



ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to ASA North East Region

'A' and 'B' Long Course Graded Meet

(This event is licensed level 3 – 3NE2002 - by the A.S.A. for entry into District Championships)

Ponds Forge International Sports Centre, Sheffield

Saturday 21st & Sunday 22nd January 2012

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

Ages as At 22nd January 2012

Events **All Graded (Except 9 year age group) and All HDW**
200m Free, Back, Fly, Breast
100m Free, Back, Fly, Breast
(Except 9 year olds)
50m Free, Back, Fly, Breast

Pools

Competition Pool - 50m - 10 lanes with anti-wave ropes

OMEGA Ares 21 Electronic Timing will be used.

Continuous warm-up and swim down facility available throughout the Meet.

ORDER OF EVENTS

<p><u>SATURDAY 21st January 2012</u> <u>SESSION 1.</u> <u>(W/up 8.00am, Start 9.00am)</u></p> <ol style="list-style-type: none">1. Girls 200m Fly2. Boys 200m Free3. Girls 100m Breast (10 o/v)4. Boys 100m Back (10 o/v)5. Girls 50m Free6. Boys 50m Breast	<p><u>SATURDAY 21st January 2012</u> <u>SESSION 2.</u> <u>(W/up 1.00pm, Start 2.00pm)</u></p> <ol style="list-style-type: none">7. Girls 200m Back8. Boys 200m Breast9. Girls 100m Fly (10 o/v)10. Boys 100m Free (10 o/v)11. Girls 50m Back12. Boys 50m Fly
<p><u>SUNDAY 22nd January 2012</u> <u>SESSION 3.</u> <u>(W/up 8.00am, Start 9.00am)</u></p> <ol style="list-style-type: none">13. Boys 200m Back14. Girls 200m Breast15. Boys 100m Fly (10 o/v)16. Girls 100m Free (10 o/v)17. Boys 50m Back18. Girls 50m Breast	<p><u>SUNDAY 22nd January 2012</u> <u>SESSION 4.</u> <u>(W/up 1.00pm, Start 2.00pm)</u></p> <ol style="list-style-type: none">19. Boys 200m Fly20. Girls 200m Free21. Boys 100m Breast (10 o/v)22. Girls 100m Back (10 o/v)23. Boys 50m Free24. Girls 50m Fly

Please Note: 9 year olds are not allowed to swim 100m events, in accordance with ASA recommendation

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 50m Pool times.
Only entries up to the designated fastest times for 'A' Grade or faster than the qualifying standard will be accepted.
Swimmers will be split into 'A' grade and 'B' 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) ENTRIES - £4.75 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.**
- 5) COACHES PASSES - £12.00 each, inclusive of a Programme and full set of results sheets.
There will be one free coaches pass per 40 event swimming entries to a maximum of 3 free passes.
- 6) ENTRIES TO:

Mrs S Milnes, 58 Broom Lane, Rotherham, S60 3EL
Sportssystem's entry fileset is available for download on www.rotherhammetro.co.uk and should be e-mailed to rm.galas@gmail.com

Entry closing date: On or before midnight Monday 12th December 2011.
Make cheques payable to: Rotherham Metro Ltd.
- 7) A draft read only copy of the programme will be available on the club website – www.rotherhammetro.co.uk so entrants can check and notify errors.
- 8) **THIS MEET IS CARDLESS.**
- 9) 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.
- 10) Refund of entry fees will not be given for withdrawal of accepted entries.
Special cases will be given individual consideration.
- 11) 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.
- 12) All overseas entrants MUST be authorised by their National Federation before entries can be accepted.
- 13) 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 then times for 9 year old swimmers but there are qualifying times. 9 year old swimmers cannot take part in 100m events in line with ASA recommendations published 26th May 2011

'A' Grade Cut Off: 50m 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	34.60	32.60	30.80	29.10	27.80	27.20	35.10	32.70	31.20	30.20	29.80	29.50
100 free	1:17.00	1:10.00	1:05.30	1:02.30	59.90	58.80	1:17.20	1:10.00	1:06.80	1:04.70	1:04.00	1:03.60
200 free	2:49.00	2:35.10	2:24.00	2:17.10	2:12.00	2:09.40	2:46.40	2:34.80	2:27.00	2:21.20	2:20.70	2:18.40
50 fly	38.80	36.10	33.30	31.80	30.10	29.20	38.60	35.70	33.90	32.20	31.90	31.70
100 fly	1:27.50	1:19.10	1:11.70	1:07.40	1:05.10	1:03.70	1:27.80	1:17.50	1:13.00	1:10.60	1:09.80	1:09.60
200 fly	3:17.50	2:58.70	2:44.40	2:34.20	2:26.90	2:22.80	3:18.60	2:56.80	2:46.90	2:39.50	2:35.30	2:33.70
50 breast	44.80	41.90	38.80	36.40	34.90	34.10	45.20	41.60	39.50	37.80	36.80	36.60
100 breast	1:36.80	1:30.50	1:23.00	1:18.40	1:15.10	1:14.20	1:37.00	1:28.90	1:24.50	1:20.40	1:19.00	1:18.90
200 breast	3:33.10	3:17.20	3:02.90	2:52.10	2:44.80	2:41.70	3:33.80	3:15.90	3:05.90	2:57.10	2:52.30	2:51.60
50 back	40.80	38.00	35.50	33.50	32.00	31.50	40.10	37.50	36.00	34.90	34.40	33.70
100 back	1:27.20	1:19.60	1:13.70	1:10.40	1:06.80	1:06.00	1:27.50	1:19.00	1:15.00	1:12.50	1:12.00	1:10.80
200 back	3:08.20	2:51.90	2:37.30	2:31.70	2:24.90	2:22.40	3:07.70	2:48.40	2:40.90	2:35.30	2:33.20	2:30.60

