



ROTHERHAM METRO SWIMMING CLUB

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



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

(This event is licensed level 3 – 3NE260604 by the A.S.A. for entry into Regional Championships)
Under ASA Laws and ASA Technical Rules of Swimming

Ponds Forge International Sports Centre, Sheffield

Saturday 19th September 2026

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

Ages as At 19th September 2026

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

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

ORDER OF EVENTS

SATURDAY 19th September 2026

SESSION 1.

(w/up 8.00am, Start 9.00am)

1. Girls 200m Free (10/ov)
2. Boys/Open 100m Ind. Med
3. Girls 50m Fly
4. Boys/Open 50m Breast
5. Girls 100m Back
6. Boys/Open 100m Fly
7. Girls 50m Free
8. Boys/Open 50m Back
9. Girls 100m Breast
10. Boys/Open 100m Free

SATURDAY 19th September 2026

SESSION 2.

(est w/up 1.00pm, Start 2.00pm)

11. Girls 100m Ind Medley
12. Boys/Open 200m Free (10/ov)
13. Girls 50m Breast
14. Boys/Open 50m Fly
15. Girls 100m Fly
16. Boys/Open 100m Back
17. Girls 50m Back
18. Boys/Open 50m Free
19. Girls 100m Free
20. Boys/Open 100m Breast

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.

- 9 year olds do not swim 200m free

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

	Open/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
200 free	*2.29.30	2.21.00	2.12.60	2.05.70	2.02.80	1.55.30	*2.30.10	2.21.50	2.13.90	2.09.90	2.07.90	2.05.00
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:

	Open/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
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
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

Rotherham Metro A.S.C.

'A' and 'B' Short Course Graded Meet – Saturday 19th September 2026

CASH SUMMARY

Club Name

Contact Name

Tel No

E-Mail Address (please print clearly)

(This will be used to inform you when the draft programme is ready for viewing and to sort out any queries)

Number of Boys Entries @ £8.50 each Sub – total

Number of Girls Entries @ £8.50 each Sub – total

Number of Coaches 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: Sept 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