

# ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to ASA North East Region

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

(This event is licensed level 3 –3NE250072 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 25th & Sunday 26th January 2025

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

Ages as At 26<sup>th</sup> January 2025

**Events** All Graded and All HDW

200m Free, Back, Fly, Breast, Individual Medley

100m Free, Back, Fly, Breast 50m Free, Back, Fly, Breast

#### <u>Pools</u>

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 25 <sup>th</sup> January 2025	SATURDAY 25 <sup>th</sup> January 2025						
<u>SESSION 1.</u> (W/up 8.00am, Start 9.00am)	SESSION 2. (est W/up 1.00pm, Start 2.00pm)						
1. Open/Boys 200m Free	7. Open/Boys 200m Breast						
2. Girls 200m Individual Medley	8. Girls 100m Fly						
3. Open/Boys 50m Fly	9. Open/Boys 50m Back						
4. Girls 50m Free	10. Girls 50m Breast						
5. Open/Boys 100m Back	11. Open/Boys 200m Fly						
6. Girls 100m Breast	12. Girls 200m Back						
	13. Open/Boys 100m Free						
SUNDAY 26 <sup>th</sup> January 2025	SUNDAY 26 <sup>th</sup> January 2025						
SESSION 3. (W/up 8.00am, Start 9.00am)	SESSION 4. (est W/up 1.00pm, Start 2.00pm)						
14. Girls 200m Free	20. Girls 200m Breast						
15. Open/Boys 200m Individual Medley	21. Open/Boys 100m Fly						
16. Girls 50m Fly	22. Girls 50m Back						
17. Open/Boys 50m Free	23. Open/Boys 50m Breast						
18. Girls 100m Back	24. Girls 200m Fly						
19. Open/Boys 100m Breast	25. Open/Boys 200m Back						
	26. Girls 100m Free						

#### **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 (1st 3 pts, 2nd -2 pts, 3rd 1 pt)

#### 5) ENTRIES - £8.00 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

Sportsystems entry fileset is available for download on www.rotherhammetro.org

Entry closing date: On or before midnight Saturday 14th December 2024

#### Payments by BACS transfer only:

Account Name: Rotherham Metro Limted Sort Code: 09-02-22

Account: 10850808 Reference: Jan 2025

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

- 8) A list of accepted entries will be available on <a href="www.rotherhammetro.org">www.rotherhammetro.org</a> so entrants can check and notify errors.
- 9) Withdrawals Clubs are asked to notify details of any swimmer not competing by e-mail <a href="mm.galas@gmail.com">mm.galas@gmail.com</a>—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, Gina Gavelle
- 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					15 yrs	9 &10						
	yrs	11 yrs	12 yrs	13 yrs	14 yrs	+	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					15 yrs	9 &10					
	yrs	11 yrs	12 yrs	13 yrs	14 yrs	+	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 25th & Sunday 26th January 2025

# **CASH SUMMARY**

Club Name		
Contact Name		
E-Mail Address (please print)		
Number of Open/Boys Entries @ £8.00 each	 Sub – total	
Number of Girls Entries @ £8.00 each	 Sub – total	
Number of Coaches Passes @ £15.00 each	 Sub – total	
Number of Coaches Free Passes (1 free for every 40 entries – maximum 3)	 Sub – total	
GRAND TOTAL		
Payments by BACS transfer only:		

Account Name: Rotherham Metro Limted Sort Code: 09-02-22 Account: 10850808 Reference: Jan 2025

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

Cheque postal details on request