'B' Grade Cut Off: 50m 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	39.60	37.60	35.80	34.10	32.80	32.20	40.10	37.70	36.20	35.20	34.80	34.50
100 free	1:26.00	1:19.00	1:14.30	1:11.30	1:08.90	1:07.80	1:26.20	1:19.00	1:15.80	1:13.70	1:13.00	1:12.60
200 free	3:10.40	2:48.30	2:37.00	2:30.20	2:20.70	2:19.80	3:02.10	2:50.60	2:39.70	2:32.00	2:30.30	2:29.60
50 fly	43.80	41.10	38.30	36.80	35.10	34.20	43.60	40.70	38.90	37.20	36.90	36.70
100 fly	1:38.50	1:30.10	1:22.70	1:18.40	1:16.10	1:14.70	1:38.80	1:28.50	1:24.00	1:21.60	1:20.80	1:20.60
200 fly	3:35.80	3:18.00	3:03.40	2:49.80	2:35.00	2:34.20	3:35.90	3:16.90	3:03.10	2:53.70	2:45.10	2:42.20
50 breast	49.80	46.90	43.80	41.40	39.90	39.10	50.20	46.60	44.50	42.80	41.80	41.60
100 breast	1:46.70	1:41.50	1:34.00	1:29.40	1:26.10	1:25.20	1:48.00	1:39.90	1:35.50	1:31.40	1:30.00	1:29.90
200 breast	3:53.60	3:40.30	3:23.90	3:09.40	3:01.70	2:54.50	3:53.20	3:38.10	3:23.80	3:12.80	3:06.60	3:05.40
50 back	45.80	43.00	40.50	38.50	37.00	36.50	45.10	42.50	41.00	39.90	39.40	38.70
100 back	1:38.30	1:30.60	1:24.70	1:21.40	1:17.80	1:17.00	1:38.50	1:30.00	1:26.00	1:23.50	1:23.00	1:21.80
200 back	3:30.20	3:08.90	2:56.10	2:47.00	2:37.80	2:33.60	3:25.10	3:07.30	2:55.10	2:49.30	2:46.00	2:43.00

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'.

ENTRY QUALIFYING TIMES.

Please note that any competitor entering **slower than the times given below** will be ineligible to swim.

	Boys						
	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +
50 free	44.60	44.60	42.60	40.80	39.10	37.80	37.20
100 free		1.36.00	1.29.00	1.24.30	1.21.30	1.18.90	1.17.80
200 free	3.20.40	3.20.40	3.10.30	2.51.00	2.46.20	2.38.70	2.35.80
50 fly	48.80	48.80	46.10	43.30	41.80	40.10	39.20
100 fly		1.48.50	1.40.10	1.32.70	1.28.40	1.26.10	1.24.70
200 fly	3.50.80	3.50.80	3.35.0	3.23.40	3.09.80	3.00.00	2.54.20
50 breast	54.80	54.80	51.90	48.80	46.40	44.90	44.10
100 breast		1.57.50	1.51.50	1.44.00	1.39.40	1.36.10	1.35.20
200 breast	4.10.60	4.10.60	3.55.30	3.40.90	3.25.40	3.15.70	3.10.50
50 back	50.80	50.80	48.00	45.50	43.50	42.00	41.50
100 back		1.48.20	1.40.60	1.34.70	1.31.40	1.27.80	1.27.00
200 back	3.50.20	3.50.20	3.24.90	3.10.10	3.00.00	2.50.80	2.45.60

	Girls						
	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +
50 free	45.10	45.10	42.70	41.20	40.20	39.80	39.50
100 free		1.36.20	1.29.00	1.25.80	1.23.70	1.23.00	1.22.60
200 free	3.20.10	3.20.10	3.10.60	2.55.70	2.48.00	2.41.30	2.39.60
50 fly	48.60	48.60	45.70	43.90	42.20	41.90	41.70
100 fly		1.48.80	1.38.50	1.34.00	1.31.60	1.30.80	1.30.60
200 fly	3.50.90	3.50.90	3.30.90	3.20.10	3.10.70	3.05.10	3.00.20
50 breast	55.20	55.20	51.60	49.50	47.80	46.80	46.60
100 breast		1.58.00	1.49.90	1.45.50	1.41.40	1.40.00	1.39.90
200 breast	4.10.20	4.10.20	3.48.10	3.35.80	3.25.80	3.23.60	3.20.40
50 back	50.10	50.10	47.50	46.00	44.90	44.40	43.70
100 back		1.48.50	1.40.00	1.36.00	1.33.50	1.33.00	1.31.80
200 back	3.45.10	3.45.10	3.25.30	3.10.10	3.05.30	3.00.00	2.55.00

Rotherham Metro A.S.C.

'A' and 'B' Long Course Graded Meet

Saturday 21st and Sunday 22nd January 2012

CASH SUMMARY

Club Name

Contact Name

Address.....

Tel No

E-Mail Address (please print)

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

Number of Boys Entries @ £4.75 each Sub – total

Number of Girls Entries @ £4.75 each Sub – total

Number of Coaches Passes @ £12.00 each Sub – total

Number of Coaches Free Passes (max 3) 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,
NB A4 envelope – Large letter stamp (at least)**