



# ROTHERHAM METRO AMATEUR SWIMMING CLUB

*Affiliated to ASA North East Region*

## 'A' and 'B' Grade Long Course Meet

(This event is licensed level 3 – 3NE240018- 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 27<sup>th</sup> & Sunday 28<sup>th</sup> January 2024**

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

**Ages as At** 28<sup>th</sup> January 2024

**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

<p><b>SATURDAY 27<sup>th</sup> January 2024</b> <b>SESSION 1. (W/up 8.00am, Start 9.00am)</b></p> <ol style="list-style-type: none"> <li>1. Open/Boys 200m Free</li> <li>2. Girls 200m Individual Medley</li> <li>3. Open/Boys 50m Fly</li> <li>4. Girls 50m Free</li> <li>5. Open/Boys 100m Back</li> <li>6. Girls 100m Breast</li> </ol>	<p><b>SATURDAY 27<sup>th</sup> January 2024</b> <b>SESSION 2. (est W/up 1.00pm, Start 2.00pm)</b></p> <ol style="list-style-type: none"> <li>7. Open/Boys 200m Breast</li> <li>8. Girls 100m Fly</li> <li>9. Open/Boys 50m Back</li> <li>10. Girls 50m Breast</li> <li>11. Open/Boys 200m Fly</li> <li>12. Girls 200m Back</li> <li>13. Open/Boys 100m Free</li> </ol>
<p><b>SUNDAY 28<sup>th</sup> January 2024</b> <b>SESSION 3. (W/up 8.00am, Start 9.00am)</b></p> <ol style="list-style-type: none"> <li>14. Girls 200m Free</li> <li>15. Open/Boys 200m Individual Medley</li> <li>16. Girls 50m Fly</li> <li>17. Open/Boys 50m Free</li> <li>18. Girls 100m Back</li> <li>19. Open/Boys 100m Breast</li> </ol>	<p><b>SUNDAY 28<sup>th</sup> January 2024</b> <b>SESSION 4. (est W/up 1.00pm, Start 2.00pm)</b></p> <ol style="list-style-type: none"> <li>20. Girls 200m Breast</li> <li>21. Open/Boys 100m Fly</li> <li>22. Girls 50m Back</li> <li>23. Open/Boys 50m Breast</li> <li>24. Girls 200m Fly</li> <li>25. Open/Boys 200m Back</li> <li>26. Girls 100m Free</li> </ol>

## **GRADED MEET COMPETITION RULES AND INFORMATION.**

- 1) The 'Girls' category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Girls' 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 (1<sup>st</sup> 3 pts, 2<sup>nd</sup> -2 pts, 3<sup>rd</sup> – 1 pt)
  - 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.**
  - 6) **COACHES PASSES - £15.00** each, inclusive of a full set of starts lists  
There will be one free coaches pass per 40 event swimming entries to a maximum of 3 free passes.  
All team coaches and team staff must be DBS checked
  - 7) **ENTRIES:**  
e-mailed to [rm.galas@gmail.com](mailto:rm.galas@gmail.com)  
Sportsystems entry fileset is available for download on [www.rotherhammetro.org](http://www.rotherhammetro.org)
- Entry closing date:         On or before midnight Saturday 16<sup>th</sup>   December 2023**
- Payments by BACS transfer only:**  
Account Name: Rotherham Metro Limited   Sort Code: 09-02-22  
Account: 10850808   Reference: Jan 2024  
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](http://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](mailto:rm.galas@gmail.com) – at least 60 mins before the session start time.
  - 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.
  - 12) On behalf of the Club, the nominated person with responsibility for dealing with queries is Chairman, Jim Fisher
  - 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.

**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:**

	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	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/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 Metro A.S.C.**

**'A' and 'B' Long Course Graded Meet**

**Saturday 27<sup>th</sup> & Sunday 28<sup>th</sup> January 2024**

**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 @ £7.50 each** ..... Sub – total .....

**Number of Girls Entries @ £7.50 each** ..... Sub – total .....

**Number of Coaches Passes @ £15.00 each** ..... Sub – total .....

**Number of Coaches Free Passes** ..... Sub – total .....  
(1 free for every 40 entries – maximum 3)

**GRAND TOTAL** .....

**Payments by BACS transfer only:**

Account Name: Rotherham Metro Limited

Sort Code: 09-02-22

Account: 10850808

Reference: Jan 2024

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

Cheque postal details on request