



ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to ASA North East Region

Springtime Long Course Meet

(This event is licensed level 3 –3NE190335. by the A.S.A. for entry into Regional Championships)

Ponds Forge International Sports Centre, Sheffield

Saturday 11TH & Sunday 12TH May 2019

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

Ages as At 12TH May 2019

Events All HDW
200m Free, Back, Fly, Breast & IM
100m Free, Back, Fly, Breast
50m Free, Back, Fly, Breast
400m Free & 400m IM – 10 years and over

Pools Competition Pool - 50m - 10 lanes with anti-wave ropes
OMEGA Quantum Electronic Timing will be used.
Continuous warm-up and swim down facility available throughout the Meet.

ORDER OF EVENTS

<p>SATURDAY 11th May 2019 SESSION 1. (W/up 8.00am, Start 9.00am)</p> <ol style="list-style-type: none"> 1. Ladies 200m Ind. Medley 2. Mens 50m Freestyle 3. Ladies 50m Butterfly 4. Mens 400m Ind. Medley (10/ov) 5. Ladies 100m Freestyle 6. Mens 100m Butterfly 7. Ladies 200m Breaststroke 8. Mens 200m Backstroke 	<p>SATURDAY 11th May 2019 SESSION 2. (est w/up 1.00pm, Start 2.00pm)</p> <ol style="list-style-type: none"> 9. Ladies 100m Backstroke 10. Mens 200m Freestyle 11. Ladies 50m Breaststroke 12. Mens 50m Backstroke 13. Ladies 400m Freestyle (10/ov) 14. Mens 100m Breaststroke 15. Ladies 200m Butterfly
<p>SUNDAY 12th May 2019 SESSION 3. (W/up 8.00am, Start 9.00am)</p> <ol style="list-style-type: none"> 16. Mens 200m Ind. Medley 17. Ladies 50m Freestyle 18. Mens 50m Breaststroke 19. Ladies 400m Individual Medley (10/Ov) 20. Mens 100m Freestyle 21. Ladies 100m Butterfly 22. Mens 200m Breaststroke 23. Ladies 200m Backstroke 	<p>SUNDAY 12th May 2019 SESSION 4. (est w/up 1.00pm, Start 2.00pm)</p> <ol style="list-style-type: none"> 24. Mens 100m Backstroke 25. Ladies 200m Freestyle 26. Mens 50m Butterfly 27. Ladies 50m Backstroke 28. Mens 400m Freestyle (10/Ov) 29. Ladies 100m Breaststroke 30. Mens 200m Butterfly

ROTHERHAM METRO A.S.C.

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 50m Pool times.
- 3) Only entries accepted up to the Designated Entry times will be accepted.
Where there is no ASA ranking time, an entry time must be submitted.
- 4) **Awards** will be given to the fastest three Swimmers in each Age Group in each event
Overall Top Boy and Top Girl Trophies will be based on all events
(1st – 3 points, 2nd – 2 points, 3rd – 1 point)
Overall Top Visiting Club Trophy will be for cumulative points of all events & age groups
- 5) **DISABILITY CLASSIFICATIONS** – We will include swimmers with a Disability Classification; results may show multi-disability points for information, but there are no separate awards.
- 6) **ENTRIES - £6.50 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.**
- 7) **COACHES PASSES - £12.00** each, inclusive of a full set of starts lists.
There will be one free coaches pass per 40 event swimming entries to a maximum of 3 free passes.
- 8) **ENTRIES TO:**

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

Sportsystems entry filesset is available for download on www.rotherhammetro.org and should be e-mailed to rm.galas@gmail.com
Entry closing date: On or before midnight Saturday 30th March 2019
Make cheques payable to: Rotherham Metro Ltd.
- 9) 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.
- 10) **Withdrawals** 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.**
- 11) Refund of entry fees will not be given for withdrawal of accepted entries.
Special cases will be given individual consideration.
- 12) 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.
- 13) Any conditions not covered in the above information will be at the discretion of the Promoters.

