



ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to ASA North East Region

'A' and 'B' Grade Long Course Meet

(This event is licensed level 3 - 3NE270048 by 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 23rd & Sunday 24th January 2027

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

Ages as At 24th January 2027

Events All Graded and All HDW
200m Free, Back, Fly, Breast, Individual Medley
100m Free, Back, Fly, Breast
50m Free, Back, Fly, Breast

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

<u>SATURDAY 23rd January 2027</u> <u>SESSION 1. (W/up 8.00am, Start 9.00am)</u> 1. Open/Male 200m Free 2. Female 200m Individual Medley 3. Open/Male 50m Fly 4. Female 50m Free 5. Open/Male 100m Back 6. Female 100m Breast	<u>SATURDAY 23rd January 2027</u> <u>SESSION 2. (est W/up 1.00pm, Start 2.00pm)</u> 7. Open/Male 200m Breast 8. Female 100m Fly 9. Open/Male 50m Back 10. Female 50m Breast 11. Open/Male 200m Fly 12. Female 200m Back 13. Open/Male 100m Free
<u>SUNDAY 24th January 2027</u> <u>SESSION 3. (W/up 8.00am, Start 9.00am)</u> 14. Female 200m Free 15. Open/Male 200m Individual Medley 16. Female 50m Fly 17. Open/Male 50m Free 18. Female 100m Back 19. Open/Male 100m Breast	<u>SUNDAY 24th January 2027</u> <u>SESSION 4. (est W/up 1.00pm, Start 2.00pm)</u> 20. Female 200m Breast 21. Open/Male 100m Fly 22. Female 50m Back 23. Open/Male 50m Breast 24. Female 200m Fly 25. Open/Male 200m Back 26. Female 100m Free

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) Only entries accepted up to the designated fastest times for 'A' Grade 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) Swimmers will be split into 'A' grade and 'B' 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". Any swims faster than A Grade cut off are not eligible for Award or points.
Top Boy and Top Girl Trophies & Overall Top Visiting Club Trophy will be based on all events irrespective of Grading (1st 3 pts, 2nd -2 pts, 3rd – 1 pt)
- 5) **ENTRIES - £8.50 PER EVENT**
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 - £10.00** each day, inclusive of a full set of starts lists
All 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
- 7) **ENTRIES:**
e-mailed to rm.galas@gmail.com
Sportsystems entry fileset is available for download on www.rotherhammetro.org

Entry Opening date **Saturday 17th October 2026**
Entry closing date: **On or before midnight Saturday 12th December 2026**

Payments by BACS transfer only:

Account Name: Rotherham Metro Limited Sort Code: 09-02-22
Account: 10850808 Reference: Jan 2027
Please await email confirmation of entries receipt & total amount due before sending payment

- 8) A list of accepted entries will be available on – 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 – at least 60 mins before 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 refund 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
- 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.

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.

'A' Grade Cut Off: 50m pool times NOT faster than:

