

OUR CLOSING DATE: NO LATER THAN FRIDAY 11th JUNE 2010



# ROTHERHAM METRO AMATEUR SWIMMING CLUB

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

## 'B' and 'C' Short Course Graded Meet

(This event is licensed level 3 by the A.S.A.)  
(License no 3NE0077)

**Ponds Forge International Sports Centre, Sheffield**

**Saturday 18<sup>th</sup> September 2010**

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

**Ages as At** 18<sup>th</sup> September 2010

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

**Pools**

Competition Pool - 25m - 10 lanes with anti-wave ropes  
Continuous warm-up and swim down facility available throughout the Meet.

## ORDER OF EVENTS

### **SATURDAY 18<sup>th</sup> September 2010**

#### **SESSION 1.**

**(W/up 8.00am, Start 9.00am)**

1. Mens 100m Ind. Med (9/Ov)
2. Ladies 50m Fly (9/Ov)
3. Mens 50m Breast (9/Ov)
4. Ladies 100m Back (10/Ov)
5. Mens 100m Fly (11/Ov)
6. Ladies 50m Free (9/Ov)
7. Mens 50m Back (9/Ov)
8. Ladies 100m Breast (10/Ov)
9. Mens 100m Free (11/Ov)

### **SATURDAY 18<sup>th</sup> September 2010**

#### **SESSION 2.**

**(W/up 1.00pm, Start 2.00pm)**

10. Ladies 100m Ind. Med (9/Ov)
11. Mens 50m Fly (9/Ov)
12. Ladies 50m Breast (9/Ov)
13. Mens 100m Back (11/Ov)
14. Ladies 100m Fly (10/Ov)
15. Mens 50m Free (9/Ov)
16. Ladies 50m Back (9/Ov)
17. Mens 100m Breast (11/Ov)
18. Ladies 100m Free (10/Ov)

**Please Note:** 9 year old girls and 9 and 10 year old boys are not allowed to swim 100m events, this is in accordance with ASA recommendations

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**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 25m Pool times.  
Only entries up to the designated fastest times for 'B' Grade will be accepted.  
Swimmers will be split into 'B' grade and 'C' grade 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 'B' 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) ENTRIES - £4.50 PER EVENT  
**Entries will be accepted on a first come first served basis.**  
**It may be necessary to close entries for some events prior to the Official Closing Date.**  
**NO POOLSIDE ENTRIES WILL BE ACCEPTED.**
- 7) COACHES PASSES - £6.00 each, inclusive of a Programme and full set of results sheets.  
There will be one free coaches pass per 40 event entries to a maximum of 3 passes.
- 8) ENTRIES:  
  
Sportsystems electronic entry file e-mail to: [suemilnes@hotmail.com](mailto:suemilnes@hotmail.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: Midnight Monday 16<sup>th</sup> August 2010.**  
**Make cheques payable to: Rotherham Metro Ltd.**
- 9) **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 [suemilnes@hotmail.com](mailto:suemilnes@hotmail.com)
- 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.**

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### ENTRY CUT OFF TIMES.

Please note that any competitor swimming **faster than the 'B' Grade times given below** will be ineligible for an award but will be presented with a **Speeding Ticket**. Swimmers will be categorised as 'B' or 'C' Grade based on the times swum on the day, not on their submitted times. 9 year olds are ungraded.

**N.B. 9 year old swimmers and 10 year old boy swimmers cannot take part in 100m events, apart from 100m Individual Medley. This is in line with ASA recommendations.**

### '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	37.20	35.90	33.90	32.10	30.40	29.10	38.30	36.80	34.50	32.80	31.60	30.20
100 free		1.12.80	1.08.10	1.05.00	1.02.50	1.00.60	1.19.70	1.15.60	1.12.80	1.08.20	1.06.80	1.04.10
50 fly	42.40	39.60	37.50	35.30	33.40	31.70	43.40	40.90	39.40	36.90	35.10	33.40
100 fly		1.27.60	1.22.00	1.16.70	1.12.30	1.09.00	1.36.00	1.31.20	1.26.80	1.22.10	1.19.00	1.15.70
50 breast	49.60	45.50	41.00	38.70	36.60	35.80	50.60	46.70	43.50	41.20	39.80	37.70
100 breast		1.30.30	1.27.30	1.24.40	1.20.70	1.16.70	1.43.20	1.37.50	1.33.20	1.30.10	1.26.50	1.19.00
50 back	43.60	41.20	39.00	36.50	34.80	33.10	44.10	41.60	40.30	38.00	36.30	35.00
100 back		1.23.70	1.19.00	1.16.30	1.13.00	1.09.80	1.33.80	1.25.50	1.23.00	1.21.20	1.17.50	1.14.60
100 IM	1.38.20	1.33.20	1.26.20	1.19.80	1.15.50	1.12.60	1.39.00	1.34.10	1.26.80	1.22.40	1.18.00	1.14.20

### 'C' 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	42.00	39.60	37.40	35.50	33.90	32.40	43.40	42.30	39.90	37.70	36.20	35.20
100 free		1.19.80	1.16.00	1.12.30	1.08.00	1.05.60	1.25.60	1.20.20	1.17.70	1.14.20	1.11.10	1.08.40
50 fly	49.30	46.50	43.80	40.60	37.60	35.20	49.80	47.50	45.20	42.10	38.10	36.40
100 fly		1.37.30	1.32.00	1.26.70	1.21.00	1.16.70	1.44.00	1.39.20	1.31.10	1.28.20	1.25.40	1.20.80
50 breast	54.70	49.20	45.60	42.10	40.50	39.90	55.50	49.70	46.50	44.10	43.00	41.20
100 breast		1.40.30	1.36.30	1.31.80	1.26.30	1.21.70	1.48.80	1.43.00	1.38.30	1.35.10	1.30.50	1.26.00
50 back	49.70	47.30	45.40	41.90	39.20	36.70	50.70	47.60	45.90	42.70	41.10	39.90
100 back		1.32.70	1.30.40	1.24.30	1.21.40	1.16.80	1.39.60	1.34.50	1.33.00	1.28.10	1.22.60	1.18.50
100 IM	1.45.50	1.38.60	1.33.30	1.26.40	1.20.50	1.18.30	1.46.00	1.39.20	1.35.00	1.28.40	1.23.40	1.20.50

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 County and District Championships. 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'.

Club: .....

Email: .....

Boys/Girls (please delete)



**ROTHERHAM METRO  
AMATEUR SWIMMING CLUB**

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**'B' and 'C' Short Course Graded Meet**

**Ponds Forge ISC, Sheffield Saturday 18 September 2010**

**Entry Closing date: 16 August 2010**

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

No. Entries @ £4.50 \_\_\_\_\_ Entry Fee Enclosed: £ \_\_\_\_\_ (Cheques payable to Rotherham Metro Ltd)

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

E-mail: [suemilnes@hotmail.com](mailto:suemilnes@hotmail.com)

Web Site: [www.rotherham-metro.co.uk](http://www.rotherham-metro.co.uk)