



ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to Yorkshire & North East Counties A.S.A.

'Age on the day' – Level 1 LONG COURSE OPEN MEET

(Under A.S.A. Law & Technical Rules)

This event is licensed level 1 by the A.S.A. for entry into National and Region Championships
License no 1NE0074

PONDS FORGE INTERNATIONAL SPORTS CENTRE, SHEFFIELD

on

Saturday 15th and Sunday 16th May 2010

Sponsored by Protec Direct

GENERAL INFORMATION.

ORGANISATION

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

Swimmers ages are as at 16th May 2010

VENUE

Ponds Forge International Sports Centre, Sheffield.

POOLS

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

TIMING

OMEGA Ares 21 Electronic Timing.

SESSION TIMES

Saturday morning	Warm-up 8.00am,	Start 9.00am.
Saturday afternoon	Warm-up 1.00pm,	Start 2.00pm.
Sunday morning	Warm-up 8.00am,	Start 9.00am.
Sunday afternoon	Warm-up 1.00pm,	Start 2.00pm.

AGE GROUPS

Ladies 9, 10, 11, 12, 13/14, 15/16 years & 17 years and over
Mens 9, 10, 11, 12, 13/14, 15/16 years & 17 years and over.

INDIVIDUAL EVENTS

9 years and over Mens and Ladies - 50m, and 200m all strokes plus 200m & 400m IM and 400m Free.
10 years and over Ladies 100m all strokes
11 years and over Mens 100m all strokes

All events are Heat Declared Winners.

Please note: The Organisers may limit entries due to the restricted swimming time allowed per session at Licensed Meets.

SEEDING

Integrated heats (i.e. multiple age groups) will be seeded according to entry times.

AWARDS

Awards will be given to the top 3 Swimmers in each age group in each event.

Other special awards are:

Top Club - P. J. Burke Trophy.

Top Open Male (15 years and over) and Open Female (14 years and over) Swimmers (decided on GB Comparative Points).

Top 3 overall BAGCAT swimmers in each age group.

COACHES PASSES

Coaches Passes are £12 for the Meet.

They must be applied for and paid for with entries. The Pass includes a programme.

ENTRY PROCEDURE

All entries are £5.00 per event and must be on the standard entry form or electronic entry file. Photocopies will be accepted when additional sheets are required, or

Sportsystems entry file requests by e-mail; suemilnes@hotmail.com

Times submitted should refer to 50m pool times achieved by the swimmer (or 25m times converted using a conversion table).

(Where we find times have not been achieved, the swimmer may be rejected and no refund will be due)

Send completed entry forms together with the requisite fees. Please also enclose an A5 SAE for coaches passes and entry/rejection confirmation.

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

Make cheques payable to: **Rotherham Metro Ltd.**

ENTRY CLOSING DATE - MIDNIGHT TUESDAY 6th April 2010

Please note - No poolside entries will be accepted for any events.

PLEASE NOTE THE GALA IS CARDLESS

A draft read only copy of the programme will be available on the club website – www.rotherhammetro.co.uk – shortly after closing date, so entrants can check and notify errors. Only changes will be made after the closing date where an error has been made by Rotherham Metro.

Clubs will be notified of rejected swimmers and refunds issued.

Clubs are asked to notify details of any swimmer not competing by e-mail suemilnes@hotmail.com prior to the day of the gala, or in the Omega Suite at least one hour prior to the session start time.

RESULT SHEETS

Individual Result sheets will be available at 25p each.

REFRESHMENTS

Available in the Ponds Forge complex throughout the Meet

SWIMWEAR SHOP

A swimwear shop will operate in the foyer of the Sports Centre throughout the Meet.

SPECTATORS

Admission will be by ticket only, available on the day at a cost of £6.00 per day.

Anything not covered in the above information will be at the discretion of the Organisers.

On swimming matters the referees will have the final decision.

Consideration Times – ASA Standard for Level One Meets

	Mens						
	9 yrs	10 yrs	11 yrs	12 yrs	13/14 yrs	15/16 yrs	17/OV
50 free	42.6	39.0	37.0	34.0	31.3	28.7	27.4
100 free			1.18.8	1.13.7	1.06.9	1.02.6	1.00.5
200 free	3.23.4	3.03.6	2.51.3	2.40.8	2.25.6	2.16.3	2.13.7
400 free	7.22.5	6.26.4	5.56.0	5.38.1	5.07.0	4.49.1	4.43.4
50 fly	48.8	43.5	40.8	38.1	34.0	31.4	29.7
100 fly			1.27.7	1.21.5	1.12.8	1.07.8	1.05.
200 fly	4.03.7	3.23.3	3.12.5	2.59.9	2.40.9	2.30.4	2.24.7
50 breast	56.8	51.6	48.2	44.6	39.7	36.8	34.9
100 breast			1.41.5	1.34.7	1.24.6	1.18.9	1.15.8
200 breast	4.30.5	3.57.2	3.39.1	3.25.2	3.02.5	2.51.6	2.43.9
50 back	50.3	46.0	43.2	40.5	36.1	33.5	31.7
100 back			1.29.8	1.24.1	1.15.0	1.10.3	1.07.5
200 back	3.46.7	3.25.8	3.12.0	3.00.7	2.42.3	2.31.4	2.26.7
200 I.M.	3.52.0	3.29.6	3.14.3	3.02.8	2.44.8	2.33.9	2.29.2
400 I.M.	8.21.9	7.26.3	6.50.8	6.26.7	5.49.3	5.27.6	5.17.2

