



# ROTHERHAM METRO AMATEUR SWIMMING CLUB

*Affiliated to Yorkshire & North East Counties A.S.A.*

**'A' and 'B' Grade Short Course Meet**  
(Licensed level 3 by the A.S.A. for entry into Regional Championships –3NE160533)  
Under ASA Laws and ASA Technical Rules of Swimming

**Ponds Forge International Sports Centre, Sheffield**

**Saturday 16<sup>th</sup> & Sunday 17<sup>th</sup> July 2016**

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

**Ages as At** 17<sup>th</sup> July 2016

**Events** All Graded (Except 9 year age group) 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 – 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**

There may be a short break in the middle of each session in accordance with ASA Open Meet Licensing Criteria

<b><u>SATURDAY 16<sup>th</sup> July 2016</u></b> <b><u>SESSION 1. (W/up 8.00am, Start 9.00am)</u></b> 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	<b><u>SATURDAY 16<sup>th</sup> July 2016</u></b> <b><u>SESSION 2. (estimated W/up 1.00pm, Start 2.00pm)</u></b> 9. Girls 200m Ind. Med. 10. Boys 200m Breast 11. Girls 100m Fly 12. Boys 50m Back 13. Girls 200m Back 14. Boys 100m Free 15. Girls 50m Breast
<b><u>SUNDAY 17<sup>th</sup> July 2016</u></b> <b><u>SESSION 3. (W/up 8.00am, Start 9.00am)</u></b> 16. Boys 200m Back 17. Girls 100m Ind. Med 18. Boys 400m Free (10/ov) 19. Girls 50m Fly 20. Boys 100m Fly 21. Girls 200m Breast 22. Boys 50m Breast 23. Girls 100m Free	<b><u>SUNDAY 17<sup>th</sup> July 2016</u></b> <b><u>SESSION 4. (estimated W/up 1.00pm, Start 2.00pm)</u></b> 24. Boys 200m Ind. Med 25. Girls 200m Free 26. Boys 100m Back 27. Girls 50m Back 28. Boys 200m Fly 29. Girls 100m Breast 30. Boys 50m Free

## 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.  
In respect of 400m Free events, swimmers must have achieved the qualifying standard.
- 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 (9 year olds will not be eligible for this award because they are not graded) – 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 all events (including 9 year olds) ) – 1<sup>st</sup> – 3 points, 2<sup>nd</sup> -2 points, 3<sup>rd</sup> – 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 - £5.50 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.**  
ALL ENTRIES MUST HAVE A SUBMITTED TIME
- 5) **COACHES PASSES - £12.00 each**, inclusive of a Programme and full set of results sheets per club. Clubs are allowed one free coaches pass per 40 event entries to a maximum of 3 passes.
- 6) **ENTRIES TO:**  
**Mrs Sue Milnes, 58 Broom Lane, Rotherham S60 3EL**  
Sportsystems entry fileset is available for download on [www.rotherhammetro.org](http://www.rotherhammetro.org) or by e-mail – [rm.galas@gmail.com](mailto:rm.galas@gmail.com)  
**Entry closing date: On or before Midnight Saturday 4<sup>th</sup> June 2016.**  
**Make cheques payable to: Rotherham Metro Ltd.**  
Entry fees should be received within 5 days of electronic entry  
  
A draft read only copy of the programme will be available on the club website – [www.rotherhammetro.org](http://www.rotherhammetro.org) so entrants can check and notify errors.
- 7) **Please note the Gala is Cardless.**  
Clubs are asked to notify details of any swimmer not competing by e-mail – [rm.galas@gmail.com](mailto: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.
- 8) Refund of entry fees will not be given for withdrawal of accepted entries.  
Special cases will be given individual consideration.
- 9) 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.
- 10) All overseas entrants **MUST** be authorised by their National Federation before entries can be accepted.
- 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.

