



Under Swim England Regulations and Technical Rules of Swimming. Licence No 1EM200240

The eXcel Open

Derwentio eXcel Level 1 - Long Course Open Meet

Ponds Forge International Pool, Sheffield

Friday 20th to Sunday 22nd March 2020

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 as at 31st December 2020.

EVENTS 50, 100 and 200m will have finals in 14 & under, 15/16 and 17 & over, 400m, 800m & 1500m will be heat declared winners in the age groups above.

Finalists will be the fastest 10 competitors in the 14 & under, 15/16 and 17 & over age groups

AWARDS Medals will be given to the top three placed swimmers in each final. Heat declared winners will be each age group.

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.

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



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The eXcel Open 2020**SCHEDULE OF EVENTS**

Friday Session 1		Warm Up		17.00	Start	18.00	Expected Finish		21.00	
Event	101	Mixed	800	Free						
	102	Mixed	1500	Free						
Saturday		Session 2				Sunday		Session 5		
Warm Up		08:00		Start	09.00	Warm Up		08:00	Start	09.00
Expected Finish		12.15				Expected Finish		12.15		
Event	201	Female	400	Free (HDW)	Event	501	Male	400	Free (HDW)	
	202	Male	200	IM		502	Female	200	IM	
	203	Female	100	Breast		503	Male	100	Breast	
	204	Male	50	Back		504	Female	50	Back	
	205	Female	50	Fly		505	Male	50	Fly	
	206	Male	100	Free		506	Female	100	Free	
	207	Female	200	Back		507	Male	200	Back	
	208	Male	200	Fly		508	Female	200	Fly	
Saturday Session 3					Sunday Session 6					
Warm Up		12:30 est		Start	13.30 est	Warm Up		12:30 est	Start	13.30 est
Expected Finish		16.30		EST		Expected Finish		16.30	EST	
Event	301	Female	400	IM (HDW)	Event	601	Male	400	IM (HDW)	
	302	Male	200	Free		602	Female	200	Free	
	303	Female	50	Free		603	Male	50	Free	
	304	Male	50	Breast		604	Female	50	Breast	
	305	Female	100	Fly		605	Male	100	Fly	
	306	Male	100	Back		606	Female	100	Back	
	307	Female	200	Breast		607	Male	200	Breast	
Saturday Session 4		Finals				Sunday Session 7		Finals		
Warm Up		16.50 est		Start	17.30 est	Warm Up		16.50 est	Start	17.30 est
Expected Finish		19.20		EST		Expected Finish		19.20	EST	
Event	401	Male	200	IM	Event	701	Female	200	IM	
	402	Female	100	Breast		702	Male	100	Breast	
	403	Male	50	Back		703	Female	50	Back	
	404	Female	50	Fly		704	Male	50	Fly	
	405	Male	100	Free		705	Female	100	Free	
	406	Female	200	Back		706	Male	200	Back	
	407	Male	200	Fly		707	Female	200	Fly	
10 minute break					10 minute break					
	408	Female	50	Free		708	Male	50	Free	
	409	Male	50	Breast		709	Female	50	Breast	
	410	Female	100	Fly		710	Male	100	Fly	
	411	Male	100	Back		711	Female	100	Back	
	412	Female	200	Breast		712	Male	200	Breast	
	413	Male	200	Free		713	Female	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 and will be directly checked with the Swim England rankings files. Short Course conversions will be accepted.

Times must have been achieved since 22nd March 2018



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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 and will be directly checked with the Swim England rankings files. Short Course conversions will be accepted.

Times must have been achieved since 22nd March 2018



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The eXcel Open

Derwentio eXcel Level 1 - Long Course Open Meet

Ponds Forge International Pool, Sheffield

Friday 20th to Sunday 22nd March 2020

Meet Rules and Conditions

The meet will be held under A.S.A laws and A.S.A technical rules of swimming. This event is **LEVEL 1 LICENSED** by the ASA for entry into National, Regional and County Championships. Officials will be from National and Regional lists of the ASA.

All competitors must be members of an affiliated club, eligible to compete and registered in accordance with A.S.A laws and A.S.A 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 organizer, will be withdrawn from the event(s) and will at the organizer's discretion and without further obligation or liability by the organizer 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.

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 meet secretary by **21st February 2020**. The entry fee is **£12.00 for electronic entries (£13 for paper) for the 800m and 1500m and £7.00 for all other events (£8 for paper)**. Cheques should be made payable to Derwentio eXcel Open Meet. For payment by electronic transfer our bank details are:- NatWest Bank Sort Code: 60 02 18 Account: 63925303. Ref: Home club name. All entry times must have been achieved at licensed meets and will be directly checked with the ASA 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 will be as at 31st December 2020**. 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.

The meet will be run without cards. If swimmers intend to withdraw, they should inform the meet organisers before the start of the warmup in which that event is to be swum.

All events will be heat Declared Winners and consist of: -

50m, 100m, & 200m all four strokes will have finals in the age groups of 14 & under, 15/16 and 17 & over.

400m, 800m, 1500m Freestyle will be heat declared winners in the age groups 10/11, 12, 13, 14, 15/16 and 17& over.

