



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- 3NE1162)

Ponds Forge International Sports Centre, Sheffield

Saturday 17th September 2011

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

Ages as At 17th September 2011

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

Pools

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

ORDER OF EVENTS

<p><u>SATURDAY 17th September 2011</u> <u>SESSION 1.</u> <u>(W/up 8.00am, Start 9.00am)</u></p> <ol style="list-style-type: none">1. Mens 100m Ind. Med (9/Ov)2. Ladies 50m Fly (9/Ov)3. Mens 50m Breast (9/Ov)4. Ladies 100m Back (10/Ov)5. Mens 100m Fly (10/Ov)6. Ladies 50m Free (9/Ov)7. Mens 50m Back (9/Ov)8. Ladies 100m Breast (10/Ov)9. Mens 100m Free (10/Ov)	<p><u>SATURDAY 17th September 2011</u> <u>SESSION 2.</u> <u>(W/up 1.00pm, Start 2.00pm)</u></p> <ol style="list-style-type: none">10. Ladies 100m Ind. Med (9/Ov)11. Mens 50m Fly (9/Ov)12. Ladies 50m Breast (9/Ov)13. Mens 100m Back (10/Ov)14. Ladies 100m Fly (10/Ov)15. Mens 50m Free (9/Ov)16. Ladies 50m Back (9/Ov)17. Mens 100m Breast (10/Ov)18. Ladies 100m Free (10/Ov)
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Please Note: 9 year olds are not allowed to swim 100m events, other than 100m Individual Medley. This is in accordance with ASA recommendations dated 17th February 2011

ROTHERHAM METRO A.S.C.

GRADED MEET COMPETITION RULES AND INFORMATION.

- 1) The competition will be held under ASA Laws and ASA Technical Rules of 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 for 'A' Grade and no slower than the qualification time will be accepted.
Swimmers will be split into 'A' grade and 'B' grade based on the time swum on the day, not on their entry times.
- 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 for 'A' Grade 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) ENTRIES - £4.25 PER EVENT
Entries will be accepted on a first come first served basis.
It may be necessary to close entries prior to the Official Closing Date.
NO POOLSIDE ENTRIES WILL BE ACCEPTED.
- 7) COACHES PASSES - £6.00 each, inclusive of a Programme and full set of results sheets. There will be one free coaches pass per 30 event entries to a maximum of 3 free passes.
- 8) ENTRIES TO:

Sportsystems electronic entry file e-mail to: rm.galas@gmail.com
Cheques should follow within 5 days of e-mail

Or manual entry by post to:

Mrs S M Milnes, 58 Broom Lane, Rotherham, S60 3EL

Entry closing date: Midnight Saturday 13th August 2011.
Make cheques payable to: Rotherham Metro Ltd.
- 9) **PLEASE NOTE THIS GALA IS CARDLESS**
Withdrawals must be notified to the Omega Suite at least 60 minutes prior to the session start time,
Or prior to the gala, e-mail rm.galas@gmail.com
- 10) 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.
- 11) All overseas entrants MUST be authorised by their National Federation before entries can be accepted.
- 12) 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 'A' Grade times given below** will be ineligible for an award but will be presented with a **Speeding Ticket**. Swimmers will be categorised as 'A' or 'B' Grade based on the times swum on the day, not on their submitted times.

N.B. No faster than times for 9 year old swimmers but there are qualifying times. 9 year old swimmers cannot take part in 100m events apart from 100m Individual Medley. This is in line with ASA recommendations published 17th February 2011.

'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	33.80	31.20	30.20	27.90	26.80	25.80	34.20	32.40	31.20	30.30	29.40	28.80
100 free	1.15.50	1.09.80	1.05.10	1.02.00	59.50	57.60	1.15.70	1.09.90	1.06.80	1.04.80	1.03.60	1.02.40
50 fly	39.00	35.90	33.30	30.70	30.20	27.90	39.10	35.90	34.40	32.90	32.10	31.40
100 fly	1.25.90	1.19.40	1.12.30	1.08.30	1.05.80	1.03.30	1.26.70	1.18.70	1.14.70	1.11.70	1.10.00	1.08.90
50 breast	44.70	41.70	38.60	36.10	34.50	32.90	45.60	41.70	39.50	38.10	37.00	36.20
100 breast	1.38.20	1.28.90	1.22.20	1.18.10	1.14.50	1.12.50	1.39.20	1.29.50	1.24.90	1.21.30	1.18.50	1.17.70
50 back	40.10	37.30	34.80	33.00	31.70	30.70	40.10	36.60	35.30	34.00	33.60	33.20
100 back	1.25.50	1.18.90	1.13.30	1.09.80	1.06.20	1.04.20	1.25.80	1.18.70	1.14.40	1.11.20	1.10.80	1.09.60
100 IM	1.26.50	1.21.60	1.17.30	1.10.50	1.09.30	1.05.20	1.27.60	1.21.80	1.17.30	1.14.70	1.12.20	1.11.10

