



# ROOTHERHAM METRO SWIMMING CLUB

Affiliated to Yorkshire & The North East County A.S.A



## Springtime Long Course Meet

(This event is licensed level 3 – 3NE260164 - 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 16<sup>th</sup> & Sunday 17<sup>th</sup> May 2026**

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

**Ages as At** 17<sup>TH</sup> May 2026

**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

<b>SATURDAY 16<sup>th</sup> May 2026 SESSION 1.</b> <u>(W/up 8.00am, Start 9.00am)</u>	<b>SUNDAY 17<sup>th</sup> May 2026 SESSION 3.</b> <u>(W/up 8.00am, Start 9.00am)</u>
1. Girls 200m Free 2. Boys/Open 200m Individual Medley 3. Girls 50m Butterfly 4. Boys/Open 50m Free 5. Girls 400m Individual Medley (10/ov) 6. Boys/Open 100m Breaststroke 7. Girls 100m Backstroke	16. Boys/Open 200m Free 17. Girls 200m Individual Medley 18. Boys/Open 50m Butterfly 19. Girls 50m Free 20. Boys/Open 400m Individual Medley (10/ov) 21. Girls 100m Breaststroke 22. Boys/Open 100m Backstroke
<b>SATURDAY 16<sup>th</sup> May 2026 SESSION 2.</b> <u>(est w/up 1.00pm, Start 2.00pm)</u>	<b>SUNDAY 17<sup>th</sup> May 2026 SESSION 4.</b> <u>(est w/up 1.00pm, Start 2.00pm)</u>
8. Boys/Open 400m Free (10/ov) 9. Girls 200m Breaststroke 10. Boys/Open 100m Butterfly 11. Girls 50m Backstroke 12. Boys/Open 50m Breaststroke 13. Girls 200m Butterfly 14. Boys/Open 200m Backstroke 15. Girls 100m Free	23. Girls 400m Free (10/ov) 24. Boys/Open 200m Breaststroke 25. Girls 100m Butterfly 26. Boys/Open 50m Backstroke 27. Girls 50m Breaststroke 28. Boys/Open 200m Butterfly 29. Girls 200m Backstroke 30. Boys/Open 100m Free

## **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) Only entries accepted up to the Designated Entry times will be accepted.
- 3) 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
- 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) **ENTRIES - £8.50 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.  
All team coaches and team staff must be DBS checked
- 7) **ENTRIES:**  
e-mailed to [rm.galas@gmail.com](mailto:rm.galas@gmail.com)  
Sportsystems entry fileset is available for download on [www.rotherhammetro.org](http://www.rotherhammetro.org)

**Entry closing date:** **On or before midnight Saturday 11<sup>th</sup> April 2026**

**Payments by BACS transfer only:**

Account Name: Rotherham Metro Limited      Sort Code: 09-02-22  
Account: 10850808      Reference: May 2026  
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 – [www.rotherhammetro.org](http://www.rotherhammetro.org) so entrants can check and notify errors.
- 9) **Withdrawals** Clubs are asked to notify details of any swimmer not competing by e-mail – [rm.galas@gmail.com](mailto:rm.galas@gmail.com) –at least **one hour prior to the session start time.**
- 10) Refunds will not be given for withdrawal of accepted entries or for any errors or omissions attributable to the individual or their club. Refunds will only be considered for individuals who can prove that they are unfit to compete on medical grounds. Any refunds will be made via the club that submitted the 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) Swimmers using these facilities must follow the instructions of the lifeguards. Coaches/Team Managers are responsible for supervision of their swimmers. Swimmers must NOT attempt to swim to the bottom of the swim down pool which will be closed if not used in a sensible manner.
- 13) On behalf of the Club, the nominated person with responsibility for dealing with queries is Chairman, James Clarke
- 14) 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.
- 15) 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 16<sup>th</sup> and Sunday 17<sup>th</sup> May 2026**

**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 Boys Entries @ £8.50 each** ..... Sub – total .....

**Number of Girls Entries @ £8.50 each** ..... Sub – total .....

**Number of Coaches Passes @ £15.00 each** ..... Sub – total .....

**GRAND TOTAL** .....

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**Springtime Long Course Meet**

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**Upper Entry Times**

Only entries up to the times below will be accepted

Open/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 +
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