



ROTHERHAM METRO AMATEUR SWIMMING CLUB

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

'Age on the day' - DESIGNATED LONG COURSE OPEN MEET

(Under A.S.A. Law & Technical Rules)

This event is licensed level 1 by the A.S.A. for entry into National and District Championships

PONDS FORGE INTERNATIONAL SPORTS CENTRE, SHEFFIELD

on

Saturday 24th and Sunday 25th April 2004

Sponsored by Sheffield Insulations

GENERAL INFORMATION.

ORGANISATION

The Meet will be held under the Laws of the Amateur Swimming Association of Great Britain and under A.S.A. Technical Rules with the Age Group individual events adhering to the A.S.A. recommendations on Age Group Swimming introduced at County, District and National level in 2002.

Swimmers ages are as at 25th April 2004

VENUE

Ponds Forge International Sports Centre, Sheffield.

POOLS

Competition Pool - 50m - 10 lanes with anti-wave ropes
Continuous warm-up and swim down facility available in the Diving Pool throughout the Meet.

TIMING

OMEGA Ares 21 Electronic Timing.

SESSION TIMES

Saturday morning	Warm-up 8.30am,	Start 9.30am.
Saturday afternoon	Warm-up 2.00pm,	Start 3.00pm.
Sunday morning	Warm-up 8.30am,	Start 9.30am.
Sunday afternoon	Warm-up 2.00pm,	Start 3.00pm.

AGE GROUPS

Ladies 10, 11, 12, 13 years and Open (14 years and over).
Mens 10, 11, 12, 13, 14 years and Open (15 years and over).

INDIVIDUAL EVENTS

10 years and over Mens and Ladies - 50m,100m and 200m all strokes and 200m Individual Medley.
Open Mens and Ladies - 400m Free.
Open Mens and Ladies - 400m Individual Medley.

**Note. There will be ONE FINAL for each 100m event.
There will be ONE FINAL for each 200m Individual Medley event.
All other events are Heat Declared Winners.**

Please note: The Organisers may limit entries due to the restricted swimming time allowed per session at Licensed Meets.

SEEDING

Integrated heats (i.e. multiple age groups) will be seeded according to entry times.

AWARDS

The top 3 Swimmers per event for BAGCAT Age Groups (10-13 years Girls and 10-14 years Boys).
The top 6 Open swimmers in Age Groups 14 years and over Ladies and 15 years and over Mens.

Other special awards are:

Top Club - P. J. Burke Trophy.

Top Open Male (15 years and over) and Open Female (14 years and over) Swimmers (decided on GB Comparative Points).

Top 3 overall BAGCAT swimmers in each age group.

COACHES PASSES

The cost of Coaches Passes is £12 for the Meet, limited to 2 Passes per Club.

They must be applied for and paid for with entries. The Pass includes a programme.

ENTRY PROCEDURE

All entries are £3.75 per event and must be on the standard entry form.

Photocopies will be accepted when additional sheets are required.

Times submitted should refer to 50m pool times achieved by the swimmer.

(Where we find times have not been achieved, the swimmer may be rejected and no refund will be due)

Send completed entry forms together with the requisite fees and a large SAE for the return of entry cards to:

Mrs J Whaling, 5 Oaken Wood Road, Thorpe Hesley, Rotherham, S61 2UP

Make cheques payable to: **Rotherham Metro A.S.C.**

Please note:

This is a Licensed Level 1 Meet, the results of which are passed to the A.S.A. for automatic inclusion in the National Ranking Register. If there is any discrepancy in the data identifying a Swimmer, their performance will not be entered in the Ranking Register.

To ensure that this does not happen to your Swimmers, please make certain that the information given on the entry forms is as it appears on the Swimmers current A.S.A. Registration Card, e.g. Name as it appears, do not use Liz for Elizabeth unless registered in that way. Correct A.S.A. Registration number and the correct Club name.

ENTRY CLOSING DATE - MIDNIGHT MONDAY 8th MARCH 2004

Please note - No poolside entries will be accepted for any events.

ENTRY CARDS

Cards for accepted Swimmers will be forwarded to the Clubs at least 7 days prior to the competition along with any refunded fees for any Swimmers entries not accepted.

RESULT SHEETS

Individual Result sheets will be available at 20p each.

REFRESHMENTS

Available in the Ponds Forge complex throughout the Meet

SWIMWEAR SHOP

In the foyer of the Sports Centre throughout the Meet.

SPECTATORS

Admission will be by ticket only, available on the day at a cost of £6.00 per day.

Anything not covered in the above information will be at the discretion of the Organisers.

On swimming matters the referees will have the final decision.

Consideration times (no slower than) for this meet are given below; this is a level 1 licensed meet.

Please note: The 400m events are open events which is why the consideration times are the same for all age groups.

Submitted times should be those achieved in a 50m pool (or converted from 25m times using conversion tables)

