



ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to ASA North East Region

'A' and 'B' Grade Long Course Meet

(This event is licensed level 3 – 3NE230069 - by Swim England for entry into Regional Championships)

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

Ponds Forge International Sports Centre, Sheffield

Saturday 21ST & Sunday 22ND January 2023

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

Ages as At 22nd January 2023

Events All Graded and All HDW
200m Free, Back, Fly, Breast, Individual Medley
100m Free, Back, Fly, Breast
50m Free, Back, Fly, Breast

Pools
Competition Pool - 50m - 10 lanes with anti-wave ropes
OMEGA Quantum Electronic Timing will be used. A secondary starting strobe is available
Continuous warm-up and swim down facility available throughout the Meet.

ORDER OF EVENTS

SATURDAY 21st January 2023 <u>SESSION 1.</u> (W/up 8.00am, Start 9.00am) 1. Boys 200m Free 2. Girls 200m Individual Medley 3. Boys 50m Fly 4. Girls 50m Free 5. Boys 100m Back 6. Girls 100m Breast	SATURDAY 21st January 2023 <u>SESSION 2.</u> (est W/up 1.00pm, Start 2.00pm) 7. Boys 200m Breast 8. Girls 100m Fly 9. Boys 50m Back 10. Girls 50m Breast 11. Boys 200m Fly 12. Girls 200m Back 13. Boys 100m Free
SUNDAY 22nd January 2023 <u>SESSION 3.</u> (W/up 8.00am, Start 9.00am) 14. Girls 200m Free 15. Boys 200m Individual Medley 16. Girls 50m Fly 17. Boys 50m Free 18. Girls 100m Back 19. Boys 100m Breast	SUNDAY 22nd January 2023 <u>SESSION 4.</u> (est W/up 1.00pm, Start 2.00pm) 20. Girls 200m Breast 21. Boys 100m Fly 22. Girls 50m Back 23. Boys 50m Breast 24. Girls 200m Fly 25. Boys 200m Back 26. Girls 100m Free

ENTRY CUT OFF TIMES.

Please note that any competitor swimming **faster than the 'A' Grade times given below** will be ineligible for an award. Swimmers will be categorised as 'A' or 'B' Grade based on the times swum on the day, not on their submitted times.

'A' Grade Cut Off: 50m 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	32.40	30.50	28.90	27.50	26.40	24.70	33.10	30.90	29.60	28.80	28.00	27.50
100 free	1:10.40	1:04.80	1:00.70	57.80	56.20	53.80	1:11.60	1:05.40	1:02.70	1:01.30	1:00.10	59.40
200 free	2:33.20	2:21.70	2:13.30	2:07.60	2:03.40	1:58.30	2:34.20	2:22.70	2:16.70	2:12.80	2:11.70	2:07.30
50 fly	36.30	33.90	31.70	30.00	28.80	27.10	36.90	34.00	32.50	31.10	30.50	29.60
100 fly	1:20.50	1:12.70	1:07.70	1:04.10	1:01.40	58.50	1:21.60	1:13.20	1:09.30	1:07.00	1:06.00	1:04.80
200 fly	2:59.60	2:40.50	2:30.40	2:23.10	2:17.10	2:11.10	3:02.20	2:41.80	2:33.90	2:28.30	2:25.00	2:22.90
50 breast	43.50	40.20	37.20	35.10	33.60	31.90	43.00	40.00	37.90	36.70	35.60	34.90
100 breast	1:33.10	1:24.40	1:18.80	1:14.30	1:11.70	1:08.40	1:32.70	1:24.80	1:20.10	1:17.10	1:16.00	1:14.90
200 breast	3:20.50	3:03.40	2:52.20	2:42.50	2:35.90	2:30.30	3:18.90	3:01.80	2:53.60	2:47.40	2:43.80	2:43.00
50 back	38.40	35.90	33.80	32.00	30.50	29.00	38.40	35.90	34.30	33.40	32.50	31.70
100 back	1:21.00	1:14.30	1:09.80	1:06.10	1:03.30	1:00.70	1:21.70	1:14.70	1:10.80	1:09.30	1:08.20	1:06.80
200 back	2:52.70	2:39.70	2:30.80	2:23.10	2:18.30	2:11.90	2:53.40	2:39.90	2:32.60	2:28.80	2:26.50	2:23.20
200 IM	2:55.80	2:41.50	2:32.40	2:25.10	2:20.20	2:14.20	2:55.90	2:42.50	2:34.60	2:30.90	2:28.70	2:25.80

'B' Grade Cut Off: 50m 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	39.00	37.00	34.90	33.00	31.30	28.70	39.80	37.30	35.40	34.00	32.90	31.90
100 free	1:24.80	1:18.00	1:13.70	1:09.80	1:06.90	1:02.60	1:26.20	1:19.30	1:15.20	1:12.70	1:10.70	1:08.80
200 free	3:03.60	2:51.30	2:40.80	2:32.60	2:25.60	2:16.30	3:04.40	2:51.30	2:42.50	2:36.20	2:32.10	2:27.50
50 fly	43.50	40.80	38.10	35.90	34.00	31.40	44.00	40.70	38.60	36.70	35.70	34.20
100 fly	1:35.80	1:27.70	1:21.50	1:16.80	1:12.80	1:07.80	1:37.10	1:27.90	1:22.60	1:19.10	1:17.20	1:14.80
200 fly	3:32.30	3:12.50	2:59.90	2:49.90	2:40.90