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

Rotherham Metro A.S.C.
Springtime Long Course Meet
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CASH SUMMARY

Club Name

Contact Name

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 @ £6.50 each Sub – total

Number of Girls Entries @ £6.50 each Sub – total

Number of Coaches Passes @ £12.00 each Sub – total

Number of Coaches Free Passes Sub – total

(1 free for every 40 entries – maximum 3)

GRAND TOTAL

Please make cheques payable to Rotherham Metro Ltd.

BACS payment details on request

**Please ensure that you have put enough postage on your envelope before posting
NB A4 envelope – Large letter stamp (at least)**

Rotherham Metro A.S.C.

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Upper Entry Times

Only entries up to the times below will be accepted

Boys							Girls							
9yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +		9yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +
32.40	32.40	30.80	29.10	27.70	24.60	25.80	50 Free	32.80	32.80	31.30	29.90	29.00	28.50	27.10
1.10.60	1.10.60	1.06.60	1:02.50	59.20	57.00	54.60	100 Free	1.12.10	1.12.10	1.07.20	1.03.70	1.02.00	1.00.90	58.20
2.32.30	2.32.30	2.24.00	2.15.60	2.08.70	2.03.80	1.58.80	200 Free	2.33.10	2.33.10	2.24.50	2.16.90	2.12.90	2.10.90	2.07.00
XXXX	5.20.50	5.00.50	4.44.00	4.30.90	4.21.90	4.12.20	400 Free	XXXX	5.24.00	5.00.10	4.44.60	4.37.20	4.33.10	4.27.30
33.30	33.30	30.90	28.70	27.00	25.80	24.10	50 Fly	36.30	36.30	34.50	32.70	31.70	31.00	29.40
1.12.50	1.12.50	1:09.70	1.07.70	1:04.10	1:03.40	58.00	100 Fly	1.22.50	1:22.50	1.15.40	1.11.00	1.08.80	1.07.00	1.05.40
2.50.60	2.50.60	2.35.50	2.20.40	2.18.10	2.15.10	2.10.10	200 Fly	3.03.10	3.03.10	2.46.50	2.35.80	2.30.20	2.26.00	2.21.90
42.50	42.50	40.00	37.50	35.10	33.70	30.00	50 Breast	42.70	42.70	40.10	38.00	36.60	35.80	34.20
1.32.80	1.32.80	1.26.00	1.20.50	1.15.30	1.12.20	1.07.80	100 Breast	1.33.30	1:33.30	1.25.90	1.21.30	1.18.10	1.15.80	1.12.10
3.18.10	3.18.10	3.04.70	2.53.60	2.43.20	2.36.10	2.30.50	200 Breast	3.18.30	3.18.30	3.04.40	2.54.30	2.47.50	2.43.70	2.40.10
37.40	37.40	35.50	33.60	31.60	30.50	28.40	50 Back	37.40	37.40	35.50	33.90	32.80	32.10	30.80
1.21.40	1.21.40	1:15.30	1:10.90	1:06.70	1:03.80	1:00.70	100 Back	1.21.40	1:21.40	1.15.40	1.11.20	1.08.80	1.07.60	1.04.40
2.50.80	2.50.80	2.40.10	2.31.20	2.22.90	2.16.90	2.10.80	200 Back	2.52.20	2.52.20	2.39.10	2.31.30	2.27.30	2.24.60	2.20.00
2.54.90	2.54.90	2.43.40	2.34.20	2.26.60	2.19.90	2.14.10	200 IM	2.54.80	2.54.80	2.43.20	2.34.70	2.30.70	2.27.70	2.23.80
XXXX	6.16.40	5.46.60	5.25.20	5.09.60	4.56.40	4.44.50	400 IM	XXXX	6.15.50	5.44.30	5.25.60	5.15.30	5.09.70	5.03.00