

'Age on the day' – Level 1 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 17th and Sunday 18th May 2008

Sponsored by Protec Direct

GENERAL INFORMATION.

ORGANISATION

The competition will be held under ASA Laws and ASA Technical Rules of Swimming.

Swimmers ages are as at 18th May 2008

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 1.30pm,	Start 2.30pm.
Sunday morning	Warm-up 8.30am,	Start 9.30am.
Sunday afternoon	Warm-up 1.30pm,	Start 2.30pm.

AGE GROUPS

Ladies 9, 10, 11, 12, 13/14, 15/16 years and Open (17 years and over).
Mens 9, 10, 11, 12, 13/14, 15/16 years and Open (17 years and over).

INDIVIDUAL EVENTS

9 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.

All 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

Awards will be given to the top 3 Swimmers in each age group in each event, please note, the 400m events are open and only open awards will be given.

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

Coaches Passes are £12 for the Meet.

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

ENTRY PROCEDURE

All entries are £4.50 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 (or 25m times converted using a conversion table).

(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:

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

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

Please note: Entries without a stamped addressed envelope will be rejected.

ENTRY CLOSING DATE - MIDNIGHT MONDAY 7th April 2008

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. These cards will be used for re-entry and then the gala will run cardless.

RESULT SHEETS

Individual Result sheets will be available at 25p each.

REFRESHMENTS

Available in the Ponds Forge complex throughout the Meet

SWIMWEAR SHOP

A swimwear shop will operate 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. Achieving the consideration time does not guarantee entry; where an event is oversubscribed entries will be accepted on quickest times submitted by age group.

Please note: The 400m events are open events which is why the consideration times are the same for all age groups. There will only be awards for the Open category in these events.

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

	Mens						Ladies					
	9/10 yrs	11 yrs	12 yrs	13/14 yrs	15/16 yrs	Open	9/10 yrs	11 yrs	12 yrs	13/14 yrs	15/16 yrs	Open
50 free	41.00	38.00	35.00	32.50	31.00	30.00	40.70	37.20	35.00	33.40	32.80	32.20
100 free	1.25.00	1.19.00	1.14.00	1.10.00	1.06.60	1.04.00	1.26.00	1.19.50	1.14.50	1.11.50	1.10.00	1.08.50
200 free	2.56.40	2.42.90	2.31.00	2.20.00	2.12.00	2.06.00	2.54.00	2.45.00	2.38.00	2.33.00	2.30.00	2.28.00
400 free	4.50.00	4.50.00	4.50.00	4.50.00	4.50.00	4.50.00	5.00.00	5.00.00	5.00.00	5.00.00	5.00.00	5.00.00
50 fly	46.40	42.90	38.90	36.60	34.30	33.00	45.00	42.00	39.50	37.50	36.00	35.00
100 fly	1.36.00	1.28.00	1.23.00	1.18.00	1.15.00	1.13.00	1.42.00	1.34.00	1.28.00	1.24.00	1.21.50	1.20.00
200 fly	3.47.10	3.24.60	3.02.30	2.49.30	2.39.50	2.35.00	3.42.80	3.17.20	3.01.70	2.51.20	2.47.70	2.44.70
50 breast	55.00	51.00	47.50	44.50	42.00	40.00	52.00	48.50	45.50	43.50	42.00	41.00
100 breast	1.50.00	1.43.00	1.37.00	1.32.00	1.28.00	1.25.00	1.45.00	1.40.00	1.36.00	1.33.00	1.31.00	1.30.00
200 breast	3.55.00	3.34.00	3.18.00	3.06.00	2.56.00	2.50.00	3.38.00	3.28.00	3.18.00	3.10.00	3.04.00	3.00.00
50 back	47.80	44.10	40.50	37.50	35.40	34.60	48.70	44.20	41.00	38.50	37.80	37.30
100 back	1.40.00	1.33.00	1.27.00	1.22.00	1.18.00	1.15.00	1.37.70	1.30.70	1.24.70	1.20.00	1.17.00	1.15.00
200 back	3.12.00	3.02.00	2.54.00	2.48.00	2.43.00	2.39.00	3.28.00	3.12.00	3.00.00	2.52.00	2.48.00	2.46.00
200 I.M.	3.20.00	3.08.00	2.58.00	2.50.00	2.44.00	2.38.00	3.20.00	3.08.00	2.58.00	2.51.00	2.46.00	2.43.00
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	6.00.00

Rotherham Metro A.S.C.

Schedule of Events

Designated Long Course Open Meet 2008

Age as at 18th May 2008

<p><u>SATURDAY 17th May 2008</u> <u>SESSION 1.</u> <u>(W/up 8.30am, Start 9.30am)</u></p> <ol style="list-style-type: none">1. Ladies 200m Ind. Medley (9-12 years)2. Mens 50m Backstroke3. Ladies 50m Breaststroke4. Mens 100m Butterfly5. Ladies 100m Freestyle6. Mens 200m Backstroke7. Ladies 200m Breaststroke8. Mens 400m Ind. Medley	<p><u>SATURDAY 17th May 2008</u> <u>SESSION 2.</u> <u>(W/up 1.30pm, Start 2.30pm)</u></p> <ol style="list-style-type: none">9. Mens 200m Ind. Medley (9-12 years)10. Ladies 50m Butterfly11. Mens 50m Freestyle12. Ladies 100m Backstroke13. Mens 100m Breaststroke14. Ladies 200m Butterfly15. Mens 200m Freestyle16. Ladies 400m Ind. Medley
<p><u>SUNDAY 18th May 2008</u> <u>SESSION 3.</u> <u>(W/up 8.30am, Start 9.30am)</u></p> <ol style="list-style-type: none">17. Mens 200m Ind. Medley (13 and over)18. Ladies 50m Backstroke19. Mens 50m Breaststroke20. Ladies 100m Butterfly21. Mens 100m Freestyle22. Ladies 200m Backstroke23. Mens 200m Breaststroke24. Ladies 400m Freestyle	<p><u>SUNDAY 18th May 2008</u> <u>SESSION 4.</u> <u>(W/up 1.30pm, Start 2.30pm)</u></p> <ol style="list-style-type: none">25. Ladies 200m Ind. Medley (13 and over)26. Mens 50m Butterfly27. Ladies 50m Freestyle28. Mens 100m Backstroke29. Ladies 100m Breaststroke30. Mens 200m Butterfly31. Ladies 200m Freestyle32. Mens 400m Freestyle

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Designated Long Course Open Meet 2008

Age as at 18th May 2008

Cash / Entry Summary.

Club

Contact name **Tel. Number**

E-Mail Address (Use Block Capitals)

This will be used to notify you when the draft programme is available and to resolve any queries with the entries.

Individual Mens Entries @ £4.50 each - Sub – total

Individual Ladies Entries @ £4.50 each - Sub – total

Coaches Passes @ £12.00 each - Sub – total

GRAND TOTAL ENCLOSED £

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

Please ensure that you have put enough postage on your envelope before posting to us, last year we had numerous occasions where we had to pay for postal shortage plus £1 penalty fee.

Please ensure you include a stamped addressed envelope of an appropriate size for the return of your cards.

If you include an email address we will let you know when the draft programme is available and we will contact you via email to resolve any queries.