



ROTHERHAM METRO AMATEUR SWIMMING CLUB

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

'A' and 'B' Grade Short Course Meet
(Licensed level 3 by the A.S.A. for entry into Regional Championships – 3NE150503)

Ponds Forge International Sports Centre, Sheffield

Saturday 18th & Sunday 19th July 2015

Age Groups 9 years, 10 years, 11 years, 12 years, 13 years, 14 years & 15+ years.

Ages as At 19th July 2015

Events All Graded (Except 9 year age group) and All HDW

100m Free, Back, Fly, Breast
200m Free, Back, Fly, Breast
50m Free, Back, Fly, Breast
100m and 200m Individual Medley
400m Freestyle – 10 years & over

Pools

Competition Pool - 25m - 10 lanes with anti-wave ropes
Continuous warm-up and swim down facility available throughout the Meet.
OMEGA Ares 21 Electronic Timing will be used.

ORDER OF EVENTS

SATURDAY 18th July 2015 <u>SESSION 1. (W/up 8.00am, Start 9.00am)</u> 1. Mens 100m Ind. Med 2. Ladies 200m Breast 3. Mens 200m Free 4. Ladies 100m Back 5. Mens 100m Fly 6. Ladies 400m Free (10/Ov) 7. Mens 50m Breast 8. Ladies 50m Fly	SATURDAY 18th July 2015 <u>SESSION 2. (estimated W/up 1.00pm, Start 2.00pm)</u> 9. Mens 200m Back 10. Ladies 100m Ind. Med 11. Mens 400m Free (10/Ov) 12. Ladies 200m Fly 13. Mens 100m Breast 14. Ladies 100m Free 15. Mens 50m Fly 16. Ladies 50m Back
SUNDAY 19th July 2015 <u>SESSION 3. (W/up 8.00am, Start 9.00am)</u> 17. Ladies 200m Ind. Med 18. Mens 200m Fly 19. Ladies 200m Back 20. Mens 100m Free 21. Ladies 100m Breast 22. Mens 50m Back 23. Ladies 50m Free	SUNDAY 19th July 2015 <u>SESSION 4. (estimated W/up 1.00pm, Start 2.00pm)</u> 24. Mens 200m Ind. Med 25. Ladies 200m Free 26. Mens 200m Breast 27. Ladies 100m Fly 28. Mens 100m Back 29. Ladies 50m Breast 30. Mens 50m Free

ROTHERHAM METRO A.S.C.

GRADED MEET COMPETITION RULES AND INFORMATION.

- 1) The competition will be held under ASA Laws and ASA Technical Rules of Swimming.
- 2) Heats will be seeded on submitted times which must be converted to 25m Pool times. Only entries up to the designated fastest times for 'A' Grade will be accepted. In respect of 400m Free events, swimmers must have achieved the qualifying standard.
- 3) Swimmers will be split into 'A' grade and 'B' grade based on the time swum on the day, not on their entry times. Awards will be given to the fastest three Swimmers in each Age Group in each event, after taking account of the "cut off times". Swimmers who swim faster than the cut off times for 'A' Grade will be presented with a Speeding Ticket. **Top Boy and Top Girl Trophies** will be based on all events irrespective of Grading (9 year olds will not be eligible for this award because they are not graded) – 1st – 3 points, 2nd -2 points, 3rd – 1 point
Overall Top Visiting Club Trophy will be for all events (including 9 year olds)) – 1st – 3 points, 2nd -2 points, 3rd – 1 point .
- 4) ENTRIES - £5.50 PER EVENT
Entries will be accepted on a first come first served basis. It may be necessary to close entries prior to the Official Closing Date. **NO POOLSIDE ENTRIES WILL BE ACCEPTED.**
ALL ENTRIES MUST HAVE A SUBMITTED TIME
- 5) COACHES PASSES - £12.00 each, inclusive of a Programme and full set of results sheets per club. Clubs are allowed one free coaches pass per 40 event entries to a maximum of 3 passes.
- 6) ENTRIES TO:

Mrs Sue Milnes, 58 Broom Lane, Rotherham S60 3EL

SportSystems entry fileset is available for download on www.rotherhammetro.org or by e-mail – rm.galas@gmail.com

Entry closing date: On or before Midnight Saturday 6th June 2015.

