



ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to Yorkshire & North East Counties A.S.A.

LEVEL ONE LONG COURSE OPEN MEET (Under A.S.A. Law & Technical Rules)

This event is licensed level 1 by the A.S.A. 1NE150169

PONDS FORGE INTERNATIONAL SPORTS CENTRE, SHEFFIELD
on
Saturday 16th and Sunday 17th May 2015

GENERAL INFORMATION.

ORGANISATION

The competition will be held under ASA Laws and ASA Technical Rules of Swimming.

POOLS

Competition Pool - 50m - 10 lanes with anti-wave ropes
Continuous warm-up and swim down facility available in the Diving Pool throughout the Meet.

TIMING

OMEGA Ares 21 Electronic Timing.

AGE GROUPS

Swimmers ages are as at 17th May 2015

Ladies 9*/10, 11, 12, 13, 14, 15 and over

Mens 9*/10, 11, 12, 13, 14, 15 and over.

*9 year olds cannot swim 100m events

Awards will be given to the top 3 Swimmers in each age group in each event.

INDIVIDUAL EVENTS

9 years and over Mens and Ladies - 50m, and 200m all strokes plus 200m & 400m IM and 400m Free.

10 years and over Mens and Ladies 100m all strokes

All events are Heat Declared Winners.

Please note: The Organisers may limit entries due to the restricted swimming time allowed per session at Licensed Meets. (Acceptance will be based on fastest entry times in each age group)

SEEDING

Integrated heats (i.e. multiple age groups) will be seeded according to entry times.

SPECIAL AWARDS

Top Club - £100 and Trophy awarded to Club accumulating most points
Points awarded to top 3 in each event/age group – 1st – 3, 2nd – 2, 3rd -1.

COACHES PASSES

Coaches Passes are £15 for the Meet.
They must be applied for and paid for with entries. The Pass includes a programme.
Ordered passes can be collected from the stewards at the competition pool entrance.

ENTRY PROCEDURE

All entries are £6.50 per event and must be on the standard entry form or electronic entry file(preferred).

SportSystems entry file downloaded from www.rotherhammetro.org
or by e-mail rm.galas@gmail.com

Times submitted should refer to 50m pool times achieved by the swimmer (or 25m times converted using a conversion table).

(Where we find times have not been achieved, the swimmer may be rejected and no refund will be due)

Send completed entry forms together with the requisite fees.

Mrs S Milnes, 58 Broom Lane, Rotherham, South Yorkshire S60 3EL

Make cheques payable to: **Rotherham Metro Ltd.**

Bank details for BACS payments on request; rm.galas@gmail.com

ENTRY CLOSING DATE - MIDNIGHT FRIDAY 17TH April 2015

Please note - No poolside entries will be accepted for any events.

PLEASE NOTE THE GALA IS CARDLESS

A draft read only copy of the programme will be available on the club website – www.rotherhammetro.org
– shortly after closing date, so entrants can check and notify errors. Only changes will be made after the closing date where an error has been made by Rotherham Metro.
Clubs will be notified of rejected swimmers and refunds issued.

Refund of entry fees will not be given for withdrawal of accepted entries.
Special cases will be given individual consideration.

Clubs are asked to notify details of any swimmer not competing by e-mail rm.galas@gmail.com prior to the day of the gala, or in the Omega Suite at least one hour prior to the session start time.

Anything not covered in the above information will be at the discretion of the Organisers.

On swimming matters the referees will have the final decision.

ASA Qualifying Standard for Level One Meets

In the event the gala is oversubscribed, rejections will be based on the slowest entry times across all age groups and events, even though they may be within the ASA qualifying standard, to bring the scheduled swimming time within that allowed by ASA Licensing Guidelines

*9 year olds cannot swim 100 metre events

	Mens					
	9/10 yrs	11 yrs	12 yrs	13yrs	14yrs	15/OV
50 free	39.0	37.0	34.9	33.0	31.3	28.7
100 free	*1.24.5	1.18.8	1.13.7	1.09.8	1.06.9	1.02.6
200 free	3.03.6	2.51.3	2.40.8	2.32.6	2.25.6	2.16.3
400 free	6.26.4	5.56.0	5.38.1	5.21.8	5.07.0	4.49.1
50 fly	43.5	40.8	38.1	35.9	34.0	31.4
100 fly	*1.34.3	1.27.7	1.21.5	1.16.8	1.12.8	1.07.8
200 fly	3.23.3	3.12.5	2.59.9	2.49.9	2.40.9	2.30.4
50 breast	51.6	48.2	44.6	41.8	39.7	36.8
100 breast	*1.47.9	1.41.5	1.34.7	1.28.8	1.24.6	1.18.9
200 breast	3.57.2	3.39.1	3.25.2	3.12.5	3.02.5	2.51.6
50 back	46.0	43.2	40.5	38.2	36.1	33.5
100 back	*1.36.8	1.29.8	1.24.1	1.19.2	1.15.0	1.10.3
200 back	3.25.8	3.12.0	3.00.7	2.50.3	2.42.3	2.31.4
200 I.M.	3.29.6	3.14.3	3.02.8	2.52.7	2.44.8	2.33.9
400 I.M.	7.26.3	6.50.8	6.26.7	6.06.4	5.49.3	5.27.6

