



ROTHERHAM METRO SWIMMING CLUB

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



Summertime Short Course Meet

(Licensed level 3 – 3NE261254 - 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 27th June 2026

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

Ages as At 27th June 2026

Events All Heat Declared Winner
100m Free, Back, Fly, Breast
50m Free, Back, Fly, Breast
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

SATURDAY 27th June 2026 SESSION 1. (W/up 8.00am, Start 9.00am)	SATURDAY 27th June 2026 SESSION 2. (estimated W/up 1.00pm, Start 2.00pm)
1. Mixed 10/ov 400m Freestyle (10/ov)	11. Mixed 400m Individual Medley (10/ov)
2. Female 100m Butterfly	12. Open/Male 100m Butterfly
3. Open/Male 100m Freestyle	13. Female 100m Freestyle
4. Female 100m Breaststroke	14. Open/Male 100m Breaststroke
5. Open/Male 50m Backstroke	15. Female 50m Backstroke
6. Female 50m Butterfly	16. Open/Male 50m Butterfly
7. Open/Male 200m Individual Medley (10/ov)	17. Female 200m Individual Medley (10/ov)
8. Female 100m Backstroke	18. Open/Male 100m Backstroke
9. Open/Male 50m Breaststroke	19. Female 50m Breaststroke
10. Female 50m Freestyle	20. Open/Male 50m Freestyle

GRADED MEET COMPETITION RULES AND INFORMATION.

- 1) The 'Female' category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' 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 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) **Awards** will be given to the fastest three Swimmers in each Age Group in each event
Top Boy and Top Girl Trophies, Overall Top Visiting Club Trophy
will be based on all events 1st – 3 points, 2nd -2 points, 3rd – 1 point
- 4) **ENTRIES - £8.50 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) **POOLSIDE PASSES - £10.00 each**, inclusive of a full set of starts lists
All team staff & chaperones must be DBS checked
Any parent wishing to chaperone their swimmer who is attending without their club must be DBS checked to purchase a pass.
- 6) **ENTRIES:**
E-mailed to rm.galas@gmail.com
Sportsystems entry filesheet will be available for download on www.rotherhammetro.org

Entry opening date Sunday 26th April 2026
Entry closing date: On or before Midnight Saturday 6th June 2026

Payments by BACS transfer only:
Account Name: Rotherham Metro Limited Sort Code: 09-02-22
Account: 10850808 Reference: June 2026
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) 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 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, James Clarke
- 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.**25m pool times NOT faster than:**

	Open/Male						
	9yrs	10yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +
50 free	31.40	30.40	29.00	28.10	26.70	24.60	23.50
100 free	1.06.50	1.05.60	1.01.60	1.00.00	57.20	.55.00	52.40
400m free		5.16.50	4.56.40	4.40.00	4.28.90	4.17.90	4.10.50
50 breast	41.50	39.50	38.00	36.50	34.10	31.70	30.70
100 breast	1.25.80	1.22.80	1.19.00	1.16.50	1.13.30	1.10.20	1.06.20
50 fly	33.40	32.40	31.10	30.30	28.50	26.20	25.60
100 fly	1.16.60	1.14.60	1.10.40	1.07.40	1.04.20	1.01.20	58.00
50 back	35.40	34.40	32.50	31.60	30.60	29.50	27.50
100 back	1.13.40	1.11.40	1.09.30	1.06.90	1.04.70	1.01.80	58.50
200 IM		2.51.90	2.40.40	2.31.20	2.23.60	2.16.90	2.10.70
400 IM		6.12.40	5.42.60	5.25.20	5.05.60	4.52.40	4.38.80

	Female						
	9yrs	10yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +
50 free	29.80	28.80	27.50	26.90	26.00	25.50	24.90
100 free	1.08.10	1.06.40	1.02.00	1.00.80	59.00	57.90	55.50
400m free		5.20.90	5.00.10	4.40.60	4.33.20	4.29.10	4.20.30
50 breast	41.70	40.00	37.50	36.90	34.60	33.80	32.00
100 breast	1.26.30	1.24.30	1.20.90	1.17.30	1.15.10	1.13.10	1.11.80
50 fly	33.50	32.70	31.50	30.50	29.50	29.00	28.30
100 fly	1.15.50	1.13.50	1.10.70	1.08.00	1.05.80	1.03.00	1.02.00
50 back	36.00	34.50	33.00	31.40	30.80	30.10	28.30
100 back	1.19.40	1.17.40	1.13.40	1.09.20	1.06.80	1.05.60	1.04.10
200 IM		2.51.80	2.40.20	2.31.70	2.27.70	2.24.70	2.21.90
400 IM		6.11.50	5.40.30	5.21.60	5.11.30	4.59.70	4.55.40

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/Male Entries @ £8.50 each Sub – total

Number of Girls Entries @ £8.50 each Sub – total

Number of Poolside Passes @ £10.00 each Sub – total

GRAND TOTAL

Payments by BACS transfer only:

Account Name: Rotherham Metro Limited

Sort Code: 09-02-22

Account: 10850808

Reference: June 2026

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

POOLSIDE PASSES

All must have DBS checks

NAME	POSITION	SE NUMBER