | |
| | 205 | Male | | 100 Back | | 405 | Female | 100 Back | |
| | 206 | Female | | 200 Breast | | 406 | Male | 200 Breast | |
| | 207 | Mixed | | 1500 Free | | 407 | Mixed | 800 Free | |
| Session 3 | | | | | | Session 5 | | | |
| Warm Up | | TBC | Start | TBC | Warm Up | | TBC | Start | TBC |
| Expected Finish | | TBC | | | Expected Finish | | TBC | | |
| Event | 301 | Female | | 200 IM | Event | 501 | Male | 400 IM | |
| | 302 | Male | | 100 Free | | 502 | Female | 100 Free | |
| | 303 | Female | | 50 Breast | | 503 | Male | 50 Breast | |
| | 304 | Male | | 50 Fly | | 504 | Female | 50 Fly | |
| | 305 | Female | | 200 Back | | 505 | Male | 200 Back | |
| | 306 | Male | | 100 Breast | | 506 | Female | 100 Breast | |
| | 307 | Female | | 200 Free | | 507 | Male | 200 Free | |



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LONG COURSE QUALIFYING TIMES**BOYS**

| Event | 10/11 | 12 | 13 | 14 | 15/16 | 17 + |
|-------------------|---------|---------|---------|---------|---------|---------|
| 50m Freestyle | 37.0 | 34.9 | 33 | 31.3 | 28.7 | 28.4 |
| 100m Freestyle | 1:18.8 | 1:13.7 | 1:09.8 | 1:06.9 | 1:02.6 | 1:01.5 |
| 200m Freestyle | 2:51.3 | 2:40.8 | 2:32.6 | 2:25.6 | 2:16.3 | 2:13.7 |
| 400m Freestyle | 5:56.0 | 5:38.1 | 5:21.8 | 5:07.0 | 4:49.1 | 4:44.6 |
| 800m Freestyle | 12:15.0 | 11:35.0 | 11:05.0 | 10:50.0 | 10:30.0 | 10:20.0 |
| 1500m Freestyle | 24:44.7 | 22:20.5 | 21:16.6 | 19:37.1 | 19:07.7 | 18:49.0 |
| 50m Breaststroke | 48.2 | 44.6 | 41.8 | 39.7 | 36.8 | 35.8 |
| 100m Breaststroke | 1:41.5 | 1:34.7 | 1:28.8 | 1:24.6 | 1:18.9 | 1:17.0 |
| 200m Breaststroke | 3:39.1 | 3:25.2 | 3:12.5 | 3:02.5 | 2:51.6 | 2:47.0 |
| 50m Butterfly | 40.8 | 38.1 | 35.9 | 34.0 | 31.4 | 30.6 |
| 100m Butterfly | 1:27.7 | 1:21.5 | 1:16.8 | 1:12.8 | 1:07.8 | 1:06.5 |
| 200m Butterfly | 3:12.5 | 2:59.9 | 2:49.9 | 2:40.9 | 2:30.4 | 2:27.6 |
| 50m Backstroke | 43.2 | 40.5 | 38.2 | 36.1 | 33.5 | 32.7 |
| 100m Backstroke | 1:29.8 | 1:24.1 | 1:19.2 | 1:15.0 | 1:10.3 | 1:09.3 |
| 200m Backstroke | 3:12.0 | 3:00.7 | 2:50.3 | 2:42.3 | 2:31.4 | 2:28.6 |
| 200m Ind Medley | 3:14.3 | 3:02.8 | 2:52.7 | 2:44.8 | 2:33.9 | 2:31.0 |
| 400m Ind Medley | 6:50.8 | 6:26.7 | 6:06.4 | 5:49.3 | 5:27.6 | 5:22.6 |

All entry times must have been achieved at licensed meets Level 3 and above and will be directly checked with the Swim England rankings files. Short Course conversions will be accepted.

Times must have been achieved since 1st Jan 2022



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LONG COURSE QUALIFYING TIMES**GIRLS**

| 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 | 5:56.4 | 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 | 1:22.6 | 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 |
| 400m 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 meets Level 3 and above and will be directly checked with the Swim England rankings files. Short Course conversions will be accepted.

Times must have been achieved since 1st Jan 2022



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The eXcel Early March Meet
Derwentio eXcel Level 1 - Long Course Open Meet
Ponds Forge International Pool, Sheffield
Friday 10th March to Sunday 12th March 2023

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. Officials will be from National and Regional lists of Swim England.

