



OUR CLOSING DATE: SUNDAY 2nd MAY 2010

# **ROTHERHAM METRO AMATEUR SWIMMING CLUB**

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

## **'A' and 'B' Short Course Graded Meet**

(This event is licensed level 3 by the A.S.A. for entry into District Championships)  
License no 3NE0076

**"Age on the Day"**

**Ponds Forge International Sports Centre, Sheffield**

**Saturday 17<sup>th</sup> & Sunday 18<sup>th</sup> July 2010**

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

**Ages as At** 18<sup>th</sup> July 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)

**200m Free, Back, Fly, Breast**  
**50m Free, Back, Fly, Breast**  
**100m and 200m Individual Medley**

### **Pools**

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

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## ORDER OF EVENTS

<p><b><u>SATURDAY 17<sup>th</sup> July 2010</u></b> <b><u>SESSION 1.</u></b> <b><u>(W/up 8.00am, Start 9.00am)</u></b></p> <ol style="list-style-type: none"><li>1. Mens 200m Ind. Med (9/Ov)</li><li>2. Ladies 200m Breast (9/Ov)</li><li>3. Mens 200m Free (9/Ov)</li><li>4. Ladies 100m Back (10/Ov)</li><li>5. Mens 100m Breast (11/Ov)</li><li>6. Ladies 50m Fly (9/Ov)</li><li>7. Mens 50m Free (9/Ov)</li></ol>	<p><b><u>SATURDAY 17<sup>th</sup> July 2010</u></b> <b><u>SESSION 2.</u></b> <b><u>(W/up 1.00pm, Start 2.00pm)</u></b></p> <ol style="list-style-type: none"><li>8. Ladies 100m Ind. Med (9/Ov)</li><li>9. Mens 200m Back (9/Ov)</li><li>10. Ladies 200m Fly(9/Ov)</li><li>11. Mens 100m Fly (11/Ov)</li><li>12. Ladies 100m Free (10/Ov)</li><li>13. Mens 50m Back (9/Ov)</li><li>14. Ladies 50m Breast (9/Ov)</li></ol>
<p><b><u>SUNDAY 18<sup>th</sup> July 2010</u></b> <b><u>SESSION 3.</u></b> <b><u>(W/up 8.00am, Start 9.00am)</u></b></p> <ol style="list-style-type: none"><li>15. Ladies 200m Ind. Med (9/Ov)</li><li>16. Mens 200m Fly (9/Ov)</li><li>17. Ladies 200m Back (9/Ov)</li><li>18. Mens 100m Back (11/Ov)</li><li>19. Ladies 100m Breast (10/Ov)</li><li>20. Mens 50m Fly (9/Ov)</li><li>21. Ladies 50m Free (9/Ov)</li></ol>	<p><b><u>SUNDAY 18<sup>th</sup> July 2010</u></b> <b><u>SESSION 4.</u></b> <b><u>(W/up 1.00pm, Start 2.00pm)</u></b></p> <ol style="list-style-type: none"><li>22. Mens 100m Ind. Med (9/Ov)</li><li>23. Ladies 200m Free (9/Ov)</li><li>24. Mens 200m Breast (9/Ov)</li><li>25. Ladies 100m Fly (10/Ov)</li><li>26. Mens 100m Free (11/Ov)</li><li>27. Ladies 50m Back (9/Ov)</li><li>28. Mens 50m Breast (9/Ov)</li></ol>

**Please Note:** 9 year old girls and 9 and 10 year old boys are not allowed to swim 100m events, except 4 x 25m Individual Medley, in accordance with British Swimming Licensed Meet Guidelines dated 23 September 2009.

# OUR CLOSING DATE: SUNDAY 2nd MAY 2010

## 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 'A' Grade will be accepted.  
Swimmers will be split into 'A' grade and 'B' 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 '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) **Please note the Gala is 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 per club. There will be one free coaches pass per 40 event 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 Anne Bainbridge, 22 Beechfield Close, Bolton On Dearne, Rotherham S63 8EY**

SportSystems entry fileset is available for download on [www.rotherhammetro.co.uk](http://www.rotherhammetro.co.uk) or by e-mail [acbainbridge@sky.com](mailto:acbainbridge@sky.com)

**Entry closing date: Midnight Monday 7<sup>th</sup> June 2010.**

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

— Please include an A5 SAE for coaches passes and entry/rejection confirmation.

- 12) A draft read only copy of the programme will be available on the club website – [www.rotherhammetro.co.uk](http://www.rotherhammetro.co.uk) so entrants can check and notify errors.
- 13) Clubs are asked to notify details of any swimmer not competing by e-mail - [acbainbridge@sky.com](mailto:acbainbridge@sky.com) – prior to the day of the gala, or in the Omega Suite at least one hour prior to the session start time.
- 14) Refreshments will be available all day.
- 15) A Swim Shop will be open throughout the Meet.
- 16) 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.
- 17) All overseas entrants MUST be authorised by their National Federation before entries can be accepted.
- 18) Any conditions not covered in the above information will be at the discretion of the Promoters.
- 19) There may be an official photographer at the meet, by entering the gala you accept that your Swimmer may be photographed at the meet. The photographs will be for sale at the meet and later on a web site.