'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	38.90	36.20	34.20	31.50	30.70	29.50	38.20	36.30	34.60	33.10	32.40	31.80
100 free	1.22.20	1.17.50	1.12.10	1.08.50	1.05.00	1.02.10	1.22.50	1.16.40	1.13.80	1.09.80	1.07.50	1.06.40
50 fly	46.00	40.90	37.30	35.70	34.20	31.90	44.10	40.90	39.40	37.20	36.10	34.40
100 fly	1.37.50	1.29.90	1.21.80	1.17.50	1.15.10	1.13.70	1.38.00	1.27.80	1.23.10	1.20.70	1.19.90	1.17.60
50 breast	50.70	46.20	44.60	40.10	38.50	36.90	49.20	46.70	44.50	43.50	42.00	41.20
100 breast	1.45.70	1.40.30	1.32.70	1.28.00	1.24.70	1.23.70	1.46.80	1.38.70	1.34.20	1.30.10	1.28.60	1.26.00
50 back	45.70	41.30	39.80	37.00	36.50	33.70	45.20	41.60	40.30	38.00	37.60	36.20
100 back	1.35.20	1.25.70	1.20.70	1.16.40	1.15.70	1.12.90	1.35.70	1.29.10	1.22.90	1.19.50	1.16.50	1.15.80
100 IM	1.35.20	1.30.60	1.22.20	1.17.80	1.15.50	1.11.60	1.37.60	1.30.20	1.24.00	1.20.40	1.19.40	1.17.50

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'.

ENTRY QUALIFYING TIMES.

Please note that any competitor swimming **slower than the times given below** will be ineligible to swim, this in line with recommendations made by the ASA.

	Boys						
	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +
50 free	44.90	44.90	42.20	40.20	38.50	37.20	36.50
100 free		1.34.50	1.29.50	1.23.10	1.18.50	1.15.00	1.13.10
50 fly	49.00	49.00	45.90	43.30	41.70	40.20	38.90
100 fly		1.48.00	1.39.90	1.31.80	1.27.50	1.25.10	1.23.70
50 breast	55.70	55.70	52.20	48.60	46.10	44.50	43.90
100 breast		1.53.70	1.50.30	1.42.70	1.38.00	1.34.70	1.33.70
50 back	50.70	50.70	47.30	44.80	43.00	41.70	40.70
100 back		1.47.30	1.39.70	1.33.70	1.30.40	1.26.70	1.25.90
100 IM	1.45.20	1.45.20	1.38.60	1.36.20	1.29.80	1.25.50	1.22.60

	Girls						
	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +
50 free	45.20	45.20	42.30	41.00	40.10	39.40	38.80
100 free		1.32.50	1.26.40	1.20.80	1.17.80	1.15.50	1.13.40
50 fly	49.10	49.10	45.90	44.40	42.90	42.10	41.40
100 fly		1.48.00	1.37.80	1.33.10	1.30.70	1.29.90	1.29.60
50 breast	56.20	56.20	51.70	49.50	48.10	47.00	46.20
100 breast		1.52.80	1.48.70	1.44.20	1.40.10	1.38.60	1.36.00
50 back	50.20	50.20	46.60	45.30	44.00	43.60	43.20
100 back		1.47.70	1.39.10	1.34.90	1.32.50	1.32.00	1.30.80
100 IM	1.45.60	1.45.60	1.38.20	1.33.00	1.30.40	1.28.40	1.25.50

Rotherham Metro A.S.C.

'A' and 'B' Short Course Graded Meet – Saturday 17th September 2011

CASH SUMMARY

Club Name

Contact Name

Address.....

Tel No

E-Mail Address (please print clearly)

(This will be used to inform you when the draft programme is ready for viewing and to sort out any queries)

Number of Boys Entries @ £4.25 each	Sub – total
Number of Girls Entries @ £4.25 each	Sub – total
Number of Coaches Passes @ £6.00 each	Sub – total
Number of Coaches Free Passes (one per 30 entries – maximum 3 free passes)	Sub – total
GRAND TOTAL		

Please make cheques 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)**