Make cheques payable to: Rotherham Metro Ltd.

Entry fees should be received within 5 days of electronic entry

A draft read only copy of the programme will be available on the club website – www.rotherhammetro.org so entrants can check and notify errors.

7) Please note the Gala is Cardless.

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.

- 8) Refund of entry fees will not be given for withdrawal of accepted entries. Special cases will be given individual consideration.
- 9) You are advised not to leave any clothing or other articles unattended, as neither the Organisers nor the Pool Management can accept responsibility for loss or damage.
- 10) All overseas entrants MUST be authorised by their National Federation before entries can be accepted.
- 11) Any conditions not covered in the above information will be at the discretion of the Promoters.
- 12) There may be an official photographer at the meet, by entering the gala you accept that your Swimmer may be photographed at the meet. The photographs will be for sale at the meet and later on a web site.

The Referees decision will be final on all matters relating to Swimming and Swimmer discipline.

Rotherham Metro

ENTRY CUT OFF TIMES.

Please note that any competitor swimming **faster than the 'A' Grade times given below** will be ineligible for an award but will be presented with a **Speeding Ticket**. Swimmers will be categorised as 'A' or 'B' Grade based on the times swum on the day, not on their submitted times.

'A' Grade Entries: 25m pool times NOT faster than:

	Boys						Girls					
	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +
50 free	32.40	30.80	29.10	27.70	26.60	25.30	32.80	31.50	29.90	29.00	28.50	27.90
100 free	1.10.60	1.06.60	1.02.50	59.20	57.00	54.40	1.12.10	1.07.20	1.03.70	1.02.00	1.00.90	59.50
200 free	2.32.30	2.24.00	2.15.60	2.08.70	2.03.80	1.58.30	2.33.10	2.24.50	2.16.90	2.12.90	2.10.90	2.08.00
400m free	5.20.50	5.00.40	4.44.00	4.30.90	4.21.90	4.10.50	5.24.90	5.00.10	4.44.60	4.37.20	4.33.10	4.28.30
50 breast	42.50	40.00	37.50	35.10	33.70	31.70	42.70	40.10	38.00	36.60	35.80	35.00
100 breast	1.32.80	1.26.00	1.20.50	1.15.30	1.12.20	1.08.20	1.33.30	1.25.90	1.21.30	1.18.10	1.15.10	1.14.80
200 breast	3.18.10	3.04.70	2.53.60	2.43.20	2.36.10	2.28.70	3.18.30	3.04.40	2.54.30	2.47.50	2.43.70	2.41.40
50 fly	36.40	34.10	32.30	30.50	29.20	27.60	36.30	34.50	32.70	31.70	31.00	30.30
100 fly	1.22.60	1.15.40	1.10.40	1.06.20	1.03.20	1.00.00	1.22.50	1.15.70	1.11.00	1.08.80	1.07.00	1.06.00
200 fly	3.00.80	2.44.70	2.35.10	2.26.30	2.19.90	2.12.10	3.03.10	2.46.50	2.35.80	2.30.20	2.26.40	2.23.10
50 back	37.40	35.50	33.60	31.60	30.50	28.50	37.40	35.50	33.90	32.80	32.10	31.40
100 back	1.21.40	1.15.30	1.10.90	1.06.70	1.03.80	1.00.50	1.21.40	1.15.40	1.11.20	1.08.80	1.07.60	1.06.10
200 back	2.50.80	2.40.10	2.31.20	2.22.90	2.16.90	2.10.40	2.52.20	2.39.10	2.31.30	2.27.30	2.24.60	2.20.80
100 IM	1.22.40	1.18.20	1.13.90	1.09.80	1.06.50	1.02.70	1.20.80	1.18.00	1.14.30	1.11.70	1.10.80	1.08.90
200 IM	2.54.90	2.43.40	2.34.20	2.26.60	2.19.90	2.13.70	2.54.80	2.43.20	2.34.70	2.30.70	2.27.70	2.24.90

