

# ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to ASA North East Region

# **Springtime Long Course Meet**

(This event is licensed level 3 –3NE230500 by the Swim England for entry into Regional Championships) The competition will be held under Swim England Laws and Swim England Technical Rules of Swimming

**Ponds Forge International Sports Centre, Sheffield** 

Saturday 13<sup>TH</sup> & Sunday 14<sup>TH</sup> May 2023

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

Ages as At 14<sup>TH</sup> May 2023

**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**

SATURDAY 13 <sup>th</sup> May 2023	SATURDAY13 <sup>th</sup> May 2023						
SESSION 1.	SESSION 2.						
(W/up 8.00am, Start 9.00am)	(est w/up 1.00pm, Start 2.00pm)						
1. Ladies 200m Ind. Medley	9. Ladies 100m Backstroke						
2. Mens 50m Freestyle	10. Mens 200m Freestyle						
3. Ladies 50m Butterfly	11. Ladies 50m Breaststroke						
4. Mens 400m Ind. Medley (10/ov)	12. Mens 50m Backstroke						
5. Ladies 100m Freestyle	13. Ladies 400m Freestyle (10/ov)						
6. Mens 100m Butterfly	14. Mens 100m Breaststroke						
7. Ladies 200m Breaststroke	15. Ladies 200m Butterfly						
8. Mens 200m Backstroke							
SUNDAY 14th May 2023	SUNDAY 14 <sup>th</sup> May 2023						
SESSION 3.	SESSION 4.						
(W/up 8.00am, Start 9.00am)	(est w/up 1.00pm, Start 2.00pm)						
•	(est w/up 1.00pm, Start 2.00pm)						
<del></del>	(est w/up 1.00pm, Start 2.00pm)						
16. Mens 200m Ind. Medley	(est w/up 1.00pm, Start 2.00pm)  24. Mens 100m Backstroke						
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16. Mens 200m Ind. Medley	24. Mens 100m Backstroke						
16. Mens 200m Ind. Medley 17. Ladies 50m Freestyle	24. Mens 100m Backstroke 25. Ladies 200m Freestyle						
16. Mens 200m Ind. Medley 17. Ladies 50m Freestyle 18. Mens 50m Breaststroke	24. Mens 100m Backstroke 25. Ladies 200m Freestyle 26. Mens 50m Butterfly						
16. Mens 200m Ind. Medley 17. Ladies 50m Freestyle 18. Mens 50m Breaststroke 19. Ladies 400m Individual Medley (10/Ov)	24. Mens 100m Backstroke 25. Ladies 200m Freestyle 26. Mens 50m Butterfly 27. Ladies 50m Backstroke						
16. Mens 200m Ind. Medley 17. Ladies 50m Freestyle 18. Mens 50m Breaststroke 19. Ladies 400m Individual Medley (10/Ov) 20. Mens 100m Freestyle	24. Mens 100m Backstroke 25. Ladies 200m Freestyle 26. Mens 50m Butterfly 27. Ladies 50m Backstroke 28. Mens 400m Freestyle (10/Ov)						
16. Mens 200m Ind. Medley 17. Ladies 50m Freestyle 18. Mens 50m Breaststroke 19. Ladies 400m Individual Medley (10/Ov) 20. Mens 100m Freestyle 21. Ladies 100m Butterfly	24. Mens 100m Backstroke 25. Ladies 200m Freestyle 26. Mens 50m Butterfly 27. Ladies 50m Backstroke 28. Mens 400m Freestyle (10/Ov) 29. Ladies 100m Breaststroke						

#### MEET COMPETITION RULES AND INFORMATION.

- 1) Heats will be seeded on submitted times which must be converted to 50m Pool times. **An entry time must be submitted** where there is no Ranking time, a Time Trial or Coaches estimate can be used
- 2) Only entries accepted up to the Designated Entry times will be accepted.
- 3) 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
- 4) **DISABILITY CLASSIFICATIONS** We will include swimmers with a Disability Classification; results may show multi-disability points for information, but there are no separate awards.

#### 5) ENTRIES - £7.50 PER EVENT

We reserve the right to limit entries to comply with Licensed Meet conditions and 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.

6) COACHES PASSES - £15.00 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.

