



ROTHERHAM METRO AMATEUR SWIMMING CLUB

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

LEVEL ONE LONG COURSE OPEN MEET

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

This event is licensed level 1 by the A.S.A. – 1NE2027

PONDS FORGE INTERNATIONAL SPORTS CENTRE, SHEFFIELD

on

Saturday 19th and Sunday 20th May 2012

GENERAL INFORMATION.

ORGANISATION

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

Swimmers ages are as at 20th May 2012

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 8.00am,	Start 9.00am.
Saturday afternoon	Warm-up 1.00pm,	Start 2.00pm.
Sunday morning	Warm-up 8.00am,	Start 9.00am.
Sunday afternoon	Warm-up 1.00pm,	Start 2.00pm.

AGE GROUPS

Ladies 9, 10, 11, 12, 13/14, 15/16 years & 17 years and over

Mens 9, 10, 11, 12, 13/14, 15/16 years & 17 years and over.

INDIVIDUAL EVENTS

9 years and over Mens and Ladies - 50m, and 200m all strokes plus 200m & 400m IM and 400m Free.
10 years and over Mens and Ladies 100m all strokes

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. (Acceptance will be based on fastest entry times in each age group)

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.

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 – Meet Best Swim - £30.00

Top 3 overall BAGCAT swimmers in each age group, 9 – 13yrs Girls and 9 to 14yrs Boys
– 1st £15, 2nd £10, 3rd £5..

COACHES PASSES

Coaches Passes are £12 for the Meet.

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

Ordered passes can be collected from the stewards at the competition pool entrance.

ENTRY PROCEDURE

All entries are £5.50 per event and must be on the standard entry form or electronic entry file.
Photocopies will be accepted when additional sheets are required, or

Sportsystems entry file requests by e-mail; rm.galas@gmail.com

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.

Mrs S Milnes, 58 Broom Lane, Rotherham, South Yorkshire S60 3EL

Make cheques payable to: **Rotherham Metro Ltd.**

Bank details for BACS payments on request; rm.galas@gmail.com

ENTRY CLOSING DATE - MIDNIGHT TUESDAY 10th April 2012

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

PLEASE NOTE THE GALA IS CARDLESS

A draft read only copy of the programme will be available on the club website – www.rotherhammetro.co.uk – shortly after closing date, so entrants can check and notify errors. Only changes will be made after the closing date where an error has been made by Rotherham Metro.

Clubs will be notified of rejected swimmers and refunds issued.

Refund of entry fees will not be given for withdrawal of accepted entries.

Special cases will be given individual consideration.

Clubs are asked to notify details of any swimmer not competing by e-mail rm.galas@gmail.com prior to the day of the gala, or in the Omega Suite at least one hour prior to the session start time.

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 – ASA Standard for Level One Meets

	Mens						
	9 yrs	10 yrs	11 yrs	12 yrs	13/14 yrs	15/16 yrs	17/OV
50 free	42.6	39.0	37.0	34.9	31.3	28.7	27.4
100 free		1.24.5	1.18.8	1.13.7	1.06.9	1.02.6	1.00.5
200 free	3.23.4	3.03.6	2.51.3	2.40.8	2.25.6	2.16.3	2.13.7
400 free	7.22.5	6.26.4	5.56.0	5.38.1	5.07.0	4.49.1	4.43.4
50 fly	48.8	43.5	40.8	38.1	34.0	31.4	29.7
100 fly		1.34.3	1.27.7	1.21.5	1.12.8	1.07.8	1.05.
200 fly	4.03.7	3.23.3	3.12.5	2.59.9	2.40.9	2.30.4	2.24.7
50 breast	56.8	51.6	48.2	44.6	39.7	36.8	34.9
100 breast		1.47.9	1.41.5	1.34.7	1.24.6	1.18.9	1.15.8
200 breast	4.20.5	3.57.2	3.39.1	3.25.2	3.02.5	2.51.6	2.43.9
50 back	50.3	46.0	43.2	40.5	36.1	33.5	31.7
100 back		1.36.8	1.29.8	1.24.1	1.15.0	1.10.3	1.07.5
200 back	3.46.7	3.25.8	3.12.0	3.00.7	2.42.3	2.31.4	2.26.7
200 I.M.	3.52.0	3.29.6	3.14.3	3.02.8	2.44.8	2.33.9	2.29.2
400 I.M.	8.21.9	7.26.3	6.50.8	6.26.7	5.49.3	5.27.6	5.17.2

