



Gainsborough Dolphins open meet entry form

Rotherham Metro Swimming Club

A and B grade Short Course Meet

Date = Saturday 2nd & Sunday the 3rd of July 2022

Venue = Ponds Forge Sheffield (Short course = 25m pool)

Saturday the 2nd of July

Session 1 (Warm up @ 8am)

Girls	200m Butterfly	
Boys	200m Freestyle	
Girls	100m Backstroke	
Boys	50m Butterfly	
Girls	400m Freestyle (10/over)	
Boys	100m I.M.	
Girls	50m Freestyle	
Boys	100m Breaststroke	

Session 2 (Warm up tbc)

Girls	200m IM	
Boys	200m Breaststroke	
Girls	100m Butterfly	
Boys	400m I.M. (10/over)	
Girls	50m Breaststroke	
Boys	50m Backstroke	
Girls	200m Backstroke	
Boys	100m Freestyle	

Sunday the 3rd of July

Session 3 (Warm up @ 8am)

Boys	200m Backstroke	
Girls	100m I.M.	
Boys	400m Freestyle (10/over)	
Girls	50m Butterfly	
Boys	100m Butterfly	
Girls	200m Breaststroke	
Boys	50m Breaststroke	
Girls	100m Freestyle	

Session 4 (Warm up tbc)

Boys	200m IM	
Girls	200m Freestyle	
Boys	100m Backstroke	
Girls	400m I.M. (10/over)	
Boys	200m Butterfly	
Girls	50m Backstroke	
Boys	50m Freestyle	
Girls	100m Breaststroke	

ENTRY FEE'S FOR THIS MEET ARE £7 PER EVENT.

"Once we have been notified that the entries have been accepted by Rotherham Metro SC you will receive an email from Julie our Finance Manager to confirm that the entry fees have been added to your swimmers "Club Organiser" Account. You will then have the option to either logon to "Club Organiser" and pay immediately by card or alternatively if you do nothing they will automatically be taken by Direct Debit with the next months Club Fees."

Name: _____

Date of Birth: ____/____/____

Age on day of competition: _____

ASA Registration number: _____

Gala day contact number: _____

Return this form to Mark Smith ASAP and by Wednesday the 23rd of March 2022 at the latest.