



Affiliated to Swim England East Midlands Region and Derbyshire Swimming

PRESENT OUR 1st Level 3 SPRING OPEN MEET Licence number 3EM260300

“The Simple as A.B.C. Meet”

(Held under Swim England Regulations, the Swim England Technical Rules of Swimming
and to the Swim England Open Meet Licensing Criteria)

At

The ARC LEISURE CENTRE, Matlock, Derbyshire

On Sunday 12th April 2026

MEET RULES AND INFORMATION

1. Age Groups and Events

9, 10, 11, 12, 13, 14, 15/over

50m All Strokes - HDW

100m All Strokes – HDW

100m I.M - HDW

Morning Session 8:00 warm-up 9:00 first event		
101	Female	100m Backstroke
102	Open/Male	100m Backstroke
103	Female	50m Butterfly
104	Open/Male	50m Butterfly
105	Female	100m Freestyle
106	Open/Male	100m Freestyle
107	Female	50m Breaststroke
108	Open/Male	50m Breaststroke
109	Female	50m Freestyle Coaches Race
110	Open/Male	50m Freestyle Coaches Race

Afternoon Session TBC warm-up TBC first event		
201	Open/Male	100m Individual Medley
202	Female	100m Individual Medley
203	Open/Male	100m Butterfly
204	Female	100m Butterfly
205	Open/Male	50m Backstroke
206	Female	50m Backstroke
207	Open/Male	100m Breaststroke
208	Female	100m Breaststroke
209	Open/Male	50m Freestyle
210	Female	50m Freestyle

2. Swim England's Transgender and Non-binary Competition policy has been updated to ensure there are entry-level competitive opportunities for transgender people to participate in the majority of our disciplines within their gender identity.

Female – 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.

Open/Male – athletes with a birth sex of Male, Trans or Non-binary competitors and any competitor not eligible for the Female category.

3. The meet will be run in accordance with and held under Swim England Regulations, Swim England Technical Rules of Swimming, and the conditions outlined below.
4. All events are heat declared winners; awards will be presented to the first six in each event. In the event of a tie equal awards will be made, there will be no swim offs.

Additional prizes: Selected heats will be designated as *Hot Heats*. The winner of each Hot Heat will receive a small prize. Hot Heats will be confirmed and announced immediately after the race, with prizes available for collection from the medal table.

5. Ages are as at the day of the meet, 12th April 2026.
6. The coaches' race is a 'Just for Fun' 50m freestyle event open to qualified coaches and swimming teachers aged 18yrs+. Entries are free and will be accepted on the day.
7. The pool is eight lanes wide, 25m long with anti-turbulence lane ropes and full automatic officiating equipment. There is no secondary strobe available. Over the top starts may be used at the promoter's discretion.
8. Entries will be accepted on a **first come first served basis**. The promoters reserve the right to limit entries at their discretion, including imposing an early cut-off date for entries if the meet capacity is reached.
9. The entry fee per event is £7.50 for club entry.
10. No late entries will be accepted unless they are due to promoter's error.
11. Belper Marlin will work with the operators of the Arc to ensure that our event can operate safely and in compliance with any infection control guidance in place at the time of the event. Details of 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.
12. If the meet has to be cancelled for any reason, a refund of entry fees only will be sent by bank transfer to each club.
13. If spectator numbers exceed the capacity available, we will operate a system to allow all supporters an equal chance to view their swimmers and then vacate the gallery.
14. Spectators will be charged an entrance fee, amount to be confirmed. There will be no printed programmes, a link will be provided to download a copy.

