



ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to ASA North East Region

'A' and 'B' Grade Long Course Meet

(This event is licensed level 3 - 3NE220033- by Swim England for entry into Regional Championships)

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

Ponds Forge International Sports Centre, Sheffield

Saturday 22nd & Sunday 23rd January 2022

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

Ages as At 23rd January 2022

Events **All Graded and All HDW**
200m Free, Back, Fly, Breast, Individual Medley
100m Free, Back, Fly, Breast
50m Free, Back, Fly, Breast

Pools
Competition Pool - 50m - 10 lanes with anti-wave ropes
OMEGA Quantum Electronic Timing will be used. A secondary starting strobe is available
Continuous warm-up and swim down facility available throughout the Meet.

ORDER OF EVENTS

SATURDAY 22nd January 2022 <u>SESSION 1.</u> (W/up 8.00am, Start 9.00am) 1. Girls 200m Individual Medley 2. Boys 200m Free 3. Girls 100m Breast 4. Boys 50m Fly 5. Girls 200m Fly 6. Boys 100m Back 7. Girls 50m Free	SATURDAY 22nd January 2022 <u>SESSION 2.</u> (est W/up 1.00pm, Start 2.00pm) 8. Boys 200m Breast 9. Girls 100m Fly 10. Boys 50m Back 11. Girls 200m Back 12. Boys 100m Free 13. Girls 50m Breast
SUNDAY 23rd January 2022 <u>SESSION 3.</u> (W/up 8.00am, Start 9.00am) 14. Boys 200m Individual Medley 15. Girls 200m Free 16. Boys 100m Breast 17. Girls 50m Fly 18. Boys 200m Fly 19. Girls 100m Back 20. Boys 50m Free	SUNDAY 23rd January 2022 <u>SESSION 4.</u> (est W/up 1.00pm, Start 2.00pm) 21. Girls 200m Breast 22. Boys 100m Fly 23. Girls 50m Back 24. Boys 200m Back 25. Girls 100m Free 26. Boys 50m Breast

GRADED MEET COMPETITION RULES AND INFORMATION.

- 1) Heats will be seeded on submitted times which must be converted to 50m Pool times. **An entry time must be submitted** – where there is no Ranking time, a Time Trial or Coaches estimate can be used.
 - 2) Only entries accepted up to the designated fastest times for 'A' Grade will be accepted.
 - 3) Swimmers will be split into 'A' grade and 'B' based on the time swum on the day, not on their entry times. **Awards** will be given to the fastest three Swimmers in each Age Group in each event, after taking account of the "cut off times". Any swims faster than A Grade cut off are not eligible for Award or points. **Top Boy and Top Girl Trophies & Overall Top Visiting Club Trophy** will be based on all events irrespective of Grading (1st 3 pts, 2nd -2 pts, 3rd – 1 pt)
 - 4) **DISABILITY CLASSIFICATIONS** – We will include swimmers with a Disability Classification; results may show multi-disability points for information, but there are no separate awards.
 - 5) **ENTRIES - £6.50 PER EVENT**
We reserve the right to limit entries to comply with Licensed Meet conditions & COVID restrictions at the time
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.
 - 6) **COACHES PASSES - £12.00** each, inclusive of a full set of starts lists
There will be one free coaches pass per 40 event swimming entries to a maximum of 3 free passes.
All team coaches and team staff must be DBS checked
 - 7) **ENTRIES:**
e-mailed to rm.galas@gmail.com
Sportsystems entry filesheet is available for download on www.rotherhammetro.org
- Entry closing date: On or before midnight Saturday 18th December 2021**
- Payments by BACS transfer only:**
Account Name: Rotherham Metro Ltd Sort Code: 09-02-22
Account: 10850808 Reference: Jan 2022
Please await email confirmation of entries receipt & total amount due before sending payment
- 8) A list of accepted entries will be available on – www.rotherhammetro.org so entrants can check and notify errors.
 - 9) **Withdrawals** Clubs are asked to notify details of any swimmer not competing by e-mail – rm.galas@gmail.com – at least 60 mins before the session start time.
 - 10) Refund of entry fees will not be given for withdrawal of accepted entries.
In the event cancellation of the gala is necessary, the only claim will be refund of entry fees paid
 - 11) The Club will liaise with Pool Management of Ponds Forge International Sports Centre with regard to Risk Assessment and provision for COVID security.
 - 12) On behalf of the Club, the nominated person with responsibility for dealing with queries is Chairman, Jim Fisher
 - 13) 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.
 - 14) 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. Swimmers will be categorised as 'A' or 'B' Grade based on the times swum on the day, not on their submitted times.

