



Affiliated to ASA North East Region

'A' and 'B' Grade Short Course Meet

(Licensed level 3 by the A.S.A. for entry into Regional Championships- 3NE230499) Under Swim England Laws and Technical Rules of Swimming

Ponds Forge International Sports Centre, Sheffield

Saturday 1st & Sunday 2nd July 2023

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

- Ages as At 2nd July 2023
- **Events** All Graded 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 & 400m Individual Medley– 10 years & over

<u>Pools</u>

Competition Pool - 25m - 10 lanes with anti-wave ropes A secondary starting strobe is available Continuous warm-up and swim down facility available throughout the Meet. OMEGA Quantum Electronic Timing will be used.

ORDER OF EVENTS

SATURDAY 1 st July 2023	SATURDAY 1 st July 2023
SESSION 1. (W/up 8.00am, Start 9.00am)	SESSION 2. (estimated W/up 1.00pm, Start 2.00pm)
1. Girls 200m Fly	9. Girls 200m Ind. Med.
2. Boys 200m Free	10. Boys 200m Breast
3. Girls 100m Back	11. Girls 100m Fly
4 Boys 50m Fly	12. Boys 400m Individual Medley (10/ov)
5. Girls 400m Free (10/ov)	13. Girls 50m Breast
6. Boys 100m Ind. Med.	14. Boys 50m Back
7. Girls 50m Free	15. Girls 200m Back
8. Boys 100m Breast	16. Boys 100m Free
SUNDAY 2 nd July 2023	SUNDAY 2 nd July 2023
SESSION 3. (W/up 8.00am, Start 9.00am)	SESSION 4.(estimated W/up 1.00pm, Start 2.00pm)
17. Boys 200m Back	25. Boys 200m Ind. Med
	23. Boys 200m ma. Med
18. Girls 100m Ind. Med	26. Girls 200m Free
18. Girls 100m Ind. Med 19. Boys 400m Free (10/ov)	
	26. Girls 200m Free
19. Boys 400m Free (10/ov)	26. Girls 200m Free 27. Boys 100m Back 28. Girls 400m Individual Medley (10/ov) 29. Boys 200m Fly
19. Boys 400m Free (10/ov) 20. Girls 50m Fly	26. Girls 200m Free 27. Boys 100m Back 28. Girls 400m Individual Medley (10/ov)
19. Boys 400m Free (10/ov) 20. Girls 50m Fly 21. Boys 100m Fly	26. Girls 200m Free 27. Boys 100m Back 28. Girls 400m Individual Medley (10/ov) 29. Boys 200m Fly

GRADED MEET COMPETITION RULES AND INFORMATION.

- 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. ALL ENTRIES MUST HAVE A SUBMITTED TIME – where there is no Ranking time, a Time Trial or Coaches estimate can be used
- 2) 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"

Top Boy and Top Girl Trophies, Overall Top Visiting Club Trophy will be based on all events irrespective of Grading -1st - 3 points, 2nd -2 points, 3rd - 1 point

- DISABILITY CLASSIFICATIONS We will include swimmers with a Disability Classification; results may show multidisability points for information, but there are no separate awards.
- 4) ENTRIES £7.00 PER EVENT We reserve the right to limit entries to comply with Licensed Meet conditions & COVID restrictions at the time. 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.
- 5) COACHES PASSES £15.00 each, inclusive of a full set of starts lists Clubs are allowed one free coaches pass per 40 event entries to a maximum of 3 free passes. All team coaches and team staff must be DBS checked
- ENTRIES:
 E-mailed to rm.galas@gmail.com
 Sportsystems entry fileset is available for download on www.rotherhammetro.org

Entry closing date: On or before Midnight Saturday 3rd June 2023.

Payments by BACS transfer only:

Account Name: Rotherham Metro Limted Sort Code: 09-02-22 Account: 10850808 Reference: July 2023 Please await email confirmation of entries receipt & total amount due before sending payment

7) A list of accepted entries will be available on the club website – <u>www.rotherhammetro.org</u> so entrants can check and notify errors.

8) Withdrawals - Clubs are asked to notify details of any swimmer not competing by e-mail – <u>rm.galas@gmail.com</u> – at least 60 mins before the session start time

- Refund of entry fees will not be given for withdrawal of accepted entries. In the event cancellation of the gala is necessary, the only claim will be refund of entry fees paid.
- 10) The Club will liaise with Pool Management of Ponds Forge International Sports Centre with regard to Risk Assessment and provision for COVID security.
- 11) On behalf of the Club, the nominated person with responsibility for dealing with queries is Chairman, Jim Fisher
- 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.

ENTRY CUT OFF TIMES.