	Ladies						
	9 yrs	10 yrs	11 yrs	12 yrs	13/14 yrs	15/16 yrs	17 OV
50 free	42.8	39.8	37.3	35.4	32.9	31.9	30.5
100 free		1.26.2	1.19.3	1.15.2	1.10.7	1.08.8	1.07.3
200 free	3.29.1	3.04.4	2.51.3	2.42.5	2.32.1	2.27.5	2.25.8
400 free	7.20.7	6.27.4	5.56.4	5.38.8	5.18.0	5.09.2	5.06.3
50 fly	48.2	44.0	40.7	38.6	35.7	34.2	32.6
100 fly		1.37.1	1.27.9	1.22.6	1.17.2	1.14.8	1.12.1
200 fly	3.56.6	3.34.6	3.12.6	3.01.7	2.48.0	2.43.3	2.38.3
50 breast	57.0	51.2	47.8	45.0	41.5	40.1	38.6
100 breast		1.50.3	1.41.6	1.35.2	1.28.5	1.26.1	1.23.6
200 breast	4.27.3	3.55.5	3.36.6	3.24.9	3.09.5	3.05.8	2.59.8
50 back	50.2	46.0	43.1	40.9	38.0	36.6	35.3
100 back		1.37.5	1.29.9	1.24.5	1.19.6	1.17.1	1.14.6
200 back	3.52.7	3.26.3	3.11.0	3.00.6	2.49.8	2.43.9	2.39.9
200 I.M.	3.55.2	3.29.6	3.14.3	3.03.3	2.52.3	2.46.9	2.43.7
400 I.M.	8.24.4	7.26.2	6.47.3	6.24.9	6.02.0	5.50.8	5.43.9

Rotherham Metro A.S.C.

Schedule of Events

Designated Long Course Open Meet 2010

Age as at 16th May 2010

<p><u>SATURDAY 15th May 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 Ind. Medley (9-12 years)2. Mens 50m Backstroke (9/Ov)3. Ladies 50m Breaststroke (9/Ov)4. Mens 100m Butterfly (11/Ov)5. Ladies 100m Freestyle (10/Ov)6. Mens 200m Backstroke (9/Ov)7. Ladies 200m Breaststroke (9/Ov)8. Mens 400m Ind. Medley (9/Ov)	<p><u>SATURDAY 15th May 2010</u> <u>SESSION 2.</u> <u>(W/up 1.00pm, Start 2.00pm)</u></p> <ol style="list-style-type: none">9. Mens 200m Ind. Medley (9-12 years)10. Ladies 50m Butterfly (9/Ov)11. Mens 50m Freestyle (9/Ov)12. Ladies 100m Backstroke (10/Ov)13. Mens 100m Breaststroke (11/Ov)14. Ladies 200m Butterfly (9/Ov)15. Mens 200m Freestyle (9/Ov)16. Ladies 400m Ind. Medley (9/Ov)
<p><u>SUNDAY 16th May 2010</u> <u>SESSION 3.</u> <u>(W/up 8.00am, Start 9.00am)</u></p> <ol style="list-style-type: none">17. Mens 200m Ind. Medley (13 and over)18. Ladies 50m Backstroke (9/Ov)19. Mens 50m Breaststroke (9/Ov)20. Ladies 100m Butterfly (10/Ov)21. Mens 100m Freestyle (11/Ov)22. Ladies 200m Backstroke (9/Ov)23. Mens 200m Breaststroke (9/Ov)24. Ladies 400m Freestyle (9/Ov)	<p><u>SUNDAY 16th May 2010</u> <u>SESSION 4.</u> <u>(W/up 1.00pm, Start 2.00pm)</u></p> <ol style="list-style-type: none">25. Ladies 200m Ind. Medley (13 and over)26. Mens 50m Butterfly (9/Ov)27. Ladies 50m Freestyle (9/Ov)28. Mens 100m Backstroke (11/Ov)29. Ladies 100m Breaststroke (10/Ov)30. Mens 200m Butterfly (9/Ov)31. Ladies 200m Freestyle (9/Ov)32. Mens 400m Freestyle (9/Ov)



**ROTHERHAM METRO
AMATEUR SWIMMING CLUB**

Affiliated to Yorkshire & North East Counties A.S.A.

CLUB:.....

Email:

Level 1 Open Meet 15th & 16th May 2010

Ponds Forge International Sports Centre

Entry Closing date:6th April 2010

Boys/Girls (Please Delete)

Age as at 16th May 2010

Submitted times should be those achieved in a 50m pool (or converted from a 25m time using conversion tables)

	Freestyle				Backstroke			Breaststroke			Butterfly			Ind. Med.	
	50	100	200	400	50	100	200	50	100	200	50	100	200	200	400
Name															
DOB & ASA reg															
Name															
DOB & ASA reg															
Name															
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DOB & ASA reg															
Name															
DOB & ASA reg															

No. Entries @ £5.00 _____ Entry Fee Enclosed: £ _____ (Cheques payable to Rotherham Metro Ltd)

Return to: Mrs S Milnes, 58 Broom Lane, Rotherham, South Yorkshire S60 3EL

E-mail: suemilnes@hotmail.com Web Site: www.rotherham-metro.co.uk