All team coaches and team staff must be DBS checked

#### 7) ENTRIES:

e-mailed to <a href="mailed:rm.galas@gmail.com">rm.galas@gmail.com</a>

Sportsystems entry fileset is available for download on www.rotherhammetro.org

Entry closing date: On or before midnight Saturday 8th April 2023

#### Payments by BACS transfer only:

Account Name: Rotherham Metro Limted Sort Code: 09-02-22 Account: 10850808 Reference: May 2023

Please await email confirmation of entries receipt & total amount due before sending payment

- 8) A list of accepted entries will be available on the club website <a href="https://www.rotherhammetro.org">www.rotherhammetro.org</a> so entrants can check and notify errors.
- 9) **Withdrawals** Clubs are asked to notify details of any swimmer not competing by e-mail <a href="mailto:rm.galas@gmail.com">rm.galas@gmail.com</a> –at least **one hour prior to the session start time.**
- 10) 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
- 11) The Club will liaise with Pool Management of Ponds Forge International Sports Centre with regard to Risk Assessment and provision for COVID security
- 12) On behalf of the Club, the nominated person with responsibility for dealing with queries is Chairman, Jim Fisher
- 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.

### **Springtime Long Course Meet**

### Saturday 13th and Sunday 14th May 2023

### **CASH SUMMARY**

Club Name								
Contact Name								
E-Mail Address (please print)								
Number of Boys Entries @ £7.50 each		Sub – total						
Number of Girls Entries @ £7.50 each		Sub – total						
Number of Coaches Passes @ £15.00 each		Sub – total						
Number of Coaches Free Passes (1 free for every 40 entries – maximum 3)		Sub – total						
GRAND TOTAL								

#### Payments by BACS transfer only:

Account Name: Rotherham Metro Limted Sort Code: 09-02-22 Account: 10850808 Reference: May 2023

Please await email confirmation of entries receipt & total amount due before sending payment

Cheque postal details on request

### Rotherham Metro A.S.C.

# **Springtime Long Course Meet**

# Saturday 13th and Sunday 14th May 2023

# **Upper Entry Times**

Only entries up to the times below will be accepted

Boys									Girls						
9yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +		9yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +	
34.00	34.00	33.30	30.70	28.60	26.50	25.80	50 Free	33.80	33.80	33.10	30.50	29.70	29.30	27.10	
1.15.00	1.15.00	1.14.40	1:08.00	1.03.30	1.01.80	54.60	100 Free	1.14.10	1.14.10	1.13.20	1.07.00	1.04.30	1.03.30	58.20	
2.43.30	2.43.30	2.42.00	2.27.00	2.17.50	2.10.10	1.58.80	200 Free	2.43.10	2.43.10	2.40.60	2.26.70	2.20.00	2.17.80	2.07.00	
XXXX	5.50.50	5.49.00	5.17.60	4.54.20	4.42.00	4.12.20	400 Free	XXXX	5.44.00	5.40.50	5.15.70	4.55.30	4.56.40	4.27.30	
39.30	39.30	38.50	34.60	31.00	28.45	24.10	50 Fly	38.30	38.30	37.10	33.60	32.00	31.20	29.40	
1.33.50	1.33.50	1:32.00	1.20.00	1:11.60	1:04.60	58.00	100 Fly	1.28.50	1:28.50	1.27.10	1.16.70	1.12.50	1.10.80	1.05.40	
3.50.60	3.50.60	3.50.00	3.24.10	2.48.60	2.36.60	2.10.10	200 Fly	3.33.10	3.33.10	3.30.00	3.07.70	2.48.80	2.48.60	2.21.90	
45.50	45.50	44.50	41.10	37.50	34.60	30.00	50 Breast	43.70	43.70	42.60	40.10	38.20	38.10	34.20	
1.38.80	1.38.80	1.37.90	1.30.50	1.22.60	1.17.60	1.07.80	100 Breast	1.35.30	1:35.30	1.34.70	1.28.20	1.24.10	1.23.20	1.12.10	
3.30.10	3.30.10	3.29.00	3.15.20	3.01.70	2.52.00	2.30.50	200 Breast	3.22.30	3.22.30	3.21.90	3.09.70	3.03.00	3.01.00	2.40.10	
39.40	39.40	39.00	35.70	33.00	31.40	28.40	50 Back	39.40	39.40	38.40	35.40	34.10	34.00	30.80	
1.24.40	1.24.40	1:23.20	1:17.70	1:1310	1:07.50	1:00.70	100 Back	1.24.40	1:24.40	1.23.60	1.16.50	1.13.50	1.13.00	1.04.40	
3.00.80	3.00.80	2.59.70	2.46.50	2.36.90	2.26.10	2.10.80	200 Back	3.01.20	3.01.20	2.59.10	2.44.30	2.36.50	2.35.50	2.20.00	
3.05.90	3.05.90	3.04.80	2.46.50	2.33.30	2.26.10	2.14.10	200 IM	3.01.80	3.01.80	2.59.00	2.45.60	2.39.30	2.35.80	2.23.80	
XXXX	6.37.40	6.36.40	6.11.30	5.35.00	5.26.40	4.44.50	400 IM	XXXX	6.45.50	6.43.00	6.09.00	5.43.80	5.39.00	5.03.00	