**The Referees decision will be final on all matters relating to Swimming and Swimmer discipline.**

## OUR CLOSING DATE: SUNDAY 2nd MAY 2010

### 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 and 10 year old boy swimmers cannot take part in 100m events, apart from 100m Individual Medley. This is in line with ASA Licensed Meet Guidelines.**

### '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	34.80	32.20	30.20	28.90	27.80	26.80	35.20	32.40	31.20	30.30	29.40	28.80
100 free		1.09.80	1.05.10	1.02.00	59.50	57.60	1.16.70	1.09.90	1.06.80	1.04.80	1.03.60	1.02.40
200 free	2.46.50	2.32.80	2.21.50	2.14.50	2.09.30	2.06.70	2.43.90	2.32.30	2.24.50	2.18.80	2.18.20	2.15.80
50 fly	39.00	35.90	33.30	31.70	30.20	28.90	39.10	35.90	34.40	32.90	32.10	31.40
100 fly		1.19.40	1.12.30	1.08.30	1.05.80	1.03.30	1.26.70	1.18.70	1.14.70	1.11.70	1.10.00	1.08.90
200 fly	3.15.50	2.56.70	2.42.40	2.32.20	2.24.90	2.20.80	3.16.60	2.54.80	2.44.90	2.37.50	2.33.30	2.31.70
50 breast	44.70	41.70	38.60	36.10	34.50	33.90	45.60	41.70	39.50	38.10	37.00	36.20
100 breast		1.28.90	1.22.20	1.18.10	1.14.50	1.12.50	1.39.20	1.29.50	1.24.90	1.21.30	1.18.50	1.17.70
200 breast	3.30.60	3.14.70	2.59.90	2.49.10	2.41.80	2.38.70	3.31.30	3.13.40	3.02.90	2.54.10	2.49.30	2.48.60
50 back	40.10	37.30	34.80	33.00	31.70	30.70	40.10	36.60	35.30	34.00	33.60	33.20
100 back		1.18.90	1.13.30	1.09.80	1.06.20	1.04.20	1.26.80	1.18.70	1.14.40	1.11.20	1.10.80	1.09.60
200 back	3.06.10	2.49.70	2.35.10	2.29.40	2.22.50	2.20.0	3.05.90	2.46.40	2.38.80	2.33.10	2.31.00	2.28.30
100 IM	1.28.50	1.22.60	1.17.30	1.12.50	1.09.30	1.07.20	1.29.60	1.21.80	1.18.30	1.15.70	1.14.20	1.11.60
200 IM	3.09.10	2.52.90	2.41.30	2.32.50	2.26.80	2.23.60	3.08.60	2.52.10	2.43.60	2.37.90	2.34.90	2.33.60

### '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	39.90	37.20	35.20	33.50	32.20	31.50	40.20	37.30	36.00	35.10	34.40	33.80
100 free		1.19.50	1.13.10	1.08.50	1.05.00	1.03.10	1.26.50	1.18.40	1.13.80	1.10.80	1.09.50	1.08.40
200 free	3.11.40	2.54.30	2.39.00	2.28.90	2.21.40	2.17.30	3.05.10	2.50.60	2.39.50	2.31.70	2.30.00	2.27.30
50 fly	44.00	40.90	38.30	36.70	35.20	33.90	44.10	40.90	39.40	37.90	37.10	36.40
100 fly		1.29.90	1.21.80	1.17.50	1.15.10	1.13.70	1.38.00	1.27.80	1.23.10	1.20.70	1.19.90	1.19.60
200 fly	3.42.80	3.20.00	3.01.40	2.47.80	2.38.00	2.32.20	3.39.90	3.14.90	3.01.10	2.51.70	2.46.10	2.44.20
50 breast	50.70	47.20	43.60	41.10	39.50	38.90	51.20	46.70	44.50	43.10	42.00	41.20
100 breast		1.40.30	1.32.70	1.28.00	1.24.70	1.23.70	1.46.80	1.38.70	1.34.20	1.30.10	1.28.60	1.26.00
200 breast	4.01.40	3.40.90	3.21.30	3.06.60	2.56.70	2.51.50	3.57.00	3.35.70	3.21.20	3.10.00	3.03.70	3.02.50
50 back	45.70	42.30	39.80	38.00	36.70	35.70	45.20	41.60	40.30	39.00	38.60	38.20
100 back		1.29.70	1.23.70	1.20.40	1.16.70	1.15.90	1.37.70	1.29.10	1.24.90	1.22.50	1.22.00	1.20.80
200 back	3.33.20	3.12.90	2.54.10	2.45.00	2.35.60	2.31.40	3.29.10	3.06.30	2.55.10	2.47.20	2.43.80	2.40.80
100 IM	1.41.20	1.33.60	1.26.20	1.19.80	1.15.50	1.12.60	1.40.60	1.31.20	1.26.00	1.22.40	1.20.40	1.17.50
200 IM	3.37.00	3.17.00	3.01.10	2.48.70	2.40.30	2.35.30	3.32.30	3.12.60	3.00.40	2.52.50	2.48.10	2.46.40

