



Under ASA Laws and ASA Technical Rules. Licence No 3EM190548

## **DX Summer Spectacular Sprint Meet**

### **Long Course Level 3 Open Meet**

**Ponds Forge International Pool, Sheffield**

**Saturday 13th July 2019**

50m & 100m All Strokes, 200IM & 200Free

Age Groups: 10/11, 12, 13, 14, 15/16, 17 & Over

Ages as 13<sup>th</sup> July 2019

**Medals for Top 3 in each event and Age Group**

(All Heat Declared Winner)

10 Lane, 50m Pool with Anti-turbulence lane ropes and electronic timing.



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## Schedule of Events

<u>Session 1</u>	<u>Warm Up 8am</u>	<u>Start 9am</u>	<u>Session 2</u>	<u>Warm Up TBC</u>	<u>TBC</u>
101	Open 100 Freestyle	Girls	201	Open 100m Backstroke	Boys
102	Open 100 Freestyle	Boys	202	Open 100m Backstroke	Girls
103	Open 100m Breaststroke	Girls	203	Open 100m Butterfly	Boys
104	Open 100m Breaststroke	Boys	204	Open 100m Butterfly	Girls
105	Open 200m IM	Girls	205	Open 200m Freestyle	Boys
106	Open 200m IM	Boys	206	Open 200m Freestyle	Girls
107	Open 50m Freestyle	Girls	207	Open 50m Breaststroke	Boys
108	Open 50m Fly	Boys	208	Open 50m Fly	Girls
109	Open 50 Breaststroke	Girls	209	Open 50 Freestyle	Boys
110	Open 50 Backstroke	Boys	210	Open 50 Backstroke	Girls

Session times are approximate times. A meet timeline will be posted to our website [www.derventioexcel.org.uk](http://www.derventioexcel.org.uk) once all entries have been processed.

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## Rules

The competition will be held under ASA Laws and ASA Technical Rules of Swimming.

The competition will take place at 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 coach/team manager to ensure that their swimmers use the facility for the purpose intended.

Heats will be seeded and spear headed according to submitted entry times which must be converted to 50m pool times if necessary.

Only entries no faster than the Upper Cut Off Times will be accepted.

Age at 13th July 2019

Awards will be given to the fastest three swimmers in each age group in each event.

There will be separate awards for the top three swimmers boys and girls. FINA points will be calculated for all swims. These points will be accumulated into the appropriate British Age Group Category for each individual age group.

A **Top Team** award.

**Top Team** Event points will be scored for all events

The scoring will be:- 1<sup>st</sup> 6 points, 2<sup>nd</sup> 5 points, 3<sup>rd</sup> 4 points, 4<sup>th</sup> 3 points, 5<sup>th</sup> 2 points 6<sup>th</sup> 1 point

Event points will be accumulated for all swimmers (from all age groups) for each Club.

The overall Top Club will receive a Trophy.

Entries are £6.00 per event if sent electronically via the sportsystem entry file which will be posted on the Derventio eXcel website [www.derventioexcel.org.uk](http://www.derventioexcel.org.uk) otherwise entries will be charged at £7.00 per event.

Electronic entries should be submitted to [entries.openmeet@derventioexcel.org.uk](mailto:entries.openmeet@derventioexcel.org.uk) and should include an entry report. These should be backed up with full payment and a completed cash summary sheet & poolside pass application sent to the address as detailed.

**All entries must be received by Friday 8<sup>th</sup> June 2019 and are on a 'first come first served' basis. Total entries are subject to the licence time constraints. Some events may need to be limited accordingly.**

Post all entries to the Promoter Duane Rae-McLean, 1 Stamford Close, Long Eaton, Notts, NG10 1PH

Postal entries should be sent recorded delivery.

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.**

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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 No: 63925303 Ref: Home Club Name.

The promoter reserves the right to limit entries to ensure we do not exceed the maximum time limit laid down by the ASA. 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 are £15 including results and poolside refreshments. Passes will only be processed after receipt of the relevant DBS information detailed on the application form. Passes must be worn at all times. **THERE WILL BE NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A PASS.**

We request that all visiting clubs with 5 or more swimmers provide at least 1 official per session. Lunch and poolside refreshments will be provided for all officials. Expenses will be paid at a rate of 45p per mile with a maximum claim of £50 for officials attending without swimmers.

A meet office will be open for the duration of the meet in the Omega Suite on poolside. Please address any enquiries to Duane Rae-McLean at [promoter.openmeet@derventioexcel.org.uk](mailto:promoter.openmeet@derventioexcel.org.uk)

**Please keep an eye on our website for the accepted entries list which will be published after the closing date or when the meet is deemed to be full. Any errors must be notified to the promoter as soon as possible. Any times achieved after the closing date will not be accepted. Please make withdrawals prior to the meet to [entries.openmeet@derventioexcel.org.uk](mailto:entries.openmeet@derventioexcel.org.uk) or on the day complete a withdrawal slip and hand in to the meet office in the Omega Suite but before the start of warm up of the relevant session to avoid unnecessary delays in competition.**

