

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 3NE240815)

Under ASA Laws and ASA Technical Rules of Swimming

Ponds Forge International Sports Centre, Sheffield

Saturday 21st September 2024

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

Ages as At 21st September 2024

Events All Graded & 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. A secondary strobe is available

ORDER OF EVENTS

SATURDAY 21st September 2024 SESSION 1. (w/up 8.00am, Start 9.00am)

- 1. Girls 200m Free (10/ov)
- 2. Boys/Open 100m Ind. Med
- 3. Girls 50m Fly
- 4. Boys/Open 50m Breast
- 5. Girls 100m Back
- 6. Boys/Open 100m Fly
- 7. Girls 50m Free
- 8. Boys/Open 50m Back
- 9. Girls 100m Breast
- 10. Boys/OPen 100m Free

SATURDAY 21st September 2024 SESSION 2.

(est w/up 1.00pm, Start 2.00pm)

- 11. Girls 100m Ind Medley
- 12. Boys/Open 200m Free (10/ov)
- 13. Girls 50m Breast
- 14. Boys/Open 50m Fly
- 15. Girls 100m Fly
- 16. Boys/Open 100m Back
- 17. Girls 50m Back
- 18. Boys/Open 50m Free
- 19. Girls 100m Free
- 20. Boys/Open 100m Breast

GRADED MEET COMPETITION RULES AND INFORMATION.

- 1) The `Girls' category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the `Girls' category, s swimmer confirms that their birth sex is female.
- 2) Only entries up to the designated fastest times for 'A' Grade will be accepted
- 3) Heats will be seeded on submitted times which must be converted to 25m Pool times.. AN ENTRY TIME MUST BE SUBMITTED where there is no Ranking time, a Time Trial or Coaches estimate can be used.
- 4) 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".

Overall Top Boy and Top Girl Trophies will be based on all events irrespective of Grading; $1^{st} - 3$, $2^{nd}-2$, $3^{rd}-1$ Overall Top Visiting Club Trophy will be for cumulative points of all events and age groups

5) ENTRIES - £8.00 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/TEAM MANAGERS PASSES - £7.50 each, inclusive of starts lists. There will be one free pass per 30 event entries to a maximum of 3 free passes. All team coaches and team staff must be DBS checked

7) ENTRIES:

Sportsystems electronic entry file e-mail to: rm.galas@gmail.com

Entry closing date: On or before Midnight Saturday 17th August 2024

Payments by BACS transfer only:

Account Name: Rotherham Metro Limted Sort Code: 09-02-22 Account: 10850808 Reference: Sep 2024

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

8) A list of Accepted Entries will be available on the club website – www.rotherhammetro.org – so entrants can check and notify errors

9) PLEASE NOTE THIS GALA IS CARDLESS

Withdrawals must be notified at least 60 minutes prior to the session start time - e-mail rm.galas@gmail.com

- 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, Gina Gavelle
- 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 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.

• 9 year olds do not swim 200m free

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

	Open/Boys						Girls					
	9 & 10	11	10 μπο	12	14	15 yrs	9 & 10	11	10	12	14	15 Yrs +
	yrs	11 yrs	12 yrs	13 yrs	14 yrs	+	yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 115 +
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:

			Open/Boys				Girls					
	9 & 10					15 yrs	9 & 10					
	yrs	11 yrs	12 yrs	13 yrs	14 yrs	+	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	1.18.70	1.14.00	1.08.30	1.33.10	1.29.30	1.24.40	1.20.60	1.18.60	1.15.60

Rotherham Metro A.S.C.

'A' and 'B' Short Course Graded Meet – Saturday 21st September 2024

CASH SUMMARY

Club Name			
Contact Name			
Tel No			
	es (please print clearly)sed to inform you when the draft pro		
Number of Bo	ys Entries @ £8.00 each	 Sub – total	
Number of Gir	rls Entries @ £8.00 each	 Sub – total	
Number of Co	aches Passes @ £7.50 each	 Sub – total	
	es – maximum 3 free passes)	 Sub – total	
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