	Ladies						
	9 yrs	10 yrs	11 yrs	12 yrs	13/14 yrs	15/16 yrs	17 O/V
50 free	42.8	39.8	37.3	35.4	32.9	31.9	30.5
100 free		1.26.2	1.19.3	1.15.2	1.10.7	1.08.8	1.07.3
200 free	3.29.1	3.04.4	2.51.3	2.42.5	2.32.1	2.27.5	2.25.8
400 free	7.20.7	6.27.4	5.56.4	5.38.8	5.18.0	5.09.2	5.06.3
50 fly	48.2	44.0	40.7	38.6	35.7	34.2	32.6
100 fly		1.37.1	1.27.9	1.22.6	1.17.2	1.14.8	1.12.1
200 fly	3.56.6	3.34.6	3.12.6	3.01.7	2.48.0	2.43.3	2.38.3
50 breast	57.0	51.2	47.8	45.0	41.5	40.1	38.6
100 breast		1.50.3	1.41.6	1.35.2	1.28.5	1.26.1	1.23.6
200 breast	4.27.3	3.55.5	3.36.6	3.24.9	3.09.5	3.05.8	2.59.8
50 back	50.2	46.0	43.1	40.9	38.0	36.6	35.3
100 back		1.37.5	1.29.9	1.24.5	1.19.6	1.17.1	1.14.6
200 back	3.52.7	3.26.3	3.11.0	3.00.6	2.49.8	2.43.9	2.39.9
200 I.M.	3.55.2	3.29.6	3.14.3	3.03.3	2.52.3	2.46.9	2.43.7
400 I.M.	8.24.4	7.26.2	6.47.3	6.24.9	6.02.0	5.50.8	5.43.9

Rotherham Metro A.S.C.

Schedule of Events

Level One Long Course Open Meet 2012

Age as at 20th May 2012

<p><u>SATURDAY 19th May 2012</u> <u>SESSION 1.</u> <u>(W/up 8.00am, Start 9.00am)</u></p> <ol style="list-style-type: none">1. Ladies 200m Ind. Medley (9-12 years)2. Mens 50m Freestyle (9/Ov)3. Ladies 50m Butterfly (9/Ov)4. Mens 400m Ind. Medley (9/Ov)5. Ladies 100m Freestyle (10/Ov)6. Mens 100m Butterfly (10/Ov)7. Ladies 200m Breaststroke (9/Ov)8. Mens 200m Backstroke (9/Ov)	<p><u>SATURDAY 19th May 2012</u> <u>SESSION 2.</u> <u>(W/up 1.00pm, Start 2.00pm)</u></p> <ol style="list-style-type: none">9. Ladies 100m Backstroke (10/Ov)10. Mens 200m Ind. Medley (9-12 years)11. Ladies 50m Breaststroke (9/Ov)12. Mens 50m Backstroke (9/Ov)13. Ladies 400m Ind. Medley (9/Ov)14. Mens 100m Breaststroke (10/Ov)15. Ladies 200m Butterfly (9/Ov)16. Mens 200m Freestyle (9/Ov)
<p><u>SUNDAY 20th May 2012</u> <u>SESSION 3.</u> <u>(W/up 8.00am, Start 9.00am)</u></p> <ol style="list-style-type: none">17. Mens 200m Ind. Medley (13 and over)18. Ladies 50m Freestyle (9/Ov)19. Mens 50m Breaststroke (9/Ov)20. Ladies 400m Freestyle (9/Ov)21. Mens 100m Freestyle (10/Ov)22. Ladies 100m Butterfly (10/Ov)23. Mens 200m Breaststroke (9/Ov)24. Ladies 200m Backstroke (9/Ov)	<p><u>SATURDAY 20th May 2012</u> <u>SESSION 4.</u> <u>(W/up 1.00pm, Start 2.00pm)</u></p> <ol style="list-style-type: none">25. Mens 100m Backstroke (10/Ov)26. Ladies 200m Ind. Medley (13 and over)27. Mens 50m Butterfly (9/Ov)28. Ladies 50m Backstroke (9/Ov)29. Mens 400m Freestyle (9/Ov)29. Ladies 100m Breaststroke (10/Ov)31. Mens 200m Butterfly (9/Ov)32. Ladies 200m Freestyle (9/Ov)

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Age as at 20th May 2012

Cash / Entry Summary.

Club

Contact name **Tel. Number**

E-Mail Address(please print clearly)

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

Individual Mens Entries @ £5.50 each - Sub – total

Individual Ladies Entries @ £5.50 each - Sub – total

Coaches Passes @ £12.00 each - Sub – total

GRAND TOTAL ENCLOSED £

Cheques should be made payable to **Rotherham Metro Ltd.**

Please ensure that you have put enough postage on your envelope before posting to us
(A4 envelope - Large letter stamp, at least)