



ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to ASA North East Region

'A' and 'B' Grade Short Course Meet
(Licensed level 3 by the A.S.A. for entry into Regional Championships – 3NE200483)
Under Swim England Laws and Swim England Technical Rules of Swimming

Ponds Forge International Sports Centre, Sheffield

Saturday 4th & Sunday 5th July 2020

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

Ages as At 5th July 2020

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
Continuous warm-up and swim down facility available throughout the Meet.
OMEGA Quantum Electronic Timing will be used.

ORDER OF EVENTS

SATURDAY 4th July 2020 SESSION 1. (W/up 8.00am, Start 9.00am) 1. Girls 200m Fly 2. Boys 200m Free 3. Girls 100m Back 4. Boys 50m Fly 5. Girls 400m Free (10/ov) 6. Boys 100m Ind. Med. 7. Girls 50m Free 8. Boys 100m Breast	SATURDAY 4th July 2020 SESSION 2. (estimated W/up 1.00pm, Start 2.00pm) 9. Girls 200m Ind. Med. 10. Boys 200m Breast 11. Girls 100m Fly 12. Boys 400m Individual Medley (10/ov) 13. Girls 50m Breast 14. Boys 50m Back 15. Girls 200m Back 16. Boys 100m Free
SUNDAY 5th July 2020 SESSION 3. (W/up 8.00am, Start 9.00am) 17. Boys 200m Back 18. Girls 100m Ind. Med 19. Boys 400m Free (10/ov) 20. Girls 50m Fly 21. Boys 100m Fly 22. Girls 200m Breast 23. Boys 50m Breast 24. Girls 100m Free	SUNDAY 5th July 2020 SESSION 4. (estimated W/up 1.00pm, Start 2.00pm) 25. Boys 200m Ind. Med 26. Girls 200m Free 27. Boys 100m Back 28. Girls 400m Individual Medley (10/ov) 29. Boys 200m Fly 30. Girls 50m Back 31. Boys 50m Free 32. Girls 100m Breast

ROTHERHAM METRO A.S.C.

GRADED MEET COMPETITION RULES AND INFORMATION.

- 1) 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, this can be a Time Trial or coaches realistic estimate
 - 2) 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".
Swimmers who swim faster than the cut off times for 'A' Grade will be presented with a Speeding Ticket.
Top Boy and Top Girl Trophies will be based on all events irrespective of Grading – 1st – 3 points, 2nd -2 points, 3rd – 1 point
Overall Top Visiting Club Trophy will be for all events – 1st – 3 points, 2nd -2 points, 3rd – 1 point .
 - 3) **DISABILITY CLASSIFICATIONS** – We will include swimmers with a Disability Classification; results may show multi-disability points for information, but there are no separate awards.
 - 4) **ENTRIES - £6.00 PER EVENT**
We reserve the right to limit entries to comply with Licensed Meet conditions. 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 - £12.00 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 passes.
 - 6) **OFFICIALS** – please advise details of anyone willing to officiate – Clubs entering more than 10 swimmers are asked to provide at least 1 official for each session
 - 7) **ENTRIES TO:**

Mrs Sue Milnes, 58 Broom Lane, Rotherham S60 3EL
Sportsystems entry fileset is available for download on www.rotherhammetro.org or by e-mail – rm.galas@gmail.com
- Entry closing date: On or before Midnight Saturday 30th May 2020**
Make cheques payable to: Rotherham Metro Ltd.
Or BACS payment details on Entry Summary sheet
- A list of accepted entries will be available on the club website – www.rotherhammetro.org so entrants can check and notify errors.
- 8) **Please note the Gala is Cardless.**
Clubs are asked to notify details of any swimmer not competing by e-mail – rm.galas@gmail.com – prior to the day of the gala, or in the Omega Suite at least one hour prior to the session start time.
 - 9) Refund of entry fees will not be given for withdrawal of accepted entries.
 - 10) 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.
 - 11) 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 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 400m events

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

	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:

	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

Please Note: This meet is licensed at level 3 which means that times achieved will be forwarded to the ASA for inclusion in rankings and will be accepted for entry into Regional Championships. We have therefore; set the cut off times for the 'A' grade with this in mind. Times achieved at this meet will not be accepted for entry in to National Competitions. This is in line with the ASA recommendations for 'Competition for all'.

Rotherham Metro A.S.C

'A' and 'B' Short Course Graded Meet

Saturday 4th and Sunday 5th July 2020

CASH SUMMARY

Club Name

Contact Name

Contact Address.....

Tel No

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

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

Number of Boys Entries @ £6.00 each Sub – total

Number of Girls Entries @ £6.00 each Sub – total

Number of Coaches Passes @ £12.00 each Sub – total

Number of Coaches Free Passes

(1 allowed per 40 entries, max 3)

GRAND TOTAL

Please make cheques payable to Rotherham Metro Ltd.

BACS payment details:

Account Name: Rotherham Metro Ltd

Sort code : 09-02-22

Account : 10850808

Reference: July 2020

**Please ensure that you have put enough postage on your envelope before posting to us.
(A4 envelope – large letter stamp, at least).**