'A' Grade Cut Off: 50m pool times NOT faster than:

	Boys						Girls					
	9 &10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +	9 &10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +
50 free	32.40	30.50	28.90	27.50	26.40	24.70	33.10	30.90	29.60	28.80	28.00	27.50
100 free	1:10.40	1:04.80	1:00.70	57.80	56.20	53.80	1:11.60	1:05.40	1:02.70	1:01.30	1:00.10	59.40
200 free	2:33.20	2:21.70	2:13.30	2:07.60	2:03.40	1:58.30	2:34.20	2:22.70	2:16.70	2:12.80	2:11.70	2:07.30
50 fly	36.30	33.90	31.70	30.00	28.80	27.10	36.90	34.00	32.50	31.10	30.50	29.60
100 fly	1:20.50	1:12.70	1:07.70	1:04.10	1:01.40	58.50	1:21.60	1:13.20	1:09.30	1:07.00	1:06.00	1:04.80
200 fly	2:59.60	2:40.50	2:30.40	2:23.10	2:17.10	2:11.10	3:02.20	2:41.80	2:33.90	2:28.30	2:25.00	2:22.90
50 breast	43.50	40.20	37.20	35.10	33.60	31.90	43.00	40.00	37.90	36.70	35.60	34.90
100 breast	1:33.10	1:24.40	1:18.80	1:14.30	1:11.70	1:08.40	1:32.70	1:24.80	1:20.10	1:17.10	1:16.00	1:14.90
200 breast	3:20.50	3:03.40	2:52.20	2:42.50	2:35.90	2:30.30	3:18.90	3:01.80	2:53.60	2:47.40	2:43.80	2:43.00
50 back	38.40	35.90	33.80	32.00	30.50	29.00	38.40	35.90	34.30	33.40	32.50	31.70
100 back	1:21.00	1:14.30	1:09.80	1:06.10	1:03.30	1:00.70	1:21.70	1:14.70	1:10.80	1:09.30	1:08.20	1:06.80
200 back	2:52.70	2:39.70	2:30.80	2:23.10	2:18.30	2:11.90	2:53.40	2:39.90	2:32.60	2:28.80	2:26.50	2:23.20
200 IM	2:55.80	2:41.50	2:32.40	2:25.10	2:20.20	2:14.20	2:55.90	2:42.50	2:34.60	2:30.90	2:28.70	2:25.80

'B' Grade Cut Off: 50m pool times NOT faster than:

	Boys						Girls					
	9 &10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +	9 &10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +
50 free	39.00	37.00	34.90	33.00	31.30	28.70	39.80	37.30	35.40	34.00	32.90	31.90
100 free	1:24.80	1:18.00	1:13.70	1:09.80	1:06.90	1:02.60	1:26.20	1:19.30	1:15.20	1:12.70	1:10.70	1:08.80
200 free	3:03.60	2:51.30	2:40.80	2:32.60	2:25.60	2:16.30	3:04.40	2:51.30	2:42.50	2:36.20	2:32.10	2:27.50
50 fly	43.50	40.80	38.10	35.90	34.00	31.40	44.00	40.70	38.60	36.70	35.70	34.20
100 fly	1:35.80	1:27.70	1:21.50	1:16.80	1:12.80	1:07.80	1:37.10	1:27.90	1:22.60	1:19.10	1:17.20	1:14.80
200 fly	3:32.30	3:12.50	2:59.90	2:49.90	2:40.90	2:30.40	3:34.60	3:12.60	3:01.70	2:53.50	2:48.00	2:43.30
50 breast	51.60	48.20	44.60	41.80	39.7	36.80	51.20	47.80	45.00	43.10	41.50	40.10
100 breast	1:50.70	1:41.50	1:34.70	1:28.80	1:24.60	1:18.90	1:50.30	1:41.60	1:35.20	1:30.80	1:28.50	1:26.10
200 breast	3:57.20	3:39.10	3:25.20	3:12.50	3:02.50	2:51.60	3:55.50	3:36.60	3:24.90	3:15.50	3:09.50	3:05.80
50 back	46.00	43.20	40.50	38.20	36.10	33.50	46.00	43.10	40.90	39.40	38.00	36.60
100 back	1:36.90	1:29.80	1:24.10	1:19.20	1:15.00	1:10.30	1:37.50	1:29.90	1:24.50	1:21.70	1:19.60	1:17.10
200 back	3:25.80	3:12.00	3:00.70	2:50.30	2:42.30	2:31.40	3:26.30	3:11.00	3:00.60	2:54.30	2:49.80	2:43.90
200 IM	3:29.60	3:14.30	3:02.80	2:52.70	2:44.80	2:33.90	3:29.60	3:14.30	3:03.30	2:56.80	2:52.30	2:46.90

Rotherham Metro A.S.C.

'A' and 'B' Long Course Graded Meet

Saturday 22nd & Sunday 23rd January 2022

CASH SUMMARY

Club Name

Contact Name

E-Mail Address (please print)

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

Number of Boys Entries @ £6.50 each Sub – total

Number of Girls Entries @ £6.50 each Sub – total

Number of Coaches Passes @ £12.00 each Sub – total

Number of Coaches Free Passes Sub – total
(1 free for every 40 entries – maximum 3)

GRAND TOTAL

Payments by BACS transfer only:

Account Name: Rotherham Metro Ltd

Account: 10850808

Sort Code: 09-02-22

Reference: Jan 2022

Please await email confirmation of entries receipt & total amount due before sending payment

Cheque postal details on request