



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-3NE220520)
Under ASA Laws and ASA Technical Rules of Swimming

Ponds Forge International Sports Centre, Sheffield

Saturday 17TH September 2022

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

Ages as At 17TH September 2022

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

<u>SATURDAY 17TH September 2022</u>	<u>SATURDAY 17TH September 2022</u>
<u>SESSION 1.</u>	<u>SESSION 2.</u>
<u>(w/up 8.00am, Start 9.00am)</u>	<u>(est w/up 1.00pm, Start 2.00pm)</u>
1. Ladies 200m Free (10/ov)	11. Ladies 100m Ind Medley
2. Mens 100m Ind. Med	12. Mens 200m Free (10/ov)
3. Ladies 50m Fly	13. Ladies 50m Breast
4. Mens 50m Breast	14. Mens 50m Fly
5. Ladies 100m Back	15. Ladies 100m Fly
6. Mens 100m Fly	16. Mens 100m Back
7. Ladies 50m Free	17. Ladies 50m Back
8. Mens 50m Back	18. Mens 50m Free
9. Ladies 100m Breast	19. Ladies 100m Free
10. Mens 100m Free	20. Mens 100m Breast

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:

	Boys						Girls					
	9 & 10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +	9 & 10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +
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:

	Boys						Girls					
	9 & 10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +	9 & 10 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	1.28.70	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 17th September 2022

CASH SUMMARY

Club Name

Contact Name

Tel No

E-Mail Address (please print clearly)

(This will be used to inform you when the draft programme is ready for viewing and to sort out any queries)

Number of Boys Entries @ £7.00 each	Sub – total
Number of Girls Entries @ £7.00 each	Sub – total
Number of Coaches Passes @ £7.50 each	Sub – total
Number of Coaches Free Passes (one per 30 entries – maximum 3 free passes)	Sub – total
GRAND TOTAL		

Payments by BACS transfer only:

Account Name: Rotherham Metro Ltd

Sort Code: 09-02-22

Account: 10850808

Reference: Sept 2022

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