	Ladies					
	9/10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15/OV
50 free	39.8	37.3	35.4	34.0	32.9	31.9
100 free	*1.26.2	1.19.3	1.15.2	1.12.7	1.10.7	1.08.8
200 free	3.04.4	2.51.3	2.42.5	2.36.2	2.32.1	2.27.5
400 free	6.27.4	5.56.4	5.38.8	5.26.3	5.18.0	5.09.2
50 fly	44.0	40.7	38.6	36.7	35.7	34.2
100 fly	*1.37.1	1.27.9	1.22.6	1.19.1	1.17.2	1.14.8
200 fly	3.34.6	3.12.6	3.01.7	2.53.5	2.48.0	2.43.3
50 breast	51.2	47.8	45.0	43.1	41.5	40.1
100 breast	*1.50.3	1.41.6	1.35.2	1.30.8	1.28.5	1.26.1
200 breast	3.55.5	3.36.6	3.24.9	3.15.5	3.09.5	3.05.8
50 back	46.0	43.1	40.9	39.4	38.0	36.6
100 back	*1.37.5	1.29.9	1.24.5	1.21.7	1.19.6	1.17.1
200 back	3.26.3	3.11.0	3.00.6	2.54.3	2.49.8	2.43.9
200 I.M.	3.29.6	3.14.3	3.03.3	2.56.8	2.52.3	2.46.9
400 I.M.	7.26.2	6.47.3	6.24.9	6.10.6	6.02.0	5.50.8

Rotherham Metro A.S.C.

Schedule of Events

Level One Long Course Open Meet 2015

Age as at 17th May 2015

<p><u>SATURDAY 16th May 2015</u> <u>SESSION 1.</u> <u>(W/up 8.00am, Start 9.00am)</u></p> <ol style="list-style-type: none">1. Ladies 200m Ind. Medley (9-12 years)2. Mens 50m Freestyle (9/Ov)3. Ladies 50m Butterfly (9/Ov)4. Mens 400m Ind. Medley (9/Ov)5. Ladies 100m Freestyle (10/Ov)6. Mens 100m Butterfly (10/Ov)7. Ladies 200m Breaststroke (9/Ov)8. Mens 200m Backstroke (9/Ov)	<p><u>SATURDAY 16th May 2015</u> <u>SESSION 2.</u> <u>(W/up 1.00pm, Start 2.00pm)</u></p> <ol style="list-style-type: none">9. Ladies 100m Backstroke (10/Ov)10. Mens 200m Ind. Medley (9-12 years)11. Ladies 50m Breaststroke (9/Ov)12. Mens 50m Backstroke (9/Ov)13. Ladies 400m Ind. Medley (9/Ov)14. Mens 100m Breaststroke (10/Ov)15. Ladies 200m Butterfly (9/Ov)16. Mens 200m Freestyle (9/Ov)
<p><u>SUNDAY 17th May 2015</u> <u>SESSION 3.</u> <u>(W/up 8.00am, Start 9.00am)</u></p> <ol style="list-style-type: none">17. Mens 200m Ind. Medley (13 and over)18. Ladies 50m Freestyle (9/Ov)19. Mens 50m Breaststroke (9/Ov)20. Ladies 400m Freestyle (9/Ov)21. Mens 100m Freestyle (10/Ov)22. Ladies 100m Butterfly (10/Ov)23. Mens 200m Breaststroke (9/Ov)24. Ladies 200m Backstroke (9/Ov)	<p><u>SUNDAY 17th May 2015</u> <u>SESSION 4.</u> <u>(W/up 1.00pm, Start 2.00pm)</u></p> <ol style="list-style-type: none">25. Mens 100m Backstroke (10/Ov)26. Ladies 200m Ind. Medley (13 and over)27. Mens 50m Butterfly (9/Ov)28. Ladies 50m Backstroke (9/Ov)29. Mens 400m Freestyle (9/Ov)30. Ladies 100m Breaststroke (10/Ov)31. Mens 200m Butterfly (9/Ov)32. Ladies 200m Freestyle (9/Ov)

Rotherham Metro A.S.C.

Level One Long Course Open Meet 2015

16th and 17th May 2015

Cash / Entry Summary.

Club

Contact name **Tel. Number**

Contact Address.....

E-Mail Address(please print clearly)

This will be used to notify you when the draft programme is available and to resolve any queries with the entries.

Individual Mens Entries @ £6.50 each - Sub – total

Individual Ladies Entries @ £6.50 each - Sub – total

Coaches Passes @ £15.00 each - Sub – total

GRAND TOTAL ENCLOSED £

Cheques should be made payable to **Rotherham Metro Ltd.**

BACS details on request

Please ensure that you have put enough postage on your envelope before posting to us
(A4 envelope - Large letter stamp, at least)