

Devonport Royal **Summer Sizzler**

July 11th & 12th 2026

Level 3 Licensed Meet
Plymouth Life Centre



www.devonportroyal.com



Devonport Royal Summer Sizzler

Plymouth Life Centre July 11th – 12th 2026



Licence Number | 3SW261209

Venue | Plymouth Life Centre, Plymouth PL2 3DF

Pool | 10-Lane 25m Racing Pool with ROMA09-TRK starting blocks, 2 metres depth throughout and 140mm FINA regulation lane lines.
Constantly available 2-lane 25m swim-down pool.
Electronic timing & 10-lane video display screen.
On-site cafeteria & car parking.

Age Groups | 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs+
Age as of 12th July 2026
Minimum age for entry is 9 years as of midnight on 12th July 2026.
Awards will be given to the top 3 placed swimmers and para-swimmers in each age group.

Primary Events | 50 metres Backstroke, Breaststroke, Butterfly, Freestyle
100 metres Backstroke, Breaststroke, Butterfly, Freestyle, Individual Medley
200 metres Backstroke, Breaststroke, Butterfly, Freestyle, Individual Medley
400 metres Freestyle, Individual Medley

Fees | £8 per event

Entries/enquiries | Mark Philipson compsec.drsa@yahoo.com

Closing date | On or before Midnight Friday 19th June 2026



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Programme of Events

Saturday 11th July 2026

Session 1

Warm up 12:30 – Start TBA

Female		Open/Male	
1	200m Breaststroke	2	200m Individual Medley
3	100m Freestyle	4	100m Backstroke
5	200m Backstroke	6	50m Freestyle
7	50m Butterfly	8	400m Freestyle

Session 2

TBA

Female		Open/Male	
9	400m Individual Medley	10	100m Individual Medley
11	100m Breaststroke	12	100m Butterfly
13	200m Butterfly	14	50m Breaststroke
15	50m Backstroke	16	200m Freestyle

Sunday 12th July 2026

Session 3

Warm up 12:15 Start TBA

Open/Male		Female	
17	200m Breaststroke	18	200m Individual Medley
19	100m Freestyle	20	100m Backstroke
21	200m Backstroke	22	50m Freestyle
23	50m Butterfly	24	400m Freestyle

Session 4

TBA

Open/Male		Female	
25	400m Individual Medley	26	100m Individual Medley
27	100m Breaststroke	28	100m Butterfly
29	200m Butterfly	30	50m Breaststroke
31	50m Backstroke	32	200m Freestyle



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Female Upper Time limits

Female Event	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs+
50m Free	37.00	34.00	32.50	31.20	30.50	28.80	28.00	27.00
100m Free	1:15.00	1:13.00	1:11.80	1:10.50	1:08.60	1:03.80	1:01.60	1:00.80
200m Free	2:59.00	2:45.00	2:36.00	2:34.00	2:26.30	2:19.80	2:14.50	2:10.00
400m Free	6:00.00	5:50.00	5:40.00	5:36.00	5:11.00	4:52.00	4:46.00	4:40.00
50m Breast	49.00	47.00	43.00	41.80	38.80	36.00	35.80	35.00
100m Breast	1:42.00	1:39.00	1:35.00	1:32.20	1:26.90	1:20.00	1:19.50	1:18.80
200m Breast	3:31.00	3:26.00	3:22.00	3:16.00	3:00.00	2:55.00	2:53.00	2:50.00
50m Back	39.00	37.00	36.00	35.00	34.00	32.00	31.20	30.50
100m Back	1:30.00	1:26.00	1:23.00	1:20.00	1:14.00	1:11.00	1:09.00	1:08.00
200m Back	3:10.00	2:59.00	2:54.00	2:47.00	2:40.00	2:32.50	2:28.00	2:23.00
50m Fly	39.50	37.90	35.60	34.80	33.00	31.00	30.00	29.60
100m Fly	1:30.00	1:27.00	1:24.00	1:21.00	1:18.00	1:10.00	1:08.00	1:06.00
200m Fly	3:25.00	3:20.00	3:15.00	3:08.00	2:58.00	2:47.00	2:37.00	2:32.00
100m IM	1:29.19	1:23.92	1:19.92	1:13.25	1:10.50	1:07.65	1:04.57	1:02.12
200m IM	3:16.00	3:10.00	2:58.00	2:52.00	2:46.00	2:36.00	2:31.00	2:29.00
400m IM		6:50.00	6:22.00	6:10.00	5:57.00	5:37.00	5:25.00	5:15.00

