



ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to ASA North East Region

'A' and 'B' Grade Long Course Meet

(This event is licensed level 3 – 3NE230069 - 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 21ST & Sunday 22ND January 2023

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

Ages as At 22nd January 2023

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

SATURDAY 21st January 2023 SESSION 1. (W/up 8.00am, Start 9.00am) 1. Boys 200m Free 2. Girls 200m Individual Medley 3. Boys 50m Fly 4. Girls 50m Free 5. Boys 100m Back 6. Girls 100m Breast	SATURDAY 21st January 2023 SESSION 2. (est W/up 1.00pm, Start 2.00pm) 7. Boys 200m Breast 8. Girls 100m Fly 9. Boys 50m Back 10. Girls 50m Breast 11. Boys 200m Fly 12. Girls 200m Back 13. Boys 100m Free
SUNDAY 22nd January 2023 SESSION 3. (W/up 8.00am, Start 9.00am) 14. Girls 200m Free 15. Boys 200m Individual Medley 16. Girls 50m Fly 17. Boys 50m Free 18. Girls 100m Back 19. Boys 100m Breast	SUNDAY 22nd January 2023 SESSION 4. (est W/up 1.00pm, Start 2.00pm) 20. Girls 200m Breast 21. Boys 100m Fly 22. Girls 50m Back 23. Boys 50m Breast 24. Girls 200m Fly 25. Boys 200m Back 26. Girls 100m Free

GRADED MEET COMPETITION RULES AND INFORMATION.

1) 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.

2) Only entries accepted up to the designated fastest times for 'A' Grade will be accepted.

3) 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)

4) DISABILITY CLASSIFICATIONS – We will include swimmers with a Disability Classification; results may show multi-disability points for information, but there are no separate awards.

5) ENTRIES - £7.50 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.

8) A list of accepted entries will be available on – www.rotherhammetro.org so entrants can check and notify errors.

10) Refund of entry fees will not be given for withdrawal of accepted 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.

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

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:

	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	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:

	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	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 A+B Meet**Closing Date for Entries 31st October 2022**

Ponds Forge International Sports Centre, Sheffield Saturday

21st & Sunday 22nd January 2023

Long Course 50M Pool times

Forename		Surname	
Address			
		Post Code	
Phone		Email	
Male / Female		D.O.B.	
SE Number		Age at 22 Jan 23	

Event	Entry Time	Event	Entry Time
Saturday 21st - AM Warm Up 8:00AM		Sunday 22nd – AM Warm Up 8:00AM	
1 Boys 200 Freestyle		14- Girls 200M Freestyle	
2 Girls 200 IM		15- Boys 200M IM	
3 Boys 50M Butterfly		16- Girls 50M Butterfly	
4 Girls 50M Freestyle		17- Boys 50M Freestyle	
5 Boys 100M Backstroke		18- Girls 100M Backstroke	
6 Girls 100M Breaststroke		19- Boys 100M Breaststroke	
Saturday 21st - PM Warm Up 1:00PM		Sunday 22nd – PM Warm Up 1:00PM	
7 – Boys 200M Breaststroke		20-Girls 200M Breaststroke	
8 – Girls 100M Butterfly		21- Boys 100M Butterfly	
9 – Boys 50M Backstroke		22- Girls 50M Backstroke	
10- Girls 50M Breaststroke		23- Boys 50M Breaststroke	
11- Boys 200M Butterfly		24- Girls 200M Butterfly	
12- Girls 200M Backstroke		25- Boys 200M Backstroke	
13-Boys 100M Freestyle		26- Girls 100M Freestyle	

ENTRIES**No of entries@ £7.50 per entry****£.....****Contribution to Coaches Pass / Expenses****£2.01****TOTAL****£.....****Payment by Cheque / Standing Order Payment (date of transfer _____)**

PS : Why the £2.01 – lets us check payments are Gala entries and the number of swimmers entered on a single payment