



ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to ASA North East Region

'A' and 'B' Grade Long Course Meet

(This event is licensed level 3NE200092 - by the A.S.A. for entry into Regional Championships)

Ponds Forge International Sports Centre, Sheffield

Saturday 18th & Sunday 19th January 2020

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

Ages as At 19th January 2020

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

Pools

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

ORDER OF EVENTS

SATURDAY 18TH January 2020 SESSION 1. (W/up 8.00am, Start 9.00am) 1. Girls 200m Individual Medley 2. Boys 200m Free 3. Girls 100m Breast 4. Boys 50m Fly 5. Girls 200m Fly 6. Boys 100m Back 7. Girls 50m Free	SATURDAY 18TH January 2020 SESSION 2. (est W/up 1.00pm, Start 2.00pm) 8. Boys 200m Breast 9. Girls 100m Fly 10. Boys 50m Back 11. Girls 200m Back 12. Boys 100m Free 13. Girls 50m Breast
SUNDAY 19TH January 2020 SESSION 3. (W/up 8.00am, Start 9.00am) 14. Boys 200m Individual Medley 15. Girls 200m Free 16. Boys 100m Breast 17. Girls 50m Fly 18. Boys 200m Fly 19. Girls 100m Back 20. Boys 50m Free	SUNDAY 19TH January 2020 SESSION 4. (est W/up 1.00pm, Start 2.00pm) 21. Girls 200m Breast 22. Boys 100m Fly 23. Girls 50m Back 24. Boys 200m Back 25. Girls 100m Free 26. Boys 50m Breast

ROTHERHAM METRO A.S.C.

GRADED MEET COMPETITION RULES AND INFORMATION.

- 1) The competition will be held under Swim England Laws and Swim England 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 fastest times for 'A' Grade will be accepted.
- 4) Swimmers will be split into 'A' grade and 'B' based on the time swum on the day, not on their entry times.
- 5) **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
Overall Top Visiting Club Trophy will be for all events
- 6) **DISABILITY CLASSIFICATIONS** – We will include swimmers with a Disability Classification; results may show multi-disability points for information, but there are no separate awards.
- 7) **ENTRIES - £6.50 PER EVENT**
Entries will be accepted on a first come first served basis. **An entry time must be submitted.** It may be necessary to close entries prior to the Official Closing Date. **NO POOLSIDE ENTRIES WILL BE ACCEPTED.**
- 8) **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.
- 9) **ENTRIES TO:**

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

Sportsystems entry fileset 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 November 2019
Make cheques payable to: Rotherham Metro Ltd.
Or BACS payment details on Entry Summary sheet
- 10) A list of accepted entries will be available on the club website – www.rotherhammetro.org so entrants can check and notify errors.
- 11) **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.**
- 12) Refund of entry fees will not be given for withdrawal of accepted entries.
- 13) 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.
- 14) 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.

'A' Grade Cut Off: 50m 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	32.40	30.50	28.90	27.50	26.40	24.70	33.10	30.90	29.60	28.80	28.00	27.50
100 free	1.10.40	1.04.80	1:00.70	57.80	56.20	53.80	1.11.60	1:05.40	1:02.70	1:01.30	1:00.10	59.40
200 free	2.33.20	2.21.70	2.13.30	2.07.60	2.03.40	1.58.30	2.34.20	2.22.70	2.16.70	2.12.80	2.11.70	2.07.30
50 fly	36.30	33.90	31.70	30.00	28.80	27.10	36.90	34.00	32.50	31.10	30.50	29.60
100 fly	1.20.50	1:12.70	1:07.70	1:04.10	1:01.40	58.50	1:21.60	1:13.20	1:09.30	1:07.00	1:06.00	1:04.80
200 fly	2.59.60	2.40.50	2.30.40	2.23.10	2.17.10	2.11.10	3.02.20	2.41.80	2.33.90	2.28.30	2.25.00	2.22.90
50 breast	43.50	40.20	37.20	35.10	33.60	31.90	43.00	40.00	37.90	36.70	35.60	34.90
100 breast	1.33.10	1:24.40	1:18.80	1:14.30	1:11.70	1:08.40	1:32.70	1:24.80	1:20.10	1:17.10	1:16.00	1:14.90
200 breast	3.20.50	3.03.40	2.52.20	2.42.50	2.35.90	2.30.30	3.18.90	3.01.80	2.53.60	2.47.40	2.43.80	2.43.00
50 back	38.40	35.90	33.80	32.00	30.50	29.00	38.40	35.90	34.30	33.40	32.50	31.70
100 back	1.21.00	1:14.30	1:09.80	1:06.10	1:03.30	1:00.70	1:21.70	1:14.70	1:10.80	1:09.30	1:08.20	1.06.80
200 back	2.52.70	2.39.70	2.30.80	2.23.10	2.18.30	2.11.90	2.53.40	2.39.90	2.32.60	2.28.80	2.26.50	2.23.20
200 IM	2.55.80	2.41.50	2.32.40	2.25.10	2.20.20	2.14.20	2.55.90	2.42.50	2.34.60	2.30.90	2.28.70	2.25.80

'B' Grade Cut Off: 50m 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	39.00	37.00	34.90	33.00	31.30	28.70	39.80	37.30	35.40	34.00	32.90	31.90
100 free	1.24.80	1.18.00	1.13.70	1.09.80	1.06.90	1.02.60	1.26.20	1.19.30	1.15.20	1.12.70	1.10.70	1.08.80
200 free	3.03.60	2.51.30	2.40.80	2.32.60	2.25.60	2.16.30	3.04.40	2.51.30	2.42.50	2.36.20	2.32.10	2.27.50
50 fly	43.50	40.80	38.10	35.90	34.00	31.40	44.00	40.70	38.60	36.70	35.70	34.20
100 fly	1.35.80	1.27.70	1.21.50	1.16.80	1.12.80	1.07.80	1.37.10	1.27.90	1.22.60	1.19.10	1.17.20	1.14.80
200 fly	3.32.30	3.12.50	2.59.90	2.49.90	2.40.90	2.30.40	3.34.60	3.12.60	3.01.70	2.53.50	2.48.00	2.43.30
50 breast	51.60	48.20	44.60	41.80	39.7	36.80	51.20	47.80	45.00	43.10	41.50	40.10
100 breast	1.50.70	1.41.50	1.34.70	1.28.80	1.24.60	1.18.90	1.50.30	1.41.60	1.35.20	1.30.80	1.28.50	1.26.10
200 breast	3.57.20	3.39.10	3.25.20	3.12.50	3.02.50	2.51.60	3.55.50	3.36.60	3.24.90	3.15.50	3.09.50	3.05.80
50 back	46.00	43.20	40.50	38.20	36.10	33.50	46.00	43.10	40.90	39.40	38.00	36.60
100 back	1.36.90	1.29.80	1.24.10	1.19.20	1.15.00	1.10.30	1.37.50	1.29.90	1.24.50	1.21.70	1.19.60	1.17.10
200 back	3.25.80	3.12.00	3.00.70	2.50.30	2.42.30	2.31.40	3.26.30	3.11.00	3.00.60	2.54.30	2.49.80	2.43.90
200 IM	3.29.60	3.14.30	3.02.80	2.52.70	2.44.80	2.33.90	3.29.60	3.14.30	3.03.30	2.56.80	2.52.30	2.46.90

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 District 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' Long Course Graded Meet

Saturday 18th & Sunday 19th January 2020

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:

Account Name: Rotherham Metro Ltd

Sort code : 09-02-22

Account : 10850808

Reference: January 2020

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