ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to ASA North East Region

'A' and 'B' Grade Short Course Graded Meet

(This event is licensed level 3 by the A.S.A. for entry into Regional Championships- 3NE170735.)
Under ASA Laws and ASA Technical Rules of Swimming

Ponds Forge International Sports Centre, Sheffield

Saturday 23rd September 2017

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

Ages as At 23rd September 2017

Events **All Graded (Except 9 year age group) and All HDW**
100m Free, Back, Fly, Breast, Individual Medley
50m Free, Back, Fly, Breast
200m Free – 10 and over

Pools

Competition Pool - 25m - 10 lanes with anti-wave ropes
Continuous warm-up and swim down facility available throughout the Meet.
OMEGA Quantum Electronic Timing will be used.

ORDER OF EVENTS

SATURDAY 23rd September 2017 **SESSION 1.** **(w/up 8.00am, Start 9.00am)**	**SATURDAY 23rd September 2017** **SESSION 2.** **(est w/up 1.00pm, Start 2.00pm)**
1. Ladies 200m Free (10/ov)	11. Ladies 100m Ind Medley
2. Mens 100m Ind. Med	12. Mens 200m Free (10/ov)
3. Ladies 50m Fly	13. Ladies 50m Breast
4. Mens 50m Breast	14. Mens 50m Fly
5. Ladies 100m Back	15. Ladies 100m Fly
6. Mens 100m Fly	16. Mens 100m Back
7. Ladies 50m Free	17. Ladies 50m Back
8. Mens 50m Back	18. Mens 50m Free
9. Ladies 100m Breast	19. Ladies 100m Free
10. Mens 100m Free	20. Mens 100m Breast

ROTHERHAM METRO A.S.C.

GRADED MEET COMPETITION RULES AND INFORMATION.

1) 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 will be accepted.
AN ENTRY TIME MUST BE SUBMITTED

2) Swimmers will be split into 'A' grade and 'B' grade 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".
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); 1st – 3, 2nd-2, 3rd-1
The Overall Top Club Trophy will be for all events (including 9 year olds)

3) DISABILITY CLASSIFICATIONS – We will include swimmers with a Disability Classification; results may show multi-disability points for information, but there are no separate awards.

4) OMEGA Quantum Electronic Timing will be used.

5) ENTRIES - £5.50 PER EVENT
We reserve the right to limit entries to comply with Licensed Meet conditions.
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 - £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.

7) 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: **On or before Midnight Saturday 19th August 2017**
Make cheques payable to: **Rotherham Metro Ltd.**

8) 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**

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

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. .

'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	31.40	29.80	28.10	26.70	25.60	24.30	31.80	30.30	28.90	28.00	27.50	26.90
100 free	1.08.60	1.04.60	1.00.50	57.20	55.00	52.40	1.10.10	1.05.20	1.01.70	1.00.00	58.90	57.50
200 free	2.29.30	2.21.00	2.12.60	2.05.70	2.02.80	1.55.30	2.30.10	2.21.50	2.13.90	2.09.90	2.07.90	2.05.00
50 fly	35.40	33.10	31.30	29.50	28.20	26.60	35.30	33.50	31.70	30.70	30.00	29.30
100 fly	1.20.60	1.13.40	1.08.40	1.04.20	1.01.20	58.00	1.20.50	1.13.70	1.09.00	1.06.80	1.05.00	1.04.00
50 breast	41.50	39.00	36.50	34.10	32.70	30.70	41.70	39.10	37.00	35.60	34.80	34.00
100 breast	1.30.80	1.24.00	1.18.50	1.13.30	1.10.20	1.06.20	1.31.30	1.23.90	1.19.30	1.16.10	1.13.80	1.12.80
50 back	36.40	34.50	32.60	30.60	29.50	27.50	36.40	34.50	32.90	31.80	31.10	30.40
100 back	1.19.40	1.13.30	1.08.90	1.04.70	1.01.80	58.50	1.19.40	1.13.40	1.09.20	1.06.80	1.05.60	1.04.10
100 IM	1.20.40	1.16.20	1.11.90	1.07.80	1.04.50	1.00.70	1.18.80	1.16.00	1.12.30	1.09.70	1.08.80	1.06.90

'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	37.00	34.90	32.90	31.10	29.40	27.30	37.50	35.50	33.70	32.30	31.40	30.30
100 free	1.20.90	1.15.80	1.11.20	1.06.90	1.03.40	59.20	1.22.60	1.16.70	1.12.30	1.09.50	1.07.50	1.05.10
200 free	2.56.30	2.45.80	2.36.10	2.27.10	2.19.50	2.10.20	2.57.40	2.46.60	2.36.90	2.30.60	2.26.60	2.21.60
50 fly	41.40	38.60	36.50	34.30	32.40	29.90	41.40	39.10	36.90	35.40	34.20	33.00
100 fly	1.33.90	1.25.60	1.19.00	1.14.70	1.10.30	1.05.30	1.34.00	1.26.00	1.20.40	1.17.00	1.14.30	1.12.10
50 breast	48.60	45.50	42.70	39.70	37.60	34.60	49.00	45.70	43.00	41.10	39.80	38.40
100 breast	1.46.10	1.38.10	1.31.80	1.25.40	1.20.70	1.14.60	1.46.80	1.38.20	1.32.40	1.27.80	1.24.50	1.22.30
50 back	42.60	40.20	38.00	35.50	33.80	30.90	42.80	40.40	38.30	36.70	35.50	34.30
100 back	1.32.70	1.25.60	1.20.50	1.15.30	1.11.00	1.05.80	1.33.20	1.26.10	1.20.70	1.17.20	1.15.00	1.12.40
100 IM	1.34.20	1.28.90	1.24.00	1.28.70	1.14.00	1.08.30	1.33.10	1.29.30	1.24.40	1.20.60	1.18.60	1.15.60

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 Regional 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.

'A' and 'B' Short Course Graded Meet – Saturday 23rd September 2017

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 @ £5.50 each	……	Sub – total	……
Number of Girls Entries @ £5.50 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)

BACS details will be provided on request