'B' Grade Entries: 25m pool times NOT faster than:

	Boys						Girls					
	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +
50 free	38.00	35.90	33.90	32.10	30.40	28.30	38.50	36.50	34.70	33.30	32.40	31.30
100 free	1.22.90	1.17.80	1.13.20	1.08.90	1.03.10	1.01.20	1.24.60	1.18.70	1.14.30	1.11.50	1.09.50	1.07.10
200 free	2.59.30	2.48.80	2.39.10	2.30.10	2.22.50	2.13.20	3.00.40	2.49.60	2.39.90	2.33.60	2.29.60	2.24.60
400m free	6.18.00	5.53.30	5.34.00	5.16.40	5.01.50	4.42.10	6.22.20	5.52.90	5.33.00	5.20.50	5.12.50	5.03.10
50 breast	49.60	46.50	43.70	40.70	38.60	35.60	50.00	46.70	44.00	42.10	40.80	39.40
100 breast	1.48.10	1.40.10	1.33.80	1.27.40	1.22.70	1.16.60	1.48.80	1.40.20	1.34.40	1.29.80	1.26.50	1.24.30
200 breast	3.51.20	3.35.10	3.22.50	3.09.50	2.58.90	2.47.00	3.51.50	3.34.90	3.22.40	3.12.80	3.06.70	3.01.60
50 fly	42.40	39.60	37.50	35.30	33.40	30.90	42.40	40.10	37.90	36.40	35.20	34.00
100 fly	1.35.90	1.27.60	1.22.00	1.16.70	1.12.30	1.07.30	1.36.00	1.28.00	1.22.40	1.19.00	1.16.30	1.14.10
200 fly	3.30.40	3.11.70	3.00.80	2.49.50	2.40.10	2.28.30	3.32.80	3.13.90	3.00.70	2.52.60	2.46.70	2.41.20
50 back	43.60	41.20	39.00	36.50	34.80	31.90	43.80	41.40	39.30	37.70	36.50	35.30
100 back	1.34.70	1.27.60	1.22.50	1.17.30	1.13.00	1.07.80	1.35.20	1.28.10	1.22.70	1.19.20	1.17.00	1.14.40
200 back	3.19.70	3.06.90	2.56.50	2.45.90	2.37.00	2.26.50	3.21.80	3.06.30	2.56.30	2.46.90	2.44.80	2.38.70
100 IM	1.36.20	1.30.90	1.26.00	1.20.70	1.16.00	1.10.30	1.35.10	1.31.30	1.26.40	1.22.60	1.20.60	1.17.60
200 IM	3.25.10	3.11.00	3.00.50	2.50.40	2.40.70	2.30.30	3.25.60	3.11.40	3.00.60	2.53.80	2.48.70	2.43.40
QUALIFYING TIME – MINIMUM STANDARD												
400 Free	7.34.50	6.59.20	6.33.00	6.06.90	5.42.10	5.11.40	7.33.20	6.52.90	6.25.10	6.04.30	5.50.40	5.35.10

Please Note: This meet is licensed at level 3 which means that times achieved will be forwarded to the ASA for inclusion in rankings and will be accepted for entry into Regional Championships. We have therefore; set the cut off times for the 'A' grade with this in mind. Times achieved at this meet will not be accepted for entry in to National Competitions. This is in line with the ASA recommendations for 'Competition for all'.

Rotherham Metro A.S.C

'A' and 'B' Short Course Graded Meet

Saturday 18th and Sunday 19th July 2015

CASH SUMMARY

Club Name

Contact Name

Contact Address.....

Tel No

E-Mail Address (please print).....

(This will be used to inform you when the draft programme is ready for viewing and to sort out any queries with entries)

Number of Boys Entries @ £5.50 each Sub – total

Number of Girls Entries @ £5.50 each Sub – total

Number of Coaches Passes @ £12.00 each Sub – total

Number of Coaches Free Passes

(1 allowed per 40 entries, max 3)

GRAND TOTAL

Please make cheques payable to Rotherham Metro Ltd.

**Please ensure that you have put enough postage on your envelope before posting to us.
(A4 envelope – large letter stamp, at least).**