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 (Derwentio eXcel Swim Squad) 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. Over the top starts may be used at the promoters' discretion. **There will be a secondary strobe at this event.**

Entries with Long Course times (short course conversions accepted) should be made via Sports Systems 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 **10th February 2023**. **The entry fee is £12.50 for Sportsystem entries (£14 for paper) for the 800m and 1500m and £9.00 for all other events (£12 for paper)**. Cheques should be made payable to Derwentio eXcel Swim Squad, and posted with the cash summary form to Steve Roome, 2 Battersea Park Way, DE22 4LT. For payment by electronic transfer our bank details are: NatWest Bank Sort Code: 60-01-10 Account: 42701147. Ref: Home club name. All entry times must have been achieved at licensed meets level 3 and above and will be directly checked with the Swim England rankings files.

The acceptance of competitors will be based on **quickest times submitted by age group basis**. 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 within (i.e. equal to or faster than) the published qualifying times** for each event.

As soon as possible after the closing date, club list sheets will be posted on the Derwentio eXcel website, together with any information in respect of entries not accepted. All refunds will be made 'en block' to the club submitting the entries, these will be sent by post or will be available for collection by Clubs on the day. There will be no refunds for withdrawals after the closing date.

All events are being swum combined; however awards will be age grouped. **Ages on 31st December 2023**. 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 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. 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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SAFEGUARDING

Derventio Excel Swim Squad 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 Derventio 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 Entries: Paper 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.openmeet@derventioexcel.org.uk

No entries will be processed without full and complete payment. Cheques should be made to Derventio Excel Swim Squad.

Sportsytem entries/Enquiries: entries.openmeet@derventioexcel.org.uk

Entries should be submitted to the above email address.

Sportsytem 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. Cheques should be made payable to Derventio eXcel Swim Squad and posted with the cash summary form to Steve Roome, 2 Battersea Park Way DE22 4LT. For payment by electronic transfer our bank details are: NatWest Bank Sort Code: 60-01-10 Account: 42701147. Ref: Home club name.

The meet promoter reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded, a single cheque will be made payable to the club in question.

POOLSIDE PASSES

Poolside passes are **£35.00** each for the weekend or **£20.00** each per day (**£10 Friday**) including results and refreshments. **We will also supply food with the poolside passes during the lunch break (food not supplied Fri).** 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 worn at all times 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 a meet programme, timeline and withdrawal slips.

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.openmeet@derventioexcel.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 Derventio eXcel website.

Friday Session 1 Warm Up 17.00 Start 18.00

Saturday Session 2 Warm Up 08.00 Start 09.00
 Session 3 Warm Up TBC

Sunday Session 4 Warm Up 08.00 Start 09.00
 Session 5 Warm Up TBC

Confirmation of session times will be posted on the Derventio eXcel Website.



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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 babs.ingram@btinternet.com 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 ASA procedures.

MEET RESULTS

In addition to providing a real time results service, the meet results will be posted on the Derventio 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 & SAFETY

No outdoor shoes to be worn on the poolside. Suitable footwear must be worn outside the pool 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 Suite on poolside.

Please address any enquiries or queries to: Steve Roome at promoter.openmeet@derventioexcel.org.uk

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 14 Free

Fri Eve £2.50 OAP £1.00

All Day Saturday Adult £8.00 Concession £4.00

All Day Sunday Adult £8.00 Concession £4.00

Weekend Pass Adult £15.00 Concession £7.50

Session Pass Adult £5.00 Concession £2.50

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. (Please check our website at www.derventioexcel.org.uk)

4. Any conditions not covered in the above will be at the discretion of the promoters **Derventio Excel Swim Squad** and includes any alterations to the program and warm up times as necessary.

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



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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.openmeet@derventioexcel.org.uk

COVID

Derventio eXcel are working with Ponds Forge to ensure that our event can operate safely and in compliance with any social distancing guidance in place at the time of the event, as such details related to such guidance will be posted to our website prior to the event. It is the responsibility of the individuals attending to ensure that they have seen any such guidance.

Under current COVID guidance, we will be able to admit spectators. If circumstances change prior to our event information will be posted on our website.

Please address any enquiries or queries to: Steve Roome at promoter.openmeet@derventioexcel.org.uk

Para swimmers

All swimmers with a S category classification are welcome at this meet. Please notify entries.openmeet@derventioexcel.org.uk when entering the meet to confirm the received application.

Withdrawals

Any withdrawals should be made by contacting the promoter Steve Roome at promoter.openmeet@derventioexcel.org.uk before the start of the warm up of the session concerned. There will be no refund of entry fees for such withdrawals, unless the withdrawal is for medical reasons in which case an appropriate medical certificate must be provided.