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

	Boys						Girls					
	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +
50 free	32.40	30.80	29.10	27.70	26.60	25.30	32.80	31.50	29.90	29.00	28.50	27.90
100 free	1.10.60	1.06.60	1.02.50	59.20	57.00	54.40	1.12.10	1.07.20	1.03.70	1.02.00	1.00.90	59.50
200 free	2.32.30	2.24.00	2.15.60	2.08.70	2.03.80	1.58.30	2.33.10	2.24.50	2.16.90	2.12.90	2.10.90	2.08.00
400m free	5.20.50	5.00.40	4.44.00	4.30.90	4.21.90	4.10.50	5.24.90	5.00.10	4.44.60	4.37.20	4.33.10	4.28.30
50 breast	42.50	40.00	37.50	35.10	33.70	31.70	42.70	40.10	38.00	36.60	35.80	35.00
100 breast	1.32.80	1.26.00	1.20.50	1.15.30	1.12.20	1.08.20	1.33.30	1.25.90	1.21.30	1.18.10	1.15.10	1.14.80
200 breast	3.18.10	3.04.70	2.53.60	2.43.20	2.36.10	2.28.70	3.18.30	3.04.40	2.54.30	2.47.50	2.43.70	2.41.40
50 fly	36.40	34.10	32.30	30.50	29.20	27.60	36.30	34.50	32.70	31.70	31.00	30.30
100 fly	1.22.60	1.15.40	1.10.40	1.06.20	1.03.20	1.00.00	1.22.50	1.15.70	1.11.00	1.08.80	1.07.00	1.06.00
200 fly	3.00.80	2.44.70	2.35.10	2.26.30	2.19.90	2.12.10	3.03.10	2.46.50	2.35.80	2.30.20	2.26.40	2.23.10
50 back	37.40	35.50	33.60	31.60	30.50	28.50	37.40	35.50	33.90	32.80	32.10	31.40
100 back	1.21.40	1.15.30	1.10.90	1.06.70	1.03.80	1.00.50	1.21.40	1.15.40	1.11.20	1.08.80	1.07.60	1.06.10
200 back	2.50.80	2.40.10	2.31.20	2.22.90	2.16.90	2.10.40	2.52.20	2.39.10	2.31.30	2.27.30	2.24.60	2.20.80
100 IM	1.22.40	1.18.20	1.13.90	1.09.80	1.06.50	1.02.70	1.20.80	1.18.00	1.14.30	1.11.70	1.10.80	1.08.90
200 IM	2.54.90	2.43.40	2.34.20	2.26.60	2.19.90	2.13.70	2.54.80	2.43.20	2.34.70	2.30.70	2.27.70	2.24.90

### **'B' Grade Entries: 25m pool times NOT faster than:**

	Boys						Girls					
	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +
50 free	38.00	35.90	33.90	32.10	30.40	28.30	38.50	36.50	34.70	33.30	32.40	31.30
100 free	1.22.90	1.17.80	1.13.20	1.08.90	1.03.10	1.01.20	1.24.60	1.18.70	1.14.30	1.11.50	1.09.50	1.07.10
200 free	2.59.30	2.48.80	2.39.10	2.30.10	2.22.50	2.13.20	3.00.40	2.49.60	2.39.90	2.33.60	2.29.60	2.24.60
400m free	6.18.00	5.53.30	5.34.00	5.16.40	5.01.50	4.42.10	6.22.20	5.52.90	5.33.00	5.20.50	5.12.50	5.03.10
50 breast	49.60	46.50	43.70	40.70	38.60	35.60	50.00	46.70	44.00	42.10	40.80	39.40
100 breast	1.48.10	1.40.10	1.33.80	1.27.40	1.22.70	1.16.60	1.48.80	1.40.20	1.34.40	1.29.80	1.26.50	1.24.30
200 breast	3.51.20	3.35.10	3.22.50	3.09.50	2.58.90	2.47.00	3.51.50	3.34.90	3.22.40	3.12.80	3.06.70	3.01.60
50 fly	42.40	39.60	37.50	35.30	33.40	30.90	42.40	40.10	37.90	36.40	35.20	34.00
100 fly	1.35.90	1.27.60	1.22.00	1.16.70	1.12.30	1.07.30	1.36.00	1.28.00	1.22.40	1.19.00	1.16.30	1.14.10
200 fly	3.30.40	3.11.70	3.00.80	2.49.50	2.40.10	2.28.30	3.32.80	3.13.90	3.00.70	2.52.60	2.46.70	2.41.20
50 back	43.60	41.20	39.00	36.50	34.80	31.90	43.80	41.40	39.30	37.70	36.50	35.30
100 back	1.34.70	1.27.60	1.22.50	1.17.30	1.13.00	1.07.80	1.35.20	1.28.10	1.22.70	1.19.20	1.17.00	1.14.40
200 back	3.19.70	3.06.90	2.56.50	2.45.90	2.37.00	2.26.50	3.21.80	3.06.30	2.56.30	2.46.90	2.44.80	2.38.70
100 IM	1.36.20	1.30.90	1.26.00	1.20.70	1.16.00	1.10.30	1.35.10	1.31.30	1.26.40	1.22.60	1.20.60	1.17.60
200 IM	3.25.10	3.11.00	3.00.50	2.50.40	2.40.70	2.30.30	3.25.60	3.11.40	3.00.60	2.53.80	2.48.70	2.43.40
<b>QUALIFYING TIME – MINIMUM STANDARD</b>												
400 Free	7.34.50	6.59.20	6.33.00	6.06.90	5.42.10	5.11.40	7.33.20	6.52.90	6.25.10	6.04.30	5.50.40	5.35.10

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 16<sup>th</sup> and Sunday 17<sup>th</sup> July 2016**

**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 @ £5.50 each** ..... **Sub – total** .....

**Number of Girls Entries @ £5.50 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.

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