



# 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 25<sup>th</sup> & Sunday 26<sup>th</sup> 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**

**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

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



**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 25<sup>th</sup> & Sunday 26<sup>th</sup> January 2025**

**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 @ £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** ..... 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 2025

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

Cheque postal details on request