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

*9 year olds do not swim 400m events

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

	Boys						Girls					
	9 &10yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +	9&10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +
50 free	31.40	29.80	28.10	26.70	25.60	24.30	31.80	30.50	28.90	28.00	27.50	26.90
100 free	1.08.60	1.04.60	1.00.50	57.20	.55.00	52.40	1.10.10	1.05.20	1.01.70	1.00.00	58.90	57.50
200 free	2.29.30	2.21.00	2.12.60	2.05.70	2.00.00	1.55.30	2.30.10	2.21.50	2.13.90	2.09.90	2.07.90	2.05.00
400m free	*5.16.50	4.56.40	4.40.00	4.26.90	4.17.90	4.06.50	*5.20.90	4.56.10	4.40.60	4.33.20	4.29.10	4.24.30
50 breast	41.50	39.00	36.50	34.10	31.70	30.70	41.70	39.10	37.00	35.60	34.80	34.00
100 breast	1.30.80	1.24.00	1.18.50	1.13.30	1.10.20	1.06.20	1.31.30	1.23.90	1.19.30	1.16.10	1.13.10	1.12.80
200 breast	3.15.10	3.01.70	2.50.60	2.40.20	2.33.10	2.25.70	3.15.30	3.01.40	2.51.30	2.44.50	2.40.70	2.38.40
50 fly	35.40	33.10	31.30	29.50	28.20	26.60	35.30	33.50	31.70	30.70	30.00	29.30
100 fly	1.20.60	1.13.40	1.08.40	1.04.20	1.01.20	58.00	1.20.50	1.13.70	1.09.00	1.06.80	1.05.00	1.04.00
200 fly	2.57.80	2.41.70	2.32.10	2.23.30	2.16.90	2.09.10	3.00.10	2.43.50	2.32.80	2.27.20	2.23.40	2.20.10
50 back	36.40	34.50	32.60	30.60	29.50	27.50	36.40	34.50	32.90	31.80	31.10	30.40
100 back	1.19.40	1.13.30	1.08.90	1.04.70	1.01.80	58.50	1.19.40	1.13.40	1.09.20	1.06.80	1.05.60	1.04.10
200 back	2.47.80	2.37.10	2.28.20	2.19.90	2.13.90	2.07.40	2.49.20	2.36.10	2.28.30	2.24.30	2.21.60	2.17.80
100 IM	1.20.40	1.16.20	1.11.90	1.07.80	1.04.50	1.00.70	1.18.80	1.16.00	1.12.30	1.09.70	1.08.80	1.06.90
200 IM	2.51.90	2.40.40	2.31.20	2.23.60	2.16.90	2.10.70	2.51.80	.2.40.20	2.31.70	2.27.70	2.24.70	2.21.90
400 IM	*6.12.40	5.42.60	5.21.20	5.05.60	4.52.40	4.38.80	*6.11.50	5.40.30	5.21.60	5.11.30	5.05.70	4.59.40

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

			Boys				Girls					
	9&10yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +	9&10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +
50 free	37.00	34.90	32.90	31.10	29.40	27.30	37.50	35.50	33.70	32.30	31.40	30.30
100 free	1.20.90	1.15.80	1.11.20	1.06.90	1.01.10	59.20	1.22.60	1.16.70	1.12.30	1.09.50	1.07.50	1.05.10
200 free	2.56.30	2.45.80	2.36.10	2.27.10	2.19.50	2.10.20	2.57.40	2.46.60	2.36.90	2.30.60	2.26.60	2.21.60
400m free	*6.14.00	5.49.30	5.30.00	5.12.40	4.57.50	4.38.10	*6.18.20	5.48.90	5.29.00	5.16.50	5.08.50	4.59.10
50 breast	48.60	45.50	43.70	39.70	37.60	34.60	49.00	45.70	43.00	41.10	39.80	38.40
100 breast	1.46.10	1.38.10	1.31.80	1.25.40	1.20.70	1.14.60	1.46.80	1.38.20	1.32.40	1.27.80	1.24.50	1.22.30
200 breast	3.48.20	3.32.10	3.19.50	3.06.50	2.55.90	2.44.00	3.48.50	3.31.90	3.19.40	3.09.80	3.03.70	2.58.60
50 fly	41.40	38.60	36.50	34.30	32.40	29.90	41.40	39.10	36.90	35.40	34.20	33.00
100 fly	1.33.90	1.25.60	1.20.00	1.14.70	1.10.30	1.05.30	1.34.00	1.26.00	1.20.40	1.17.00	1.14.30	1.12.10
200 fly	3.27.40	3.08.70	2.57.80	2.46.50	2.37.10	2.25.30	3.29.80	3.10.90	2.57.70	2.49.60	2.43.70	2.38.20
50 back	42.60	40.20	38.00	35.50	33.80	30.90	42.80	40.40	38.30	36.70	35.50	34.30
100 back	1.32.70	1.25.60	1.20.50	1.15.30	1.11.00	1.05.80	1.33.20	1.26.10	1.20.70	1.17.20	1.15.00	1.12.40
200 back	3.16.70	3.03.90	2.53.50	2.42.90	2.34.00	2.23.50	3.18.80	3.03.30	2.53.30	2.43.90	2.41.80	2.35.70
100 IM	1.33.20	1.27.90	1.23.00	1.17.70	1.13.00	1.07.30	1.32.10	1.28.30	1.23.40	1.19.60	1.17.60	1.14.60
200 IM	3.22.10	3.08.00	2.57.50	2.47.40	2.37.70	2.27.30	3.22.60	3.08.40	2.57.60	2.50.80	2.45.70	2.40.40
400 IM	*7.16.20	6.41.50	6.16.90	5.56.40	5.36.60	5.14.10	*7.15.70	6.39.60	6.15.90	5.59.90	5.49.80	5.38.60