	OpenMale						Female					
	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	32.40	30.50	28.90	27.50	26.40	24.70	33.10	30.90	29.60	28.80	28.00	27.50
100 free	1.10.40	1.04.80	1:00.70	57.80	56.20	53.80	1.11.60	1:05.40	1:02.70	1:01.30	1:00.10	59.40
200 free	2.33.20	2.21.70	2.13.30	2.07.60	2.03.40	1.58.30	2.34.20	2.22.70	2.16.70	2.12.80	2.11.70	2.07.30
50 fly	36.30	33.90	31.70	30.00	28.80	27.10	36.90	34.00	32.50	31.10	30.50	29.60
100 fly	1.20.50	1:12.70	1:07.70	1:04.10	1:01.40	58.50	1:21.60	1:13.20	1:09.30	1:07.00	1:06.00	1:04.80
200 fly	2.59.60	2.40.50	2.30.40	2.23.10	2.17.10	2.11.10	3.02.20	2.41.80	2.33.90	2.28.30	2.25.00	2.22.90
50 breast	43.50	40.20	37.20	35.10	33.60	31.90	43.00	40.00	37.90	36.70	35.60	34.90
100 breast	1.33.10	1:24.40	1:18.80	1:14.30	1:11.70	1:08.40	1:32.70	1:24.80	1:20.10	1:17.10	1:16.00	1:14.90
200 breast	3.20.50	3.03.40	2.52.20	2.42.50	2.35.90	2.30.30	3.18.90	3.01.80	2.53.60	2.47.40	2.43.80	2.43.00
50 back	38.40	35.90	33.80	32.00	30.50	29.00	38.40	35.90	34.30	33.40	32.50	31.70
100 back	1.21.00	1:14.30	1:09.80	1:06.10	1:03.30	1:00.70	1:21.70	1:14.70	1:10.80	1:09.30	1:08.20	1.06.80
200 back	2.52.70	2.39.70	2.30.80	2.23.10	2.18.30	2.11.90	2.53.40	2.39.90	2.32.60	2.28.80	2.26.50	2.23.20
200 IM	2.55.80	2.41.50	2.32.40	2.25.10	2.20.20	2.14.20	2.55.90	2.42.50	2.34.60	2.30.90	2.28.70	2.25.80

'B' Grade Cut Off: 50m pool times NOT faster than:

	Open/Male						Female					
	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	39.00	37.00	34.90	33.00	31.30	28.70	39.80	37.30	35.40	34.00	32.90	31.90
100 free	1.24.80	1.18.00	1.13.70	1.09.80	1.06.90	1.02.60	1.26.20	1.19.30	1.15.20	1.12.70	1.10.70	1.08.80
200 free	3.03.60	2.51.30	2.40.80	2.32.60	2.25.60	2.16.30	3.04.40	2.51.30	2.42.50	2.36.20	2.32.10	2.27.50
50 fly	43.50	40.80	38.10	35.90	34.00	31.40	44.00	40.70	38.60	36.70	35.70	34.20
100 fly	1.35.80	1.27.70	1.21.50	1.16.80	1.12.80	1.07.80	1.37.10	1.27.90	1.22.60	1.19.10	1.17.20	1.14.80
200 fly	3.32.30	3.12.50	2.59.90	2.49.90	2.40.90	2.30.40	3.34.60	3.12.60	3.01.70	2.53.50	2.48.00	2.43.30
50 breast	51.60	48.20	44.60	41.80	39.7	36.80	51.20	47.80	45.00	43.10	41.50	40.10
100 breast	1.50.70	1.41.50	1.34.70	1.28.80	1.24.60	1.18.90	1.50.30	1.41.60	1.35.20	1.30.80	1.28.50	1.26.10
200 breast	3.57.20	3.39.10	3.25.20	3.12.50	3.02.50	2.51.60	3.55.50	3.36.60	3.24.90	3.15.50	3.09.50	3.05.80
50 back	46.00	43.20	40.50	38.20	36.10	33.50	46.00	43.10	40.90	39.40	38.00	36.60
100 back	1.36.90	1.29.80	1.24.10	1.19.20	1.15.00	1.10.30	1.37.50	1.29.90	1.24.50	1.21.70	1.19.60	1.17.10
200 back	3.25.80	3.12.00	3.00.70	2.50.30	2.42.30	2.31.40	3.26.30	3.11.00	3.00.60	2.54.30	2.49.80	2.43.90
200 IM	3.29.60	3.14.30	3.02.80	2.52.70	2.44.80	2.33.90	3.29.60	3.14.30	3.03.30	2.56.80	2.52.30	2.46.90

Rotherham Metro A.S.C.

'A' and 'B' Long Course Graded Meet

Saturday 23rd & Sunday 24th January 2027

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 @ £8.50 each **Sub – total**

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

Number of Saturday Coaches Passes @ £10.00 each **Sub – total**

Number of Sunday 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: Jan 2027

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

POOLSIDE PASSES

All must have DBS checks

NAME	POSITION	SE NUMBER