Open/Male Upper Time limits

Open Event	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs+
50m Free	35.00	34.00	32.00	30.80	30.00	28.00	26.00	25.50
100m Free	1:14.00	1:12.00	1:10.00	1:09.00	1:06.00	1:01.00	59.00	55.00
200m Free	2:50.00	2:45.00	2:34.00	2:32.00	2:25.60	2:13.00	2:06.00	2:02.00
400m Free	5:55.00	5:45.00	5:32.00	5:30.00	5:11.50	4:45.00	4:30.50	4:22.00
50m Breast	46.00	45.00	43.00	42.00	38.50	36.20	33.50	31.50
100m Breast	1:45.00	1:40.00	1:36.50	1:35.80	1:29.00	1:19.50	1:15.00	1:10.30
200m Breast	3:35.00	3:28.00	3:20.00	3:18.50	3:00.00	2:50.00	2:40.00	2:36.00
50m Back	41.00	38.00	36.20	35.80	34.90	31.80	29.50	28.30
100m Back	1:30.00	1:27.00	1:24.00	1:20.80	1:17.00	1:12.50	1:05.00	1:03.40
200m Back	3:00.00	2:57.00	2:54.00	2:51.80	2:44.00	2:30.00	2:19.80	2:18.00
50m Fly	42.00	38.00	36.00	35.00	33.80	30.00	28.00	27.50
100m Fly	1:40.00	1:32.00	1:27.00	1:24.00	1:19.80	1:10.50	1:05.00	1:02.00
200m Fly	3:30.00	3:20.00	3:15.00	3:13.00	3:08.00	2:44.00	2:29.00	2:27.00
100m IM	1:30.54	1:25.19	1:17.60	1:11.36	1:08.54	1:05.14	1:02.25	1:01.28
200m IM	3:25.00	3:10.00	2:57.00	2:55.00	2:47.80	2:31.80	2:22.00	2:15.00
400m IM		6:55.00	6:40.00	6:00.00	5:48.00	5:35.00	5:18.00	4:58.00



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Meet rules and information

1. The Devonport Royal Summer Sizzler will be held under Swim England Laws and Regulations and Technical Rules of Racing and has been licensed at Level 3 by Swim England for entry into Regional and County Championships & other Competitions at Level 1 or Level 2.
2. Entries may only be accepted from competitors registered with Swim England, Swim Scotland or Swim Wales as Club Compete.
3. Swimmers must be 9 years or older on 12th July 2026 (Last Day of Competition).
4. 9 Year old competitors may NOT enter the 400IM.
5. Competitors' ages shall be as of midnight on 12th July 2026.
Age Groups:
Open/Male: 9, 10, 11, 12, 13, 14, 15, 16 & Over including Masters.
Female: 9, 10, 11, 12, 13, 14, 15, 16 & Over including Masters.
6. All events are to be swum in "spearheaded" seeded heats (slowest heat first), regardless of age, from submitted times, with declared age group winners. Over the top starts may be used at the referee's discretion.
7. **Awards:** All events will be heat declared winner (HDW).
Medals will be awarded to swimmers placing 1st, 2nd & 3rd in all age groups and in all events unless disqualified.
Medals will be given to the top 3 Para/Disabled swimmers based on British Disability Points. If there is only one entry in an event the swimmer must match or better the entry time to be awarded the gold medal.
8. **Hot Heats** - will be held at random, with the winner of the heat being provided with a spot prize.
9. 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.
10. Any swimmer having an entry time faster than the upper limit times listed herein are excluded from entering that event.
11. Any swimmer who, at the closing date of entries for the Meet including those entered early, that has achieved a time faster than the published upper limit may not enter that event or will be entered by the host club as a time trial swim if time permits once all swimmers under the upper limit have been accepted. Should it transpire at any stage that a swimmer has submitted an ineligible entry or not declared a faster time, then the entry will be rejected, and the fee forfeited. It is the Clubs responsibility to be transparent with any times improved above the QT standard at close of entry.



