



ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to ASA North East Region

'A' and 'B' Grade Short Course Meet

(Licensed level 3 – 3NE250336- by the A.S.A. for entry into Regional Championships)

Under Swim England Laws and Technical Rules of Swimming

Ponds Forge International Sports Centre, Sheffield

Saturday 28th & Sunday 29th June 2025

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

Ages as At 29th June 2025

Events All Graded and All HDW
100m Free, Back, Fly, Breast
200m Free, Back, Fly, Breast
50m Free, Back, Fly, Breast
100m and 200m Individual Medley
400m Freestyle & 400m Individual Medley– 10 years & over

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

ORDER OF EVENTS

| | |
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| <u>SATURDAY 28th June 2025</u> <u>SESSION 1. (W/up 8.00am, Start 9.00am)</u> 1. Girls 200m Fly 2. Open/Boys 200m Free 3. Girls 100m Back 4. Open/Boys 50m Fly 5. Girls 400m Free (10/ov) 6. Open/Boys 100m Ind. Med. 7. Girls 50m Free 8. Open/Boys 100m Breast | <u>SATURDAY 28th June 2025</u> <u>SESSION 2. (estimated W/up 1.00pm, Start 2.00pm)</u> 9. Girls 200m Ind. Med. 10. Open/Boys 200m Breast 11. Girls 100m Fly 12. Open/Boys 400m Individual Medley (10/ov) 13. Girls 50m Breast 14. Open/Boys 50m Back 15. Girls 200m Back 16. Open/Boys 100m Free |
| <u>SUNDAY 29th June 2025</u> <u>SESSION 3. (W/up 8.00am, Start 9.00am)</u> 17. OpenBoys 200m Back 18. Girls 100m Ind. Med 19. Open/Boys 400m Free (10/ov) 20. Girls 50m Fly 21. Open/Boys 100m Fly 22. Girls 200m Breast 23. Open/Boys 50m Breast 24. Girls 100m Free | <u>SUNDAY 29th June 2025</u> <u>SESSION 4.(estimated W/up 1.00pm, Start 2.00pm)</u> 25. Open/Boys 200m Ind. Med 26. Girls 200m Free 27. Open/ Boys 100m Back 28. Girls 400m Individual Medley (10/ov) 29. Open/Boys 200m Fly 30. Girls 50m Back 31. Open/Boys 50m Free 32. Girls 100m Breast |

GRADED MEET COMPETITION RULES AND INFORMATION.

- 1) 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.
 - 2) 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.
ALL ENTRIES MUST HAVE A SUBMITTED TIME – where there is no Ranking time, a Time Trial or Coaches estimate can be used
 - 3) 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"
Top Boy and Top Girl Trophies, Overall Top Visiting Club Trophy
will be based on all events irrespective of Grading – 1st – 3 points, 2nd -2 points, 3rd – 1 point
 - 4) **ENTRIES - £8.00 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 PASSES - £15.00 each**, inclusive of a full set of starts lists
Clubs are allowed one free coaches pass per 40 event entries to a maximum of 3 free passes.
All team coaches and team staff must be DBS checked
 - 6) **ENTRIES:**
E-mailed to rm.galas@gmail.com
Sportsystems entry fileset is available for download on www.rotherhammetro.org
- Entry closing date: On or before Midnight Saturday 31st May 2025**
- Payments by BACS transfer only:**
Account Name: Rotherham Metro Limited Sort Code: 09-02-22
Account: 10850808 Reference: June 2025
Please await email confirmation of entries receipt & total amount due before sending payment
- 7) A list of accepted entries will be available on the club website – www.rotherhammetro.org so entrants can check and notify errors.
 - 8) **Withdrawals** - Clubs are asked to notify details of any swimmer not competing by e-mail – rm.galas@gmail.com
– at least 60 mins before the session start time
 - 9) 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.
 - 10) The Club will liaise with Pool Management of Ponds Forge International Sports Centre with regard to Risk Assessment and provision for COVID security.
 - 11) Swimmers using these facilities must follow the instructions of the lifeguards. Coaches/Team Managers are responsible for supervision of their swimmers. The swim down pool will be closed if not used in a sensible manner.
 - 12) On behalf of the Club, the nominated person with responsibility for dealing with queries is Chairman, Gina Gavelle
 - 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. 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 400m events

