

Breckland Cup 2025
December 6th 2025
License N° 4ER252629



PROMOTER'S CONDITIONS

1 The Breckland Cup will be held under Swim England (SE) Laws and Regulations and SE Technical Rules of Racing..

2 In the conditions below, Dereham & District Swimming Club is referred to as DDASC. The 'club website' refers to www.derehamotters.org.uk, where any information relevant to this meet will be published. The promoter is Jane Weston. All meet correspondence should be directed to fixtures@derehamotters.org.uk

3 Entries

3.1 Entrants must be SE Registered Club train or Club compete, belong to an affiliated club and enter in the name of one club only.

3.2 A maximum of five clubs will be invited to compete alongside the host club. There will be no more than six clubs in total.

3.3 Entries will be made using female and open/male competition categories.

3.4 The female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy <https://www.swimming.org/swimengland/swim-england-transgender-non-binary-competition-policy/> By entering the 'female category, a swimmer confirms that their birth sex is female

3.5 Competing clubs may enter one swimmer for each event. **Competitors may swim two individual events in their own age group and one individual event age-up (Maximum of three individual events)**

3.6 Swimmers may also compete in one relay event age-up in addition to their own age group.

3.7 For the Mixed 8 x 50m Freestyle relay there should be one open/male and one female from each age group. Relay names to be in race order, youngest to eldest, open/male first, female second.

3.8 All entries for individual events must be made electronically. A Hy-Tek entry file will be made available and emailed to all clubs. The entry file can be completed with Hy-Tek Team Manager (or the free version, which is TM Lite available as a free download from <https://hytek.active.com/downloads.html>. Relay entries should be made separately by completing the Excel team entry form emailed to clubs.

3.9 The closing date for All individual entries and Relay entries is midday **Saturday 22nd November**

3.10 Entries to this meet will be held on computer and consent, as required by the Data Protection Act 1998, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal data including name, age and submitted and recorded times, will be made public during the meet

3.11 Submission of entry will be regarded as full acceptance and agreement to all the Promoter's conditions

4 Age Groups

4.1 The age groups for both female and open/male in each event will be 11yrs & Under, 12/13yrs, 14/15yrs and 16yrs & over.

4.2 Minimum age for competitors is 8yrs

4.3 Competitors' ages shall be as of 6th December 2025

5 Fees

5.1 Team entry Fee - Free

5.2 Spectator fee £5, Children under 10yrs free

6 Access to poolside

6.1 No Club officials or swimmers will be allowed poolside more than 15 minutes before the commencement of the first warm up session.

6.2 All coaches, team managers and appointed volunteers attending poolside must be Swim England DBS checked, have a safeguarding certificate and suitable Team manager/coaching qualification. This check can be obtained free of charge via https://www.swimmingresults.org/member_options/ The Club requests that all teams have sufficient coaches/team managers/chaperones on poolside to meet the requirements of the SE Team Manager, Coach and Chaperone policy which can be found [here](#)

6.3 Swimmers aged 16 and under must be under the supervision of a club official during the warm-up, during competition and in the vicinity of the pool.

6.4 Swimmers must wear suitable clothing and footwear poolside. Swimmers not wearing tops or footwear or wearing wet clothing will not be allowed dry side or in the spectator viewing area.

7 Warm up

7.1 Warm up will start 30 minutes before the session start time.

7.2 Warm up marshals will control the warm-up sessions and their instructions must be adhered to at all times.

7.3 All swimmers must follow the announced and posted warm up procedures made available on the day of the meet.

10 Awards

10.1 Points will be calculated on the basis of 1st=6pts, 2nd=5pts, 3rd=4pts, 4th=3pts, 5th=2pts and 6th=1pt

10.2 The Breckland Cup will be awarded to the club that finishes top of the combined points table for all events during the meet. If two or more clubs register the same number of points, the tied club with the higher number of 1st places will be deemed the winner. In the event of a tie for points and 1st places, the tied club with the higher number of 2nd places will be deemed the winner. In the event of a tie for points, 1st and 2nd places, the tied club with the higher number of 3rd places will be deemed the winner. In the event of clubs registering equal numbers of points, 1st, 2nd & 3rd places, then the award shall be shared.

11 Events

11.1 Swimmer declaration forms or changes to the submitted individual team entries must be completed at the start of each session and submitted to the recorder at least 20 minutes before the end of the warm up session.