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12. Entries:

Closing date for entries is **Midnight Friday 19th June 2026**.

Dates of birth, Swim England numbers and fees must accompany entry.

2026 Entry Fees = £8 per event.

13. Disability swimmer entries. All Disability Swimmers are eligible to compete in this meet & will be seeded according to achieved time standards and with able bodied or disability swimmers of appropriate times. There will be a multi-classification.

14. The Competition will be run as an integrated competition. Para-Swim/Disability competitors must have an authorised disability Classification, or Certificate of Disability/Exception which must be declared on the entry form and be presented to the Referee at the start of the relevant session before racing commences. Failure to do so may result in disqualification.

15. All entries must be made electronically (unless agreed beforehand). Before the closing date, club officers will be given the opportunity to check entries to correct errors. There will be no changes to times after this.

16. Entries must be the fastest time currently held by a swimmer either Short Course or Long Course conversion. The meet promoter will wherever possible check entry times against the British Rankings if it is felt that a swimmer may be submitting a slower time to gain entry to this meet. Falsely entered times will be rejected without a refund.

17. If a swimmer's fastest time on British Rankings is no longer an accurate reflection of their current performance level, then the option to enter on the fastest time achieved in the preceding 24 months can be considered.

This must be discussed and agreed with the promoter prior to the advertised closing date.

18. The acceptance of competitors will be based on times submitted so it is essential that only achieved times or realistic times are entered.

19. The submission of entries will indicate acceptance of these Conditions.

20. Competitors whose entries are accepted and subsequently found to have been entered in the wrong event(s) because of incorrect entry information, will be withdrawn from the event(s) and will not have their entry fee(s) refunded

21. Entries will be accepted on a first come first served basis to reach the maximum number of heats possible to run in the time available for the Meet.

22. Refunds will be given for medical reasons on production of a doctor's note.



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- 23.** Should it be necessary to cancel the meet for reasons beyond the control of the Promoter, refunds will not apply once the Meet has commenced. The Meet Promoter will make every effort to run the event. In any situation that the Meet must be cancelled, competitors are not eligible for full refunds of their entry fees. Partial refunds may be made but only after the Promoter has covered all incurred costs.
- 24.** Officials & Poolside Helpers: All clubs entering 10 or more swimmers are invited to provide at least 1 Official per session, if possible, as well as volunteers for poolside roles. All volunteers (excluding officials and those not in contact with children) must be Swim England registered and DBS checked. It is the responsibility of the Clubs to check all poolside volunteers have up-to-date DBS and safeguarding certificates.
- 25.** Devonport Royal Swimming Association uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 2018, to the holding of personal information on computer. Personal data such as name, club, entered/achieved times may be made public prior to, during or after the meet (e.g. programmes, results, etc).
- 26.** The competition pool shall be 25m in length with 10 lanes. Anti-turbulence ropes, secondary strobe, electronic timing and placing will be used wherever possible. Two swim-down lanes will be available.
- 27.** On acceptance of entries, the swimmer and any supporters agree that their behaviour will be of an appropriate and respectful manner abiding by the Rules of the Competition and venue. Failure to do so could result in removal or refusal of entry.
- 28.** The promoter does not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings. Large bags should be stored in the lockers and not brought on poolside. Locker “keys” are available to purchase for £6.50 (refundable with receipt) at the Life Centre front desk. Poolside bags should be kept away from air vents and passageways. Devonport Royal Swimming Association and Plymouth Life Centre are not responsible for any accidents/incidents resulting from these rules not being followed.
- 29.** All participants must observe the safety precautions in operation at Plymouth Life Centre.



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30. Photography & Video Recording:

In Line with Swim England & Wavepower guidance, anyone wishing to take images (Photo or video) are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms.

The use of any device with video or photo capture capability are strictly prohibited in the toilets, changing rooms or changing area's at any time. Strict sanctions will be imposed if this rule is broken.

For the full Swim England guidance on the use of recording or streaming devices during the duration of the competition parents should consult the Swim England Wavepower Policy:

<https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>

You are reminded that flash photography is not permitted at the start of any heat.

