



ROTHERHAM METRO AMATEUR SWIMMING CLUB

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

'A' and 'B' Short Course Graded Meet

(This event is licensed level 3 by the A.S.A. for entry into District Championships)

"Age on the Day"

Ponds Forge International Sports Centre, Sheffield

Sunday 18th July 2004

Sponsored by Sheffield Insulations

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

Ages as At 18th July 2004

Events **All Graded (Except 9 year age group) and All HDW**
100m Free, Back, Fly, Breast
50m Free, Back, Fly, Breast

Pools

Competition Pool - 25m - 10 lanes with anti-wave ropes
Continuous warm-up and swim down facility available in the Diving Pool throughout the Meet.

ORDER OF EVENTS

SESSION 1 - Warm-up 8.45 a.m., Start 9.30 a.m.

Event No. 1.1	- Girls 50m Freestyle	B Grade including 9 year olds
Event No. 1.2	- Girls 50m Freestyle	A Grade
Event No. 1.3	- Boys 50m Backstroke	B Grade including 9 year olds
Event No. 1.4	- Boys 50m Backstroke	A Grade
Event No. 1.5	- Girls 50m Butterfly	B Grade including 9 year olds
Event No. 1.6	- Girls 50m Butterfly	A Grade
Event No. 1.7	- Boys 50m Breaststroke	B Grade including 9 year olds
Event No. 1.8	- Boys 50m Breaststroke	A Grade
Event No. 1.9	- Girls 100m Backstroke	B Grade including 9 year olds
Event No. 1.10	- Girls 100m Backstroke	A Grade
Event No. 1.11	- Boys 100m Butterfly	B Grade including 9 year olds
Event No. 1.12	- Boys 100m Butterfly	A Grade
Event No. 1.13	- Girls 100m Breaststroke	B Grade including 9 year olds
Event No. 1.14	- Girls 100m Breaststroke	A Grade
Event No. 1.15	- Boys 100m Freestyle	B Grade including 9 year olds
Event No. 1.16	- Boys 100m Freestyle	A Grade

SESSION 2 - Warm-up 13.30 p.m., Start 14.15 p.m.

Event No. 2.1	- Girls 50m Backstroke	B Grade including 9 year olds
Event No. 2.2	- Girls 50m Backstroke	A Grade
Event No. 2.3	- Boys 50m Butterfly	B Grade including 9 year olds
Event No. 2.4	- Boys 50m Butterfly	A Grade
Event No. 2.5	- Girls 50m Breaststroke	B Grade including 9 year olds
Event No. 2.6	- Girls 50m Breaststroke	A Grade
Event No. 2.7	- Boys 50m Freestyle	B Grade including 9 year olds
Event No. 2.8	- Boys 50m Freestyle	A Grade
Event No. 2.9	- Girls 100m Butterfly	B Grade including 9 year olds
Event No. 2.10	- Girls 100m Butterfly	A Grade
Event No. 2.11	- Boys 100m Breaststroke	B Grade including 9 year olds
Event No. 2.12	- Boys 100m Breaststroke	A Grade
Event No. 2.13	- Girls 100m Freestyle	B Grade including 9 year olds
Event No. 2.14	- Girls 100m Freestyle	A Grade
Event No. 2.15	- Boys 100m Backstroke	B Grade including 9 year olds
Event No. 2.16	- Boys 100m Backstroke	A Grade

ROTHERHAM METRO A.S.C.

GRADED MEET COMPETITION RULES AND INFORMATION.

- 1) The competition will be held under A.S.A. Law and A.S.A. Technical Rules with the events adhering to the new A.S.A recommendations on Age Group Swimming.
- 2) Heats will be seeded on submitted times which must be converted to 25m Pool times. Only entries up to the designated fastest times will be accepted. Swimmers can enter 'A' grade for some swims and 'B' grade for others. Any swimmer entering the 'B' grade with a time faster than the 'B' grade cut off will automatically be put in the 'A' grade, any swimmer entering the 'A' grade with a time slower than the 'B' grade cut off will be put in the 'A' grade as requested therefore please ensure you put your time on the correct row
- 3) Awards will be given to the fastest three Swimmers in each Age Group in each event, after taking account of the "cut off times". Swimmers who swim faster than the cut off times will be presented with a Speeding Ticket. The Top Boy and Top Girl Trophies will be based on all events irrespective of Grading (9 year olds will not be eligible for this award because they are not graded). The Overall Top Club Trophy will be for all events (including 9 year olds).
- 4) Anti-wave ropes will be used in a 10 lane Pool.
- 5) OMEGA Ares 21 Electronic Timing will be used.
- 6) All Swimmers must deposit their cards in the boxes provided outside the Changing Rooms **AT LEAST 60 MINUTES BEFORE THE START OF EACH SESSION. - LATE ENTRIES WILL NOT BE ACCEPTED.**
- 7) ENTRIES - £3.25 PER EVENT
Entries will be accepted on a first come first served basis. It may be necessary to close entries for some events prior to the Official Closing Date. **NO POOLSIDE ENTRIES WILL BE ACCEPTED.**
- 8) COACHES PASSES - £8.00 each, inclusive of a Programme and full set of results sheets. There will be one free coaches pass per 40 entries to a maximum of 3 passes.
- 9) SPECTATOR ADMISSION - £4.00 PER DAY.
The Pool will not be cleared between Sessions.
- 10) Results Sheets will be available at 20p per sheet.
- 11) ENTRIES TO:

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

Please enclose a large SAE for return of entry cards.

Entry closing date: Midnight Monday 14th June 2003.

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

- 12) Entry Cards will be returned at least 7 days prior to the date of the Meet, together with any refunds due for unaccepted entries.
- 13) Refreshments will be available all day.
- 14) A Swim Shop will be open throughout the Meet.
- 15) 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.
- 16) 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 times given below** will be ineligible for an award but will be presented with a **Speeding Ticket**.

N.B. No cut off times for 9 year old swimmers; there will be awards to the top 6 in this age group.

'A' Grade Entries: 25m pool times NOT faster than:

	Boys						Girls					
	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +
50 free	33.90	32.90	29.50	27.20	26.20	25.20	35.90	31.90	30.80	28.80	27.80	27.80
100 free	1.12.90	1.07.80	1.04.20	1.00.60	57.90	54.50	1.12.90	1.07.80	1.05.00	1.03.10	59.90	59.90
50 fly	39.00	36.00	35.30	34.30	32.70	32.20	39.00	37.70	36.20	34.50	33.40	32.40
100 fly	1.26.10	1.19.00	1.11.40	1.06.90	1.03.80	1.00.90	1.26.10	1.19.50	1.12.50	1.10.90	1.09.50	1.07.90
50 breast	47.50	44.50	41.90	39.80	37.20	35.10	45.30	43.60	41.80	40.30	39.20	37.70
100 breast	1.33.70	1.28.20	1.22.50	1.16.40	1.13.30	1.11.30	1.33.70	1.28.60	1.23.50	1.21.50	1.20.20	1.19.00
50 back	41.00	38.40	35.80	34.60	34.10	33.40	42.70	40.20	38.20	36.60	35.60	34.90
100 back	1.22.00	1.16.50	1.13.50	1.08.80	1.06.30	1.02.70	1.22.00	1.16.90	1.13.60	1.11.10	1.09.80	1.08.80

'B' Grade Entries: 25m pool times NOT faster than:

	Boys						Girls					
	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +
50 free	40.00	37.70	34.60	33.40	32.40	31.30	41.00	36.90	35.90	34.90	33.90	32.90
100 free	1.22.00	1.16.90	1.12.90	1.08.20	1.05.90	1.04.20	1.25.00	1.20.00	1.14.90	1.11.80	1.08.80	1.06.80
50 fly	44.10	41.00	40.30	39.30	37.80	37.30	44.10	42.80	41.20	39.50	38.50	37.50
100 fly	1.40.20	1.34.20	1.27.10	1.22.10	1.17.00	1.14.10	1.41.20	1.35.20	1.28.70	1.25.00	1.20.90	1.18.80
50 breast	53.60	50.60	47.90	44.90	42.30	40.20	51.40	49.70	47.80	45.80	44.30	42.80
100 breast	1.45.80	1.40.80	1.36.00	1.31.90	1.28.90	1.25.80	1.47.80	1.42.80	1.38.50	1.34.90	1.30.60	1.29.20
50 back	46.10	43.40	40.90	39.70	39.20	38.50	47.80	45.20	43.20	41.70	40.70	40.00
100 back	1.34.10	1.29.30	1.25.20	1.21.70	1.18.10	1.14.10	1.37.20	1.33.10	1.28.60	1.25.00	1.21.00	1.19.00

Please Note: This meet is licensed at level 3 which means that times achieved will be forwarded to the ASA for inclusion in rankings and will be accepted for entry into District Championships. We have therefore; set the cut off times for the 'A' grade with this in mind. Times achieved at this meet will not be accepted for entry in to National Competitions. This is in line with the ASA recommendations for 'Competition for all'.

Rotherham Metro A.S.C.

"Age on the Day"

'A' and 'B' Short Course Graded Meet - Sunday 18th July 2004

CASH SUMMARY

Club Name

Contact Name Tel No

E-Mail Address

Number of Boys Entries @ £3.25 each Sub – total

Number of Girls Entries @ £3.25 each Sub – total

Number of Coaches Passes @ £8.00 each Sub – total

GRAND TOTAL

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