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

| | Open/Boys | | | | | | Girls | | | | | |
|------------|-----------|---------|---------|---------|---------|----------|----------|---------|---------|---------|---------|----------|
| | 9 &10yrs | 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 | 30.50 | 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 | 2.00.00 | 1.55.30 | 2.30.10 | 2.21.50 | 2.13.90 | 2.09.90 | 2.07.90 | 2.05.00 |
| 400m free | *5.16.50 | 4.56.40 | 4.40.00 | 4.26.90 | 4.17.90 | 4.06.50 | *5.20.90 | 4.56.10 | 4.40.60 | 4.33.20 | 4.29.10 | 4.24.30 |
| 50 breast | 41.50 | 39.00 | 36.50 | 34.10 | 31.70 | 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 | 1.13.10 | 1.12.80 |
| 200 breast | 3.15.10 | 3.01.70 | 2.50.60 | 2.40.20 | 2.33.10 | 2.25.70 | 3.15.30 | 3.01.40 | 2.51.30 | 2.44.50 | 2.40.70 | 2.38.40 |
| 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 |
| 200 fly | 2.57.80 | 2.41.70 | 2.32.10 | 2.23.30 | 2.16.90 | 2.09.10 | 3.00.10 | 2.43.50 | 2.32.80 | 2.27.20 | 2.23.40 | 2.20.10 |
| 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 |
| 200 back | 2.47.80 | 2.37.10 | 2.28.20 | 2.19.90 | 2.13.90 | 2.07.40 | 2.49.20 | 2.36.10 | 2.28.30 | 2.24.30 | 2.21.60 | 2.17.80 |
| 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 |
| 200 IM | 2.51.90 | 2.40.40 | 2.31.20 | 2.23.60 | 2.16.90 | 2.10.70 | 2.51.80 | 2.40.20 | 2.31.70 | 2.27.70 | 2.24.70 | 2.21.90 |
| 400 IM | *6.12.40 | 5.42.60 | 5.21.20 | 5.05.60 | 4.52.40 | 4.38.80 | *6.11.50 | 5.40.30 | 5.21.60 | 5.11.30 | 5.05.70 | 4.59.40 |

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

| | | | Open/Boys | | | | Girls | | | | | |
|------------|----------|---------|-----------|---------|---------|----------|----------|---------|---------|---------|---------|----------|
| | 9&10yrs | 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 | 1.01.10 | 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 |
| 400m free | *6.14.00 | 5.49.30 | 5.30.00 | 5.12.40 | 4.57.50 | 4.38.10 | *6.18.20 | 5.48.90 | 5.29.00 | 5.16.50 | 5.08.50 | 4.59.10 |
| 50 breast | 48.60 | 45.50 | 43.70 | 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 |
| 200 breast | 3.48.20 | 3.32.10 | 3.19.50 | 3.06.50 | 2.55.90 | 2.44.00 | 3.48.50 | 3.31.90 | 3.19.40 | 3.09.80 | 3.03.70 | 2.58.60 |
| 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 | 1.20.00 | 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 |
| 200 fly | 3.27.40 | 3.08.70 | 2.57.80 | 2.46.50 | 2.37.10 | 2.25.30 | 3.29.80 | 3.10.90 | 2.57.70 | 2.49.60 | 2.43.70 | 2.38.20 |
| 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 |
| 200 back | 3.16.70 | 3.03.90 | 2.53.50 | 2.42.90 | 2.34.00 | 2.23.50 | 3.18.80 | 3.03.30 | 2.53.30 | 2.43.90 | 2.41.80 | 2.35.70 |
| 100 IM | 1.33.20 | 1.27.90 | 1.23.00 | 1.17.70 | 1.13.00 | 1.07.30 | 1.32.10 | 1.28.30 | 1.23.40 | 1.19.60 | 1.17.60 | 1.14.60 |
| 200 IM | 3.22.10 | 3.08.00 | 2.57.50 | 2.47.40 | 2.37.70 | 2.27.30 | 3.22.60 | 3.08.40 | 2.57.60 | 2.50.80 | 2.45.70 | 2.40.40 |
| 400 IM | *7.16.20 | 6.41.50 | 6.16.90 | 5.56.40 | 5.36.60 | 5.14.10 | *7.15.70 | 6.39.60 | 6.15.90 | 5.59.90 | 5.49.80 | 5.38.60 |

'A' and 'B' Short Course Graded Meet

Saturday 28th and Sunday 29th June 2025

CASH SUMMARY

Club Name

Contact Name

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

(This will be used to inform you when the list of accepted entries is ready for viewing and to sort out any queries with entries)

Number of Open/Boys Entries @ £8.00 each Sub – total

Number of Girls Entries @ £8.00 each Sub – total

Number of Coaches Passes @ £15.00 each Sub – total

Number of Coaches Free Passes

(1 allowed per 40 entries, max 3)

GRAND TOTAL

Payments by BACS transfer only:

Account Name: Rotherham Metro Limited

Sort Code: 09-02-22

Account: 10850808

Reference: June 2025

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

Cheque postal details on request