



Under ASA Laws and ASA Technical Rules of Swimming. Licence No 1EM190236

13th Level 1 - Long Course Open Meet

Ponds Forge International Pool, Sheffield

Friday 5th - Sunday 7th April 2019

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 2019.

EVENTS All events will be heat declared winners and will consist of 50m, 100m, & 200m all four strokes, 400m, 800m (girls) & 1500m (boys) Freestyle, 200m & 400m IM.

AWARDS Medals will be given to the top three placed swimmers in each age group in each individual event. In addition to the individual event awards there will be the following overall awards:

A **Top Team** award.

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 Team Event points will be scored for all events

The scoring will be:- 1st 6 points, 2nd 5 points, 3rd 4 points, 4th 3 points, 5th 2 points 6th 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.

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



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SCHEDULE OF EVENTS

Friday

Session 1

Warm Up 5.00pm **Start** 6.00pm **Expected Finish** 9.00pm

Event	101	Male	800	Free
	102	Female	800	Free
	103	Male	1500	Free
	104	Female	1500	Free

Saturday

Session 2

Warm Up 8:00am

Start 9.00am

Expected Finish 12.30pm

Event	201	Female	200	IM
	202	Male	50	Free
	203	Female	50	Breast
	204	Male	200	Fly
	205	Female	100	Back
	206	Male	100	Breast
	207	Female	400	Free
	208	Male	200	Back

Sunday

Session 4

Warm Up 8:00am

Start 9.00am

Expected Finish 12.30pm

Event	401	Male	200	IM
	402	Female	50	Free
	403	Male	50	Breast
	404	Female	200	Fly
	405	Male	100	Back
	406	Female	100	Breast
	407	Male	400	Free
	408	Female	200	Back

Saturday

Session 3

Warm Up 13:00pm EST TBC

Start 14.00pm EST TBC

Expected Finish 17.30pm

Event	301	Female	100	Free
	302	Male	400	IM
	303	Female	50	Fly
	304	Male	50	Back
	305	Female	200	Breast
	306	Male	200	Free
	307	Female	100	Fly

Sunday

Session 5

Warm Up 13;00pm EST TBC

Start 14.00pm EST TBC

Expected Finish 17.30pm

Event	501	Male	100	Free
	502	Female	400	IM
	503	Male	50	Fly
	504	Female	50	Back
	505	Male	200	Breast
	506	Female	200	Free
	507	Male	100	Fly



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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 ASA rankings files. Short Course conversions will be accepted.

Times must have been achieved since 9th April 2017



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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 ASA rankings files. Short Course conversions will be accepted.

Times must have been achieved since 9th April 2017



Under ASA Laws and ASA Technical Rules of Swimming. Licence No 1EM190236

13th Level 1 - Long Course Open Meet
Ponds Forge International Pool, Sheffield
Friday 5th - Sunday 7th April 2019

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 (Derventio eXcel Swim Squad) reserves the right to reject any entry without giving a reason. 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 **3rd March 2019**. **The entry fee is £10.00 for electronic entries (£11 for paper) for the 800m and 1500m and £7.00 for all other events (£8 for paper)**. 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. 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 Derventio 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 2019**. 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 warm up in which that event is to be swum.

All events will be heat Declared Winners and consist of:-
50m, 100m, & 200m all four strokes, 400m, 800m, 1500m Freestyle, 200m & 400m IM.
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.

SAFEGUARDING

Derventio Excel Swim Squad takes its committee 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 will be asked to move, the promoter reserves the right to ask those who refuse to observe this to leave the gala without refund.



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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 CRB information detailed on the application form. Passes maybe requested on the day but will only be issued with proof of a valid CRB 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 5pm Start 6.00pm

Saturday Session 2 Warm Up 8am Start 9.00am
Session 3 Warm Up 1pm Start 2.00pm

Sunday Session 4 Warm Up 8am Start 9.00am
Session 5 Warm Up 1pm Start 2.00pm

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.

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



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In addition to providing a real time results service the meet results will be posted on the Derventio eXcel 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.

MOBILE PHONES

Swimmers, parents and coaches are reminded that the use of mobile phones **is not allowed inside the Ponds Forge pool area.** This policy is actively enforced and all visitors are asked to comply.

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 the ASA. 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 instruction 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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13th Long Course Open Meet
At Ponds Forge International Pool Sheffield
Friday 5th - Sunday 7th April 2019
Individual Entry Form

Please return completed entry form with the appropriate entry fee by the closing date of **3rd March 2019**.**All times to be 50m long course (short course conversions accepted). Age as at 31st December 2019.**

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:		@10.00 per Event	£ - p
Total No of Paper Entries		@11.00 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 the ASA 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 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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13th Long Course Open Meet

At Ponds Forge International Pool Sheffield

Friday 5th - Sunday 7th April 2019

(Age as at 31st December 2019)

Cash Entry Summary & Poolside Pass Application Form

Club

Contact Name

Telephone Number

Email address

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

Individual Male Entries.....@£11.00 each: Sub Total.....

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

Individual Female Entries.....@£11.00 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 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) :-

Table with 4 columns: 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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13th Long Course Open Meet At Ponds Forge International Pool Sheffield Friday 5th - Sunday 7th April 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 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 6th, Saturday 7th and or Sunday 8th April

Name: _____ Club: _____ Telephone No: _____

Address: _____

Post Code: _____

Email: _____

License No: _____

	J1	J2	J2S	Training
Fri 6 th Start 6.00pm				
Sat 7 th Start 9.00am				
Sat 7 th Start 2.00pm				
Sun 8 th Start 9.00am				
Sun 8 th Start 2.00pm				

(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