



ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to ASA North East Region

'A' and 'B' Long Course Graded Meet

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

"Age on the Day"

Ponds Forge International Sports Centre, Sheffield

Saturday 16th & Sunday 17th January 2010

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

Ages as At 17th January 2010

Events **All Graded (Except 9 year age group) and All HDW**
200m Free, Back, Fly, Breast
100m Free, Back, Fly, Breast
(Except 9 year old girls and 9 and 10 year old boys)
50m Free, Back, Fly, Breast

Pools Competition Pool - 50m - 10 lanes with anti-wave ropes
Continuous warm-up and swim down facility available throughout the Meet.

ORDER OF EVENTS

<p><u>SATURDAY 16th January 2010</u> <u>SESSION 1.</u> <u>(W/up 8.00am, Start 9.00am)</u></p> <ol style="list-style-type: none">1. Ladies 200m Free2. Mens 200m Breast3. Ladies 100m Fly (10 o/v)4. Mens 100m Back (11 o/v)5. Ladies 50m Free6. Mens 50m Breast	<p><u>SATURDAY 16th January 2010</u> <u>SESSION 2.</u> <u>(W/up TBA)</u></p> <ol style="list-style-type: none">7. Mens 200m Free8. Ladies 200m Back9. Mens 100m Fly (11 o/v)10. Ladies 100m Breast (10 o/v)11. Mens 50m Free12. Ladies 50m Back
<p><u>SUNDAY 17th January 2010</u> <u>SESSION 3.</u> <u>(W/up 8.00am, Start 9.00am)</u></p> <ol style="list-style-type: none">13. Mens 200m Fly14. Ladies 200m Breast15. Mens 100m Free (11 o/v)16. Ladies 100m Back (10 o/v)17. Mens 50m Fly18. Ladies 50m Breast	<p><u>SUNDAY 17th January 2010</u> <u>SESSION 4.</u> <u>(W/up TBA)</u></p> <ol style="list-style-type: none">19. Ladies 200m Fly20. Mens 200m Back21. Ladies 100m Free (10 o/v)22. Mens 100m Breast (11 o/v)23. Ladies 50m Fly24. Mens 50m Back

Please Note: There may be a 10 minute break in each session to ensure that officials do not work for more than 3 hours without a break. This is in line with ASA recommendations introduced on 13th November 2008. 9 year old girls and 9 and 10 year old boys are not allowed to swim 100m events, this is part of the same recommendation document from the ASA.

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 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) Anti-wave ropes will be used in a 10 lane Pool.
- 5) OMEGA Ares 21 Electronic Timing will be used.
- 6) All Swimmers must deposit their cards in the boxes provided outside the Changing Rooms **AT LEAST 60 MINUTES BEFORE THE START OF EACH SESSION. - LATE ENTRIES WILL NOT BE ACCEPTED.** The cards will be used to confirm your entry and then the gala will run cardless.
- 7) ENTRIES - £4.50 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.**
- 8) 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 passes.
- 9) SPECTATOR ADMISSION - £5.00 PER DAY.
The Pool will not be cleared between Sessions.
- 10) Results Sheets will be available at 25p per sheet.
- 11) ENTRIES TO:

Mrs S. Milnes, 58 Broom Lane, Rotherham, South Yorkshire S60 3EL

Please enclose an appropriately sized SAE for return of entry cards, entries will be rejected if an envelope is not enclosed.

Entry closing date: Midnight Monday 14th December 2009.
Make cheques payable to: Rotherham Metro Ltd.

- 12) Entry Cards will be returned at least 7 days prior to the date of the Meet, together with any refunds due for unaccepted entries.
- 13) Refreshments will be available all day.
- 14) A Swim Shop will be open throughout the Meet.
- 15) 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.
- 16) All overseas entrants MUST be authorised by their National Federation before entries can be accepted.
- 17) 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 and 10 year old boy swimmers cannot take part in 100m events. This is in line with ASA recommendations published 13th November 2008.

'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		1:10.00	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		1:19.10	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		1:30.50	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		1:19.60	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		1.19.00	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	3.13.40	2.56.30	2.41.00	2.31.20	2.23.70	2.19.80	3.07.10	2.52.60	2.41.70	2.34.00	2.32.30	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		1.30.10	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	3.44.80	3.22.00	3.03.40	2.49.80	2.40.00	2.34.20	3.41.90	3.16.90	3.03.10	2.53.70	2.48.10	2.46.20
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		1.41.50	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	4.03.60	3.43.30	3.23.90	3.09.40	2.59.70	2.54.50	3.59.20	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		1.30.60	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	3.35.20	3.14.90	2.56.10	2.47.00	2.37.80	2.33.60	3.31.10	3.08.30	2.57.10	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 swimming **slower than the times given below** will be ineligible to swim, this in line with recommendations made by the ASA on 13th November 2008.

	Boys						15 yrs +
	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	
50 free	44.60	44.60	42.60	40.80	39.10	37.80	37.20
100 free			1.29.00	1.24.30	1.21.30	1.18.90	1.17.80
200 free	3.23.40	3.23.40	3.16.30	3.01.00	2.51.20	2.43.70	2.39.80
50 fly	48.80	48.80	46.10	43.30	41.80	40.10	39.20
100 fly			1.40.10	1.32.70	1.28.40	1.26.10	1.24.70
200 fly	4.04.80	4.04.80	3.42.00	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			1.51.50	1.44.00	1.39.40	1.36.10	1.35.20
200 breast	4.23.60	4.23.60	4.03.30	3.43.90	3.29.40	3.19.70	3.14.50
50 back	50.80	50.80	48.00	45.50	43.50	42.00	41.50
100 back			1.40.60	1.34.70	1.31.40	1.27.80	1.27.00
200 back	3.55.20	3.55.20	3.34.90	3.16.10	3.07.00	2.57.80	2.53.60

	Girls						15 Yrs +
	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 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	3.27.10	3.27.10	3.12.60	3.01.70	2.54.00	2.52.30	2.49.60
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	4.01.90	4.01.90	3.36.90	3.23.10	3.13.70	3.08.10	3.06.20
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	4.19.20	4.19.20	3.58.10	3.43.80	3.32.80	3.26.60	3.25.40
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	3.51.10	3.51.10	3.28.30	3.17.10	3.09.30	3.06.00	3.03.00

Rotherham Metro A.S.C.

“Age on the Day”

‘A’ and ‘B’ Long Course Graded Meet

Saturday 16th and Sunday 17th January 2010

CASH SUMMARY

Club Name

Contact Name

Tel No

E-Mail Address

(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 @ £4.50 each **Sub – total**

Number of Girls Entries @ £4.50 each **Sub – total**

Number of Coaches Passes @ £12.00 each **Sub – total**

Number of Coaches 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, last year we had numerous occasions where we had to pay for postal shortage plus £1 penalty fee, any postal shortage will be charged back to the entering club prior to entries being accepted.

Please ensure you include a stamped addressed envelope of an appropriate size for the return of your cards.

If you include an email address we will let you know when the draft programme is available and we will contact you via email to resolve any queries.