



ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to Yorkshire & North East Counties A.S.A.

Affiliated to ASA North East Region

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ROME September Sprints

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

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

Under ASA Laws and ASA Technical Rules of Swimming

Licence number ; [3NE231280](#)

Worksop Leisure Centre Valley Rd, Worksop S81 7EN

Session 1 -Saturday 16th September 2023

Session 2 – Sunday 17th September 2023

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

Ages as at 17TH September 2023

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

Pools Competition Pool - 25m – 6 lanes with anti-wave ropes
Electronic Timing will be used.
There will be no strobe light

ORDER OF EVENTS

Session 1 <u>Saturday 16th September @2pm start (warm-up 1pm)</u> <ol style="list-style-type: none">1. Girls 9 and over 100 IM2. Boys 9 and over 50m Backstroke3. Girls 9 and over 50m Fly4. Boys 9 and over 100m Freestyle5. Girls 9 and over 100m Breaststroke <p>Short break</p> <ol style="list-style-type: none">6. Boys 9 and over 100m Backstroke7. Girls 9 and over 100m Fly8. Boys 9 and over 50m Free9. Girls 9 and over 50m Breaststroke <p>Estimated finish time 8pm</p>	Session 2 <u>Sunday 17th September @ 8am start (warm up 7am)</u> <ol style="list-style-type: none">10. Boys 9 and over 100 IM11. Girls 9 and over 50m Backstroke12. Boys 9 and over 50m Fly13. Girls 9 and over 100m Freestyle14. Boys 9 and over 100m Breaststroke <p>Short break</p> <ol style="list-style-type: none">15. Girls 9 and over 100m Backstroke16. Boys 9 and over 100m Fly17. Girls 9 and over 50m Free18. Boys 9 and over 50m Breaststroke <p>Estimated finish time 2.30pm</p>
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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".
The Top Boy and Top Girl Trophies will be based on all events irrespective of Grading; 1st – 3, 2nd-2, 3rd-1
The Overall Top Club Trophy will be for all events
- 3) The 'Girls' category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Girls' category, a swimmer confirms that their birth sex is female.'
- 4) **ENTRIES - £6.50 PER EVENT**
We reserve the right to limit entries to comply with Licensed Meet conditions & 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.
- 5) **COACHES/TEAM MANAGERS PASSES - £7.50 each, inclusive of starts lists.**
There will be one free pass per 30 event entries to a maximum of 3 free passes.
All team coaches and team staff must be DBS checked
- 6) **ENTRIES:**
Sportsystems electronic entry file e-mail to: susanainscough@icloud.com
Entry closing date: On or before Midnight Saturday 19th August 2023

Payments by BACS transfer only:
Account Name: Rotherham Metro Limited Sort Code: 09-02-22
Account: 10850808 Reference: Sep 2023
Please await email confirmation of entries receipt & total amount due before sending payment
- 7) **PLEASE NOTE THIS GALA IS CARDLESS**
Withdrawals must be notified at least 60 minutes prior to the session start time, by e-mail: susanainscough@icloud.com
- 8) 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 paid
- 9) 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.
- 10) The Club will liaise with Pool Management of Worksoop Leisure Centre with regard to Risk Assessment and provision for COVID security
- 11) On behalf of the Club, the nominated person with responsibility for dealing with queries is Chairman, Jim Fisher
- 12) 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 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
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
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	1.18.70	1.14.00	1.08.30	1.33.10	1.29.30	1.24.40	1.20.60	1.18.60	1.15.60