15. All documentation (accepted entries, rejected entries, day of meet info etc.) will be posted on the event website. This will be communicated to clubs via e-mail to the club entry coordinator only. Individual entries will not be communicated to directly.
16. An accepted entry list will be posted as soon as possible after the closing date on the Belper Marlin website www.belpermarlin.co.uk. Any errors or omissions must be reported to fixtures@belpermarlin.co.uk as soon as possible and in any case not later than midday on Saturday 4th April. No further changes will be made to the programme after this date.
17. Withdrawals are allowed up to 16:00 hours on the day before the meet, by email to fixtures@belpermarlin.co.uk. Refunds will not be given for withdrawal of accepted entries.
18. Start lists will be published on the website once available. Once the start lists have been produced, no further withdrawals will be allowed. Should any swimmer fail to turn up then the heat will be swum with that lane empty. There will be no check-in on the day.
19. There is limited space available on poolside for swimmers and so there will be access to the sports hall for teams to congregate. The sports hall is for swimmers, team managers, coaches and volunteers. Any parents wishing to meet their children should do so upstairs.
20. There will be NO bags allowed on poolside, lockers will be available.
21. For allergy safety, we kindly request all food must be free from nuts.
22. Swimmers MUST be wearing appropriate footwear and be dry before leaving the pool area to return to the sports hall. The sports hall will be monitored but we ask that Team Managers ensure that swimmers behave appropriately throughout the meet. Food is not allowed on poolside and should only be eaten in the sports hall. There are strictly no ball games in the sports hall.
23. In line with Swim England's Wavepower policy, the use of mobile phones or other devices in changing areas is strictly prohibited.
24. In current times, it is very difficult for one club to provide enough officials to meet the licensing conditions. Therefore, we kindly ask that all clubs provide as many officials and helpers as possible to help this meet go ahead, run smoothly and aid any mentoring of trainees. If you are able to help, please get in touch with one of the contacts below. Trainee officials will also be accommodated where possible.
25. Contacts for Belper Marlin Spring Open Meet 2026 – Caroline Burke fixtures@belpermarlin.co.uk or Charlotte Boot promoter@belpermarlin.co.uk
26. **Entries must be not faster than the upper limits (ULT)**, published below. All entry times will be checked against the British Swimming on-line databases and will be rejected if they have already achieved times faster than the ULT. Speeding tickets will not be issued.
27. Please note that as a condition of entry, you accept that swimmers' details (name, age, club and swim times) will be published on the Belper Marlin club website and results will be published on the British Swimming results website.
28. Any condition not covered in this information will be at the discretion of the promoter.

Upper Limit Times

Open/Male							
Events	9yr	10yr	11yr	12yr	13yr	14yr	15/Over
50m Free	33.5	31.0	29.5	28.5	27.0	26.0	24.5
100m Free	1:07.0	1:03.0	1:01.5	1:00.0	58.0	56.5	54.0
50m Breast	41.0	39.0	38.5	36.0	33.0	32.0	30.0
100m Breast	1:28.5	1:25.0	1:21.0	1:18.0	1:13.5	1:10.0	1:07.0
50m Fly	34.0	33.0	32.0	31.0	29.5	28.0	26.5
100m Fly	1:19.0	1:14.0	1:11.0	1:08.0	1:03.5	1:00.5	58.0
50m Back	38.5	36.0	33.5	32.0	30.0	29.0	27.5
100m Back	1:16.0	1:13.0	1:10.0	1:08.5	1:05.0	1:03.5	59.0
100m IM	1:23.0	1:15.0	1:13.0	1:09.0	1:06.5	1:04.0	1:00.0

Female							
Events	9yr	10yr	11yr	12yr	13yr	14yr	15/Over
50m Free	32.0	31.0	30.0	29.0	28.0	27.0	26.0
100m Free	1:09.0	1:05.0	1:02.5	1:01.0	1:00.0	59.5	58.0
50m Breast	40.0	39.0	38.0	36.0	35.0	34.0	32.0
100m Breast	1:28.5	1:24.0	1:20.0	1:18.0	1:16.0	1:14.5	1:13.0
50m Fly	34	33.5	32.5	31.0	30.0	29.5	28.0
100m Fly	1:19.0	1:12.0	1:10.0	1:08.0	1:05.0	1:03.5	1:02.0
50m Back	34.5	33.5	32.0	31.0	30.5	30.0	29.0
100m Back	1:16.0	1:13.0	1:10.0	1:09.0	1:07.0	1:05.5	1:04.0
100m IM	1:28.0	1:15.5	1:13.5	1:09.5	1:07.5	1:04.5	1:02.5