11.2 Swimmers must report to the clerk of the course in the marshalling area four events prior to their own. Any swimmer not reporting in time may be excluded from the event and identified from the results as 'did not swim' (DNS).

11.3 The host club, DDASC will swim in lane 3. Visiting clubs will be allocated lanes. As no results have previously been recorded then the visiting clubs shall be allocated the remaining free lanes using a random draw.

11.4 The pool length is 25 metres, 6 lanes with anti-wave ropes and electronic timing and the depth of the pool is 1.2m at the shallow end and 1.8m at the deep end

11.5 It is the responsibility of the competitors and club officials to ensure that the diving blocks are only used if the swimmers are competent to at least the standard of the SE Competitive Start Award.

11.6 Starts from the water are permitted but swimmers must notify the Referee of their intention (other than for backstroke).

11.7 Swimmers are required to remain in their designated lane after the race finishes until instructed to leave the pool by the Referee or authorised official. Swimmers must leave the pool by the sides, so as not to interfere with the timing equipment.

12 Photography

12.1 Anyone attending the gala wishing to use camera, video or digital image-capturing devices (including mobile phones and tablet devices) may do so without the need to register their details with the meet organiser.

12.2 In accordance with the Swim England Safeguarding Policies and Procedures, any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images. Should you have any concerns about photography or filming please bring them to the attention of the promoter. Participants and spectators are requested to follow the Swim England guidelines for photography and use of photographs on social media. The Swim England Safeguarding Policy and procedures, Wavepower 2024 provides guidance on the use of social networking and guidance on photography and can be found [here](#). Both sets of guidance apply if social media platforms are being used to share images or recordings either after the meet or during live streaming of the event.

12.3 The use of any mobile device in the changing area is absolutely forbidden.

13. General conditions

13.1 It is the responsibility of competitors and spectators to safeguard their own property at all times. Neither the Promoter nor DDASC will be responsible for loss of or damage to personal property.

13.2 The safety of swimmers, officials, spectators and others is paramount at all times. Everyone attending this Meet must familiarise themselves with the location of the emergency exits, which must be kept clear at all times. Everyone is asked to observe all normal precautions in the pool area and when moving around, and to listen to the safety announcements prior to the start of each session.

13.3 The Promoter and pool management reserve the right to refuse admission to any person whose behaviour is considered unsafe to themselves or to others, or is against the pool rules, these conditions, or the efficient running of the Meet.

13.4 Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to SE Laws, Regulations and the SE Technical Rules of Racing.

PROGRAMME OF EVENTS

Warm-up 17:15 Start 17:45			
Event	Female	Event	Open/Male
1	16/O 200IM	2	16/O 200IM
3	11/U 4 x 50m FR relay	4	11/U 4 x 50m FR relay
5	12/13 4 x 50m Medley relay	6	12/13 4 x 50m Medley relay
7	14/15 4 x 50m FR relay	8	14/15 4 x 50m FR relay
9	16/O 4 x 50m Medley relay	10	16/O 4 x 50m Medley relay
11	11/U 50m Butterfly	12	11/U 50m Butterfly
13	12/13 100m Backstroke	14	12/13 100m Backstroke
15	14/15 100m Breaststroke	16	14/15 100m Breaststroke
17	16/O 100m Freestyle	18	16/O 100m Freestyle
19	11/U 50m Freestyle	20	11/U 50m Freestyle
21	12/13 100m Butterfly	22	12/13 100m Butterfly
23	14/15 100m Backstroke	24	14/15 100m Backstroke
25	16/O 100m Breaststroke	26	16/O 100m Breaststroke
27	11/U 50m Breaststroke	28	11/U 50m Breaststroke
29	12/13 100m Freestyle	30	12/13 100m Freestyle
31	14/15 100m Butterfly	32	14/15 100m Butterfly
33	16/O 100m Backstroke	34	16/O 100m Backstroke
35	11/U 50m Backstroke	36	11/U 50m Backstroke
37	12/13 100m Breaststroke	38	12/13 100m Breaststroke
39	14/15 100 Freestyle	40	14/15 100m Freestyle
41	16/O 100m Butterfly	42	16/O 100m Butterfly
43	11/U 4 x 50m medley relay	44	11/U 4 x 50m medley relay
45	12/13 4 x 50m FR relay	46	12/13 4 x 50m FR relay
47	14/15 4 x 50m medley relay	48	14/15 4 x 50m medley relay
49	16/O 4 x 50m FR relay	50	16/O 4 x 50m FR relay
51	Mixed open 8 x 50 Freestyle relay		