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 ASA 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 spectator 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

Entry Forms/Payment to:- Duane Rae-McLean, 1 Stamford Close, Long Eaton, Notts, NG10 1PH

Electronic Entries/Enquiries:- entries.openmeet@derventioexcel.org.uk

Entries should be submitted to the above contact, all entries sent via post should be sent recorded delivery.

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. Cheques should be made payable to Derventio eXcel Open Meet. For payment by electronic transfer our bank details are: - NatWest Bank Sort Code: 60 02 18 Account: 63925303. 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 club in question.

POOLSIDE PASSES

Poolside passes are **£20.00** each for the weekend or **£15.00** each per day, including results 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 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 e mail 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 12.30 Start 13.30
	Session 4 Warm Up 16.50 Start 17.30
Sunday	Session 5 Warm Up 08.00 Start 09.00
	Session 6 Warm Up 12.30 Start 13.30
	Session 7 Warm Up 16.50 Start 17.30

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

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.



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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 the ASA for their reference and inclusion in rankings.

For club's using Sports Systems or other software systems, a complete electronic copy of the meet results can be obtained following the meet. Any club's 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:- Duane Rae-McLean 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

All Day Saturday Adult £7.00 OAP £3.50

All Day Sunday Adult £7.00 OAP £3.50

Weekend Pass Adult £12.00 OAP £6.00

Session Pass Adult £4.00 OAP £2.00

Weekend Programme £6.00

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 web site 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 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:- Duane Rae-McLean at promoter.openmeet@derventioexcel.org.uk



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The eXcel Open**Derwentio eXcel Level 1 - Long Course Open Meet****Ponds Forge International Pool, Sheffield****Friday 20th to Sunday 22nd March 2020****Individual Entry Form**Please return completed entry form with the appropriate entry fee by the closing date of **21st February 2020**.**All times to be 50m long course (short course conversions accepted). Age as at 31st December 2020.**

Name:			
Gender:	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		200m Individual Medley	
100m Backstroke		400m Individual Medley	
200m Backstroke			

Total No of Electronic Entries:		@ £7.00 per Event	£ - p
Total No of Paper Entries		@ £8.00 per Event	
Total No of Electronic Entries:		@12.00 per Event	£ - p
Total No of Paper Entries		@13.00 per Event	
Coaches Passes Req'd		@ £10 Fri	£ - p
Coaches Passes Req'd		@ £15.00 SAT/SUN (delete as applicable)	£ - p
Coaches Passes Req'd		@ £20.00 for All Days	£ - p

This event is Level 1 Licensed by Swim England for entry into National, Regional and County Championships. Entries must be equal to or faster than the published qualifying times for each event. These entries will be accepted on a **"quickest times submitted by age group basis"**. Please see 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 Amateur Swimming Association.

Swimmer's Signature: _____ Date: _____

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

Duane Rae-McLean, 1 Stamford Close, Long Eaton, Notts, NG10 1PH. (cheques payable to Derwentio Excel Open Meet) For payment by electronic transfer our bank details are: - NatWest Bank Sort Code: 60 02 18 Account: 63925303. Ref: Your home club name



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The eXcel Open**Derwentio eXcel Level 1 - Long Course Open Meet****Ponds Forge International Pool, Sheffield****Friday 20th to Sunday 22nd March 2020****Cash Entry Summary & Poolside Pass Application Form**

Club

Contact Name

Telephone Number

Email address

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

Individual Male Entries.....@£13.00 each: Sub Total.....

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

Individual Female Entries.....@£13.00 each Sub Total.....

Individual Male Entries @ £7.00 each: Sub Total

Individual Male Entries @ £8.00 each: Sub Total

Individual Female Entries @ £7.00 each: Sub Total

Individual Female Entries @ £8.00 each: Sub Total

Poolside Passes Fri.....@10 per day: Sub Total.....

Poolside Passes Sat@ £15 per day: Sub Total

Poolside Passes Sun @ £15 per day: Sub Total

Poolside Passes @ £20 For 3 days: Sub Total

Total Cheque Enclosed: £

Cheques should be made payable to Derwentio eXcel Open Meet.

For payment by electronic transfer our bank details are: - NatWest Bank Sort Code: 60 02 18 Account: 63925303. Ref: Your 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:-**Duane Rae-McLean, 1 Stamford Close, Long Eaton, Notts NG10 1PH**



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Friday 20th to Sunday 22nd March 2020

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 swimmers entry form, or send to our officials' coordinator Babs Ingram at babs.ingram@btinternet.com. 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 un-qualified 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.

I am available to help at the above Open Meet on Friday 20th, Saturday 21st or Sunday 22nd March 2020

Name: _____ **Club:** _____ **Telephone No:** _____

Address: _____

_____ **Post Code:** _____

Email: _____

License No: _____

	J1	J2	J2S	Training
Fri 20th Start 6.00pm				
Sat 21st Start 9.00am				
Sat 21st Start 1.30pm				
Sat 21st Start 5.30pm				
Sun 22nd Start 9.00am				
Sun 22nd Start 1.30pm				
Sun 22nd Start 5.30pm				

(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 Babs Ingram at babs.ingram@btinternet.com