



# ROTHERHAM METRO AMATEUR SWIMMING CLUB

*Affiliated to ASA North East Region*

## **'A' and 'B' Grade Short Course Graded Meet**

(This event is licensed level 3 for entry into Regional Championships – 3NE191454.)  
Under Swim England Laws and Swim England Technical Rules of Swimming

**Ponds Forge International Sports Centre, Sheffield**

**Saturday 21st September 2019**

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

**Ages as At** 21st September 2019

**Events** **All Graded & All HDW**  
100m Free, Back, Fly, Breast, Individual Medley  
50m Free, Back, Fly, Breast  
200m Free – 10 and over

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

## **ORDER OF EVENTS**

<b><u>SATURDAY 21<sup>st</sup> September 2019</u></b> <b><u>SESSION 1.</u></b> <b><u>(w/up 8.00am, Start 9.00am)</u></b>  1. Ladies 200m Free (10/ov) 2. Mens 100m Ind. Med 3. Ladies 50m Fly 4. Mens 50m Breast 5. Ladies 100m Back 6. Mens 100m Fly 7. Ladies 50m Free 8. Mens 50m Back 9. Ladies 100m Breast 10. Mens 100m Free	<b><u>SATURDAY 21<sup>st</sup> September 2019</u></b> <b><u>SESSION 2.</u></b> <b><u>(est w/up 1.00pm, Start 2.00pm)</u></b>  11. Ladies 100m Ind Medley 12. Mens 200m Free (10/ov) 13. Ladies 50m Breast 14. Mens 50m Fly 15. Ladies 100m Fly 16. Mens 100m Back 17. Ladies 50m Back 18. Mens 50m Free 19. Ladies 100m Free 20. Mens 100m Breast
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**ROTHERHAM METRO A.S.C.**

**GRADED MEET COMPETITION RULES AND INFORMATION.**

- 1) 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.  
**AN ENTRY TIME MUST BE SUBMITTED**
- 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".  
Swimmers who swim faster than the cut off times for 'A' Grade will be presented with a Speeding Ticket.  
The Top Boy and Top Girl Trophies will be based on all events irrespective of Grading; 1<sup>st</sup> – 3, 2<sup>nd</sup>–2, 3<sup>rd</sup>–1  
The Overall Top Club Trophy will be for all events
- 3) **DISABILITY CLASSIFICATIONS** – We will include swimmers with a Disability Classification; results may show multi-disability points for information, but there are no separate awards.
- 4) OMEGA Quantum Electronic Timing will be used. A secondary starting strobe is available
- 5) **ENTRIES - £6.00 PER EVENT**  
**We reserve the right to limit entries to comply with Licensed Meet conditions.**  
**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.**
- 6) **COACHES PASSES - £6.00 each**, inclusive of a Programme and starts lists.  
There will be one free coaches pass per 30 event entries to a maximum of 3 free passes.
- 7) **ENTRIES TO:**  
Sportsystems electronic entry file e-mail to: [rm.galas@gmail.com](mailto:rm.galas@gmail.com)  
Cheques should follow within 5 days of e-mail  
  
Or manual entry by post to:  
  
**Mrs S M Milnes, 58 Broom Lane, Rotherham, S60 3EL**  
  
**Entry closing date: On or before Midnight Saturday 17<sup>th</sup> August 2019**  
**Make cheques payable to: Rotherham Metro Ltd.**
- 8) **PLEASE NOTE THIS GALA IS CARDLESS**  
Withdrawals must be notified to the Omega Suite at least 60 minutes prior to the session start time,  
Or prior to the gala, e-mail [rm.galas@gmail.com](mailto:rm.galas@gmail.com)
- 9) Refund of entry fees will not be given for withdrawal of accepted entries.
- 10) 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.
- 11) 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 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.

- 9 year olds do not swim 200m free

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

	Boys						Girls					
	9 & 10 yrs	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	30.30	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	2.02.80	1.55.30	*2.30.10	2.21.50	2.13.90	2.09.90	2.07.90	2.05.00
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
50 breast	41.50	39.00	36.50	34.10	32.70	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	1.13.80	1.12.80
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
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

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

	Boys						Girls					
	9 & 10 yrs	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	1.03.40	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
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	1.19.00	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
50 breast	48.60	45.50	42.70	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
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
100 IM	1.34.20	1.28.90	1.24.00	1.28.70	1.14.00	1.08.30	1.33.10	1.29.30	1.24.40	1.20.60	1.18.60	1.15.60

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 21<sup>st</sup> September 2019**

**CASH SUMMARY**

Club Name .....

Contact Name .....

Address.....

Tel No .....

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

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

Number of Boys Entries @ £6.00 each	.....	Sub – total	.....
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Number of Girls Entries @ £6.00 each	.....	Sub – total	.....
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Number of Coaches Passes @ £6.00 each	.....	Sub – total	.....
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Number of Coaches Free Passes	.....	Sub – total	.....
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(one per 30 entries – maximum 3 free passes)

GRAND TOTAL			.....
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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)**

BACS details will be provided on request