Spectator tickets and programmes will be available at the table situated at the spectator's entrance to the pool. Admission prices are as follows:

Session Pass: Adult £5 OAP £3.00

Day Pass: Adult £8 OAP £5.00

Programmes £3

Any conditions not covered in the above will be at the discretion of the promoters **Derventio eXcel Swim Squad** includes any alterations to the program and warm up times as necessary. Please address any enquiries or queries to Duane Rae-McLean at [promoter.openmeet@derventioexcel.org.uk](mailto:promoter.openmeet@derventioexcel.org.uk)



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## Upper Cut Off Times Long Course

### BOYS

	10/11	12	13	14	15/16	17 and Over
50m Freestyle	34.60	31.90	29.90	28.31	25.80	23.77
100m Freestyle	01:17.80	01:10.80	01:05.90	01:02.10	56.26	51.81
200m Freestyle	02:52.00	02:33.30	02:23.30	02:15.10	02:02.80	01:53.60
50m Breaststroke	47.72	42.65	39.23	36.45	32.36	29.72
100m Breaststroke	01:44.70	01:34.40	01:26.80	01:20.00	01:11.40	01:05.47
50m Butterfly	39.67	35.57	32.79	30.80	27.60	25.32
100m Butterfly	01:41.10	01:21.00	01:14.20	01:09.50	01:01.00	56.17
50m Backstroke	41.14	37.20	34.77	32.68	29.51	27.06
100m Backstroke	01:30.00	01:21.00	01:15.50	01:10.30	01:03.33	58.02
200m IM	03:00.00	02:54.40	02:42.80	02:33.20	02:16.30	02:00.00

**Short Course conversions will be accepted.**



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## Upper Cut Off Times Long Course

### Girls

	10/11	12	13	14	15/16	17 and Over
50m Freestyle	34.51	32.04	30.35	29.31	27.75	26.63
100m Freestyle	01:17.30	01:10.90	01:06.00	01:03.90	01:00.30	57.59
200m Freestyle	02:48.00	02:34.70	02:23.30	02:17.50	02:10.40	02:04.40
50m Breaststroke	46.27	42.35	38.79	37.16	34.91	33.42
100m Breaststroke	01:40.00	01:33.0	01:25.10	01:21.00	01:16.20	01:13.00
50m Butterfly	39.2	35.6	32.45	31.57	29.57	28.32
100m Butterfly	01:36.10	01:23.80	01:14.60	01:10.70	01:05.90	01:02.70
50m Backstroke	40.41	37.16	34.65	33.31	31.49	30.10
100m Backstroke	01:28.60	01:20.80	01:15.00	01:11.90	01:07.60	01:03.90
200m IM	03:10.90	02:54.10	02:42.80	02:35.90	02:24.90	02:21.70

**Short Course conversions will be accepted.**



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## DX Summer Spectacular Sprint Meet At Ponds Forge International Pool Sheffield Saturday 13th July 2019 Individual Entry Form

Please return completed entry form with the appropriate entry fee by the closing date of **8<sup>th</sup> June 2019**.

**All times to be 50m long course (short course conversions accepted). Age as at 7th July 2019.**

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

Event	Please indicate time entered	Event	Please indicate time entered
50m Freestyle		50m Breaststroke	
100m Freestyle		100m Breaststroke	
200m Freestyle		50m Butterfly	
50m Backstroke		100m Butterfly	
100m Backstroke		200m Individual Medley	

Total No of Electronic Entries:		@ £6.00 per Event	£ - p
Total No of Paper Entries		@£7.00 per Event	£ - p
Coaches Passes Req'd		@ £15.00	£ - p

This event is Level 3 Licensed by the ASA for entry into Regional and County Championships. Entries must be no faster than the qualifying times published. These entries will be accepted on a **"first come first served 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 Derventio 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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**DX Summer Spectacular Sprint Meet  
At Ponds Forge International Pool Sheffield  
Saturday 13<sup>th</sup> July 2019  
(Age as at 13th July 2019)**

## Cash Entry Summary & Poolside Pass Application Form

Club .....

Contact Name .....

Telephone Number .....

Email address .....

Individual Male Entries.....@£6.00 each:      Sub Total.....

Individual Female Entries.....@£6.00 each      Sub Total.....

Individual Male Paper Entries.....@£7.00 each      Sub Total.....

Individual Female Paper Entries.....@£7.00 each      Sub Total.....

Poolside Passes ..... @ £15      Sub Total .....

**Total Cheque Enclosed:**      £ .....

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: Your home club name.

Poolside pass CRB 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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## DX Summer Spectacular Sprint Meet At Ponds Forge International Pool Sheffield Saturday 13<sup>th</sup> July 2019

### POOLSIDE OFFICIALS

Since the Open Meet will require many helpers, all clubs entering are requested to supply at **least 1** qualified official for each 5 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](mailto:babs.ingram@btinternet.com)  
If you have any preferences, please note them below otherwise we will advise you of your allocated duties ~~near~~ 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

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

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

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

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

License No \_\_\_\_\_

	J1	J2	J2S	Training
Session 1 9am				
Session 2 1pm				

(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](mailto:babs.ingram@btinternet.com)