



# ROTHERHAM METRO AMATEUR SWIMMING CLUB

*Affiliated to ASA North East Region*

## Springtime Long Course Meet

(This event is licensed level 3NE2000089 . by Swim England for entry into Regional Championships)

**Ponds Forge International Sports Centre, Sheffield**

**Saturday 18<sup>th</sup> & Sunday 19<sup>th</sup> April 2020**

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

**Ages as At** 19<sup>th</sup> April 2020

**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. A secondary starting strobe is available  
Continuous warm-up and swim down facility available throughout the Meet.

### ORDER OF EVENTS

<p><b><u>SATURDAY 18<sup>th</sup> April 2020</u></b> <b><u>SESSION 1.</u></b> <b><u>(W/up 8.00am, Start 9.00am)</u></b></p> <ol style="list-style-type: none"><li>1. Ladies 100m Backstroke</li><li>2. Mens 50m Freestyle</li><li>3. Ladies 50m Butterfly</li><li>4. Mens 400m Ind. Medley (10/ov)</li><li>5. Ladies 100m Freestyle</li><li>6. Mens 100m Butterfly</li><li>7. Ladies 200m Breaststroke</li><li>8. Mens 200m Backstroke</li></ol>	<p><b><u>SATURDAY 18<sup>th</sup> April 2020</u></b> <b><u>SESSION 2.</u></b> <b><u>(est w/up 1.00pm, Start 2.00pm)</u></b></p> <ol style="list-style-type: none"><li>9. Ladies 200m Ind. Medley</li><li>10. Mens 200m Freestyle</li><li>11. Ladies 50m Breaststroke</li><li>12. Mens 50m Backstroke</li><li>13. Ladies 400m Freestyle (10/ov)</li><li>14. Mens 100m Breaststroke</li><li>15. Ladies 200m Butterfly</li></ol>
<p><b><u>SUNDAY 19<sup>th</sup> April 2020</u></b> <b><u>SESSION 3.</u></b> <b><u>(W/up 8.00am, Start 9.00am)</u></b></p> <ol style="list-style-type: none"><li>16. Mens 100m Backstroke</li><li>17. Ladies 50m Freestyle</li><li>18. Mens 50m Breaststroke</li><li>19. Ladies 400m Individual Medley (10/Ov)</li><li>20. Mens 100m Freestyle</li><li>21. Ladies 100m Butterfly</li><li>22. Mens 200m Breaststroke</li><li>23. Ladies 200m Backstroke</li></ol>	<p><b><u>SUNDAY 19<sup>th</sup> April 2020</u></b> <b><u>SESSION 4.</u></b> <b><u>(est w/up 1.00pm, Start 2.00pm)</u></b></p> <ol style="list-style-type: none"><li>24. Mens 200m Ind. Medley</li><li>25. Ladies 200m Freestyle</li><li>26. Mens 50m Butterfly</li><li>27. Ladies 50m Backstroke</li><li>28. Mens 400m Freestyle (10/Ov)</li><li>29. Ladies 100m Breaststroke</li><li>30. Mens 200m Butterfly</li></ol>

## 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 Entry times will be accepted.  
**An entry time must be submitted** – where there is no Ranking Time, a time achieved in a Club gala or Time Trial may be entered.
- 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  
(1<sup>st</sup> – 3 points, 2<sup>nd</sup> – 2 points, 3<sup>rd</sup> – 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) **OFFICIALS** – please advise details of anyone willing to officiate on poolside – Clubs entering more than 10 swimmers are asked to provide at least 1 official for each session
- 9) **ENTRIES TO:**  
  
Mrs S Milnes, 58 Broom Lane, Rotherham, S60 3EL  
  
Sportsystems entry filesheet is available for download on [www.rotherhammetro.org](http://www.rotherhammetro.org) and should be e-mailed to [rm.galas@gmail.com](mailto:rm.galas@gmail.com)  
**Entry closing date: On or before midnight Saturday 7<sup>th</sup> March 2020**  
**Make cheques payable to: Rotherham Metro Ltd.**  
**Or BACS details on Entry Summary sheet**
- 10) A list of accepted entries will be available on the club website – [www.rotherhammetro.org](http://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](mailto:rm.galas@gmail.com) – prior to the day of the gala, or in the Timing 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.**

**Rotherham Metro A.S.C.**

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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/accepted entries 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: Spring 2020

**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

<b>Boys</b>							<b>Girls</b>							
<b>9yrs</b>	<b>10 yrs</b>	<b>11 yrs</b>	<b>12 yrs</b>	<b>13 yrs</b>	<b>14 yrs</b>	<b>15 yrs +</b>		<b>9yrs</b>	<b>10 yrs</b>	<b>11 yrs</b>	<b>12 yrs</b>	<b>13 yrs</b>	<b>14 yrs</b>	<b>15 Yrs +</b>
32.40	32.40	30.80	29.10	27.70	24.60	25.80	<b>50 Free</b>	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	<b>100 Free</b>	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	<b>200 Free</b>	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	<b>400 Free</b>	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	<b>50 Fly</b>	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	<b>100 Fly</b>	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	<b>200 Fly</b>	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	<b>50 Breast</b>	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	<b>100 Breast</b>	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	<b>200 Breast</b>	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	<b>50 Back</b>	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	<b>100 Back</b>	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	<b>200 Back</b>	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	<b>200 IM</b>	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	<b>400 IM</b>	XXXX	6.15.50	5.44.30	5.25.60	5.15.30	5.09.70	5.03.00