



IAPS REGIONAL QUALIFIER

REPTON SCHOOL – Monday 2nd March 2026

RACE DAY GUIDE

ARRIVAL

- Schools can arrive from 12:30pm (refreshments will be available in our hospitality suite)
- Schools can access the changing rooms from 1pm (based on warm-up slot)
- School staff must meet pupils on poolside

WARM UP SCHEDULE

- The warm-up will start at **1.10pm**, with each school being given a 10mins slot to use (as below)
- All warm-ups must be supervised by a member of school staff.
- Schools can use the diving blocks at the deep end if swimmers are competent and supervised.

	1.10pm-1.20pm	1.20-1.30pm	1.30-1.40pm
Lane 1	Ratcliffe College Prep	Fairfield Prep School	Sedbergh Prep
Lane 2	Ratcliffe College Prep	Fairfield Prep School	Sedbergh Prep
Lane 3	St. Hugh's School	Witham Hall / Highfield Prep School	Sedbergh Prep
Lane 4	St. Hugh's School	Witham Hall / Highfield Prep School	Stamford Junior School
Lane 5	The Elms	Leicester Grammer	Stamford Junior School
Lane 6	The Elms	Leicester Grammer	Stamford Junior School

RACING

- Racing will start at **1:50pm**
- Swimmers will need to report to their lanes before their race – please make sure all swimmers know which lane they are in
- Some events will be combined (based on entry numbers) to allow events to be more competitive and to generate more excitement in races. Please see attachment.
- Each race will start from the deep end using the electronic starting unit
- Swimmers who are confident may use the diving blocks at the deep end, otherwise swimmers may dive from the side, or start in the water.
- All Individual events are 50m, with the exception of Race 1 (Event 51) which is 25m
- All Relays are 4x25m and swimmers **must** start in the water at the shallow end.

IAPS RULES AND REGULATIONS

- All races are swam using a 25m pool.
- Competitors may swim up an age group but must only compete in that age group for the duration of the competition.
- We do not accept PBs recorded outside of an official IAPS qualifier.
- All swimmers must take part in a qualifier for their time to count.
- Diving can only take place at one end of the pool, even if the venue has two deep ends. A lot of schools only have one deep end; therefore, this rule helps keep the competition as fair as possible.
- Winning the race does not guarantee a place at the finals, it is a time trial and results are submitted nationally.
- The referee's decision is final.
- Video evidence will not be accepted in any cases to dispute decisions.
- Qualification for the finals is achieved based on the time swam at a qualifier.
- It is the school's responsibility to check whether swimmers have qualified for the finals once results are announced.

Individual races - top 20 swimmers in each age group

Relays - top 20 schools in each age group

Small schools relay - top 10 schools across all the qualifiers

GENERAL RULES

- Swimmers are asked to be quiet at the start of races, after the whistles are blown.
- Swimmers are asked to keep poolside clean and tidy.
- Swimmers will be asked to follow the instructions of the Repton Sports Centre Staff in the event of an emergency.
- There will be **NO** photography or videoing during the gala

POST RACING

- Food and refreshments will be served in our hospitality suite from 3.30pm for all swimmers and staff, take away options are available.
- The results will be collated and inputted following the gala and emailed out to the schools by the end of the week.

SPECTATORS

- There will be limited seating on the balcony for parents to come and spectate.
- The far side of the balcony (nearest the deep end) will be reserved for swimmers
- Access will be from 1.15pm
- There is to be **NO STANDING** in the spectator balcony please.
- There will be **NO PHOTOGRAPHY or VIDEOING** from the spectator balcony please.

Any questions, please contact Craig Prime (cprime@repton.org.uk), and if you are running late on the day, please call on 07763030201

We look forward to seeing you Monday

Craig Prime (on behalf of Repton School & Repton Swimming)