	Boys						Girls				
	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs +
50 free	41.00	38.00	35.00	34.00	33.00	32.00	42.00	36.50	35.50	33.40	33.10
100 free	1.23.00	1.18.00	1.14.00	1.10.00	1.07.00	1.06.00	1.26.00	1.21.00	1.16.00	1.12.00	1.10.00
200 free	3.01.00	2.50.20	2.41.00	2.32.00	2.25.00	2.20.00	2.55.00	2.47.00	2.38.00	2.32.00	2.30.00
400 free	5.00.00	5.00.00	5.00.00	5.00.00	5.00.00	5.00.00	5.20.00	5.20.00	5.20.00	5.20.00	5.20.00
50 fly	45.00	42.00	41.30	39.10	37.50	35.90	45.00	44.00	42.00	38.00	37.00
100 fly	1.34.00	1.28.60	1.24.20	1.22.20	1.17.00	1.15.00	1.42.00	1.36.00	1.30.00	1.24.00	1.21.50
200 fly	3.50.00	3.30.00	3.09.50	2.52.90	2.46.10	2.39.00	4.00.00	3.40.00	3.20.00	3.00.00	2.55.00
50 breast	54.50	51.50	48.90	45.40	42.90	40.60	52.30	50.00	48.50	45.50	43.10
100 breast	1.48.00	1.43.00	1.38.00	1.34.00	1.30.00	1.26.40	1.45.00	1.40.00	1.36.00	1.34.00	1.32.00
200 breast	3.55.00	3.42.00	3.30.00	3.15.00	3.03.00	2.56.00	3.49.00	3.38.20	3.28.10	3.16.50	3.11.30
50 back	47.00	44.40	41.90	40.60	40.20	37.70	48.70	46.20	44.20	40.70	39.00
100 back	1.35.00	1.30.00	1.25.70	1.22.70	1.19.20	1.15.20	1.38.00	1.34.00	1.30.00	1.23.50	1.21.60
200 back	3.30.00	3.17.00	3.05.00	2.53.00	2.43.00	2.38.80	3.32.00	3.17.00	3.04.00	2.55.00	2.50.00
200 I.M.	3.18.00	3.09.00	3.06.60	2.51.50	2.44.00	2.38.00	3.23.00	3.07.00	2.57.00	2.50.00	2.47.00
400 I.M.	5.56.00	5.56.00	5.56.00	5.56.00	5.56.00	5.56.00	6.00.00	6.00.00	6.00.00	6.00.00	6.00.00

Rotherham Metro A.S.C.

Schedule of Events

Designated Long Course Open Meet 2004

Age as at 25th April 2004

<p><u>SATURDAY 24th APRIL 2004</u> <u>SESSION 1.</u> <u>(W/up 8.30am, Start 9.30am)</u></p> <ol style="list-style-type: none">1. Girls 200m Ind. Medley (10-13 years)2. Mens 50m Backstroke3. Ladies 50m Breaststroke4. Mens 100m Butterfly5. Ladies 100m Freestyle6. Mens 200m Backstroke7. Ladies 200m Breaststroke8. Mens 400m Ind. Medley9. Girls 200m Ind. Medley (10-13 years) Final10. Mens 100m Butterfly Final11. Ladies 100m Freestyle Final	<p><u>SATURDAY 24th APRIL 2004</u> <u>SESSION 2.</u> <u>(W/up 2.00pm, Start 3.00pm)</u></p> <ol style="list-style-type: none">12. Boys 200m Ind. Medley (10-14 years)13. Ladies 50m Butterfly14. Mens 50m Freestyle15. Ladies 100m Backstroke16. Mens 100m Breaststroke17. Ladies 200m Butterfly18. Mens 200m Freestyle19. Ladies 400m Ind. Medley20. Boys 200m Ind. Medley (10-14 years) Final21. Ladies 100m Backstroke Final22. Mens 100m Breaststroke Final
<p><u>SUNDAY 25th APRIL 2004</u> <u>SESSION 3.</u> <u>(W/up 8.30am, Start 9.30am)</u></p> <ol style="list-style-type: none">23. Mens 200m Ind. Medley (15 and over)24. Ladies 50m Backstroke25. Mens 50m Breaststroke26. Ladies 100m Butterfly27. Mens 100m Freestyle28. Ladies 200m Backstroke29. Mens 200m Breaststroke30. Ladies 400m Freestyle31. Mens 200m Ind. Medley (15 and over) Final32. Ladies 100m Butterfly Final33. Mens 100m Freestyle Final	<p><u>SUNDAY 25th APRIL 2004</u> <u>SESSION 4.</u> <u>(W/up 2.00pm, Start 3.00pm)</u></p> <ol style="list-style-type: none">34. Ladies 200m Ind. Medley (14 and over)35. Mens 50m Butterfly36. Ladies 50m Freestyle37. Mens 100m Backstroke38. Ladies 100m Breaststroke39. Mens 200m Butterfly40. Ladies 200m Freestyle41. Mens 400m Freestyle42. Ladies 200m Ind. Medley (14 and over) Final43. Mens 100m Backstroke Final44. Ladies 100m Breaststroke Final

Rotherham Metro A.S.C.

Designated Long Course Open Meet 2004

Age as at 25th April 2004

Cash / Entry Summary.

Club

Contact name Tel. Number

E-Mail Address

Individual Boys Entries @ £3.75 each - Sub – total

Individual Girls Entries @ £3.75 each - Sub – total

Coaches Passes @ £12.00 each - Sub – total

GRAND TOTAL ENCLOSED £

Cheques should be made payable to Rotherham Metro A.S.C.



**ROTHERHAM METRO
AMATEUR SWIMMING CLUB**

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

Boys/Girls (Please Delete) Entry Form: Designated Long Course 2004
Ponds Forge Sheffield 24th – 25th April 2004 **Entry Closing date: 8th March 2004**
Age as at 25th April 2004
 Submitted times should be those achieved in a 50m pool or a 25m pool converted using conversion tables

Club:
Tel:
E-Mail:

Reply address:

Full Name & A.S.A. Registration no	Backstroke			Breaststroke			Butterfly			Freestyle				Ind. Medley	
	50	100	200	50	100	200	50	100	200	50	100	200	400	200	400

No. Entries @ £3.75 _____ **Entry Fee Enclosed: £** _____ (Cheques payable to Rotherham Metro ASC)
Return to: Mrs J Whaling, 5 Oaken Wood Road, Thorpe Hesley, Rotherham, S61 2UP
www.rotherham-metro.co.uk