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 Rules' for the North East of England Metro ASC 'A' & 'B' Short Course Graded Meet

# OUR CLOSING DATE: SUNDAY 2nd MAY 2010

## 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 13<sup>th</sup> November 2008.

	Boys						
	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +
50 free	44.90	44.90	42.20	40.20	38.50	37.20	36.50
100 free			1.29.50	1.23.10	1.18.50	1.15.00	1.13.10
200 free	3.31.40	3.31.40	3.14.30	2.59.00	2.48.90	2.41.40	2.37.30
50 fly	49.00	49.00	45.90	43.30	41.70	40.20	38.90
100 fly			1.39.90	1.31.80	1.27.50	1.25.10	1.23.70
200 fly	4.02.80	4.02.80	3.40.00	3.21.40	3.07.80	2.58.00	2.52.20
50 breast	55.70	55.70	52.20	48.60	46.10	44.50	43.90
100 breast			1.50.30	1.42.70	1.38.00	1.34.70	1.33.70
200 breast	4.21.40	4.21.40	4.00.90	3.41.30	3.26.60	3.16.70	3.11.50
50 back	50.70	50.70	47.30	44.80	43.00	41.70	40.70
100 back			1.39.70	1.33.70	1.30.40	1.26.70	1.25.90
200 back	3.53.20	3.53.20	3.32.90	3.14.10	3.05.00	2.55.60	2.51.40
100 IM	1.51.20	1.51.20	1.43.60	1.36.20	1.29.80	1.25.50	1.22.60
200 IM	3.57.00	3.57.00	3.37.00	3.21.10	3.08.70	3.00.30	2.55.30

	Girls						
	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +
50 free	45.20	45.20	42.30	41.00	40.10	39.40	38.80
100 free		1.36.50	1.28.40	1.23.80	1.20.80	1.19.50	1.18.40
200 free	3.25.10	3.25.10	3.10.60	2.59.50	2.51.70	2.50.00	2.47.30
50 fly	49.10	49.10	45.90	44.40	42.90	42.10	41.40
100 fly		1.48.00	1.37.80	1.33.10	1.30.70	1.29.90	1.29.60
200 fly	3.59.90	3.59.90	3.34.90	3.21.10	3.11.70	3.06.10	3.04.20
50 breast	56.20	56.20	51.70	49.50	48.10	47.00	46.20
100 breast		1.56.80	1.48.70	1.44.20	1.40.10	1.38.60	1.36.00
200 breast	4.17.00	4.17.00	3.55.70	3.41.20	3.30.00	3.23.70	3.22.50
50 back	50.20	50.20	46.60	45.30	44.00	43.60	43.20
100 back		1.47.70	1.39.10	1.34.90	1.32.50	1.32.00	1.30.80
200 back	3.49.10	3.49.10	3.26.30	3.15.10	3.07.20	3.03.80	3.00.80
100 IM	1.50.60	1.50.60	1.41.20	1.36.00	1.32.40	1.30.40	1.27.50
200 IM	3.52.30	3.52.30	3.32.60	3.20.40	3.12.50	3.08.10	3.06.40



# ROTHERHAM METRO AMATEUR SWIMMING CLUB

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

CLUB:.....

EMAIL .....

Entry Form: 'A' and 'B' Short Course Graded Meet 2010

Ponds Forge ISC, Sheffield 17th and 18th July 2010

Entry Closing date: 7th June 2010

Boys/Girls (Please Delete)

Age as at 18th July 2010

Submitted times should be those achieved in a 25m pool

	Freestyle			Backstroke			Breaststroke			Butterfly			Ind. Med.	
	50	100	200	50	100	200	50	100	200	50	100	200	100	200
Name:														
DOB & ASA reg:														
Name:														
DOB & ASA reg:														
Name:														
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No. Entries @ £4.50 \_\_\_\_\_ Entry Fee Enclosed: £ \_\_\_\_\_ (Cheques payable to Rotherham Metro Ltd)

Return to: Mrs A Bainbridge, 22 Beechfield Close, Bolton On Dearne, Rotherham S63 8EY

E-mail: [acbainbridge@sky.com](mailto:acbainbridge@sky.com)

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