



# ROTHERHAM METRO AMATEUR SWIMMING CLUB

*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 1<sup>st</sup> & Sunday 2<sup>nd</sup> July 2023**

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

**Ages as At** 2<sup>nd</sup> 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

**Pool**

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

<b>SATURDAY 1<sup>st</sup> July 2023</b> <b>SESSION 1. (W/up 8.00am, Start 9.00am)</b> 1. Girls 200m Fly 2. Boys 200m Free 3. Girls 100m Back 4. Boys 50m Fly 5. Girls 400m Free (10/ov) 6. Boys 100m Ind. Med. 7. Girls 50m Free 8. Boys 100m Breast	<b>SATURDAY 1<sup>st</sup> July 2023</b> <b>SESSION 2. (estimated W/up 1.00pm, Start 2.00pm)</b> 9. Girls 200m Ind. Med. 10. Boys 200m Breast 11. Girls 100m Fly 12. Boys 400m Individual Medley (10/ov) 13. Girls 50m Breast 14. Boys 50m Back 15. Girls 200m Back 16. Boys 100m Free
<b>SUNDAY 2<sup>nd</sup> July 2023</b> <b>SESSION 3. (W/up 8.00am, Start 9.00am)</b> 17. Boys 200m Back 18. Girls 100m Ind. Med 19. Boys 400m Free (10/ov) 20. Girls 50m Fly 21. Boys 100m Fly 22. Girls 200m Breast 23. Boys 50m Breast 24. Girls 100m Free	<b>SUNDAY 2<sup>nd</sup> July 2023</b> <b>SESSION 4. (estimated W/up 1.00pm, Start 2.00pm)</b> 25. Boys 200m Ind. Med 26. Girls 200m Free 27. Boys 100m Back 28. Girls 400m Individual Medley (10/ov) 29. Boys 200m Fly 30. Girls 50m Back 31. Boys 50m Free 32. Girls 100m Breast



## 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