- 31.** Competitors must report to the stewards at the marshalling area at least 3 heats prior to their event where they will be given their starting order. It is the responsibility of coaches and swimmers to ensure that swimmers report to the marshalling area in good time. Any swimmer not reporting may be deemed to have withdrawn from that event.
- 32. Pool passes:** All Teams must be accompanied by at least one Swim England Coach or the equivalent Level 2 Coach who must have current Safeguarding and DBS passes. Team Managers on poolside must be TM1 Qualified and be DBS Checked.
All Team Managers and Coaches must ensure they display their pass at all times during the competition. a) Weekend Pool passes will be £15 each b) Each club may purchase 3 passes; if a club requires more than three per session these may be purchased for an additional fee of £5.00 per pass per session.
- 33. Spectators:** a) Spectator Entry will be FREE. Programmes will be sent to the Clubs to circulate and will also be available electronically on the day. Entrance to the gallery does not guarantee a seat and the promoter reserves the right to utilise gallery seating for swimmers in the case of heavy subscription.
- 34.** Back stroke ledges will be available at this meet.
- 35.** Any matters concerning the Meet not covered in these Terms & Conditions will be dealt with according to the laws of the sport and at the discretion of the Promoters. The Promoters reserve the right to change the Meet Terms & Conditions to ensure the smooth running of the meet and at the express wish of the Referee. This will only apply due to unforeseen circumstances on the day of the meet.
- 36. The Referees decision on all swimming matters is final.**



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Entry form

Not required if using Hy-Tek Entry Manager.

Devonport Royal Summer Sizzler Entry Form						
Name				Date of birth		
Swim England number		Open/Male or Female		Multi-class number (if applicable)		
Event		Entry time		Event		
Freestyle	50			Freestyle	200	
	100				400	
Backstroke	50			Breaststroke	50	
	100				100	
	200				200	
Butterfly	50			Medley	100	
	100				200	
	200				400	
I have checked that the entry times fit the meet pack requirements					Yes/No	
Total cost of entries (£8/event)						
Signature of swimmer or parent (if swimmer is <18yrs)						

PAYMENT DETAILS:

All payments should be made to Devonport Royal Swimming Association via BACS.

TSB Bank - Sort Code: 77-09-19 Account: 39709260

Suitable reference should be used and provided to the DRSA Competition Secretary
compsec.drsa@yahoo.com

All entries must be submitted on or before **Midnight Friday 19th June 2026.**



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Entries may not be accepted after this date.

Entry Fees Summary Sheet

Please e-mail completed Entry Fees Summary Sheet, Hy-Tek Files & Entry Reports to the DRSA Competition Secretary:

Mark Philipson

compsec.drsa@yahoo.com

CLUB:	
CONTACT NAME	
TEL NO:	
E-MAIL	

Total Number of Swimmers:			
Total Number of Individual Entries:		@ £8	
Total No. of Weekend passes		@ £15	
Total No. of Additional passes		@ £5	
TOTAL AMOUNT DUE			£

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Request for Officials

In order to comply with Meet Licensing requirements, we would gratefully accept any assistance from British Swimming Qualified officials from your clubs. We will provide lunch and refreshments during both days of competition to all officials who are on duty. Travel expenses (mileage @ 0.45p) can be claimed by Qualified Officials attending this Meet. Expenses forms will be sent out prior to the gala and limited copies will also be available on the day from the DRSA meet promoter.

All officials are kindly asked to sign up & register their availability using the following link [Swim-Meet](#)

For those un-qualified officials, or J1s and above who require mentoring or practical sessions please indicate in note section of swim meet when signing up. Indicate 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. Officials briefing will be 30 minutes before the start of each session.

Many thanks in advance for your assistance.



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Poolside Pass Application Form

Club.....

Name	Swim England Number	DBS Number

Please ensure you only submit applications for poolside passes for volunteers who are registered with Swim England and have a current DBS check.

Passes must be applied for in advance & please include the fee of £15 per pass with your swimmers' entries.

Passes can be collected on the day from the event stewards.



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We look forward to welcoming you to the Plymouth Life Centre for our Summer Open Meet. We hope you have a fantastic season and enjoy rounding it off with us in July.

If you have any queries please do not hesitate to get in contact.

Yours in swimming,

Devonport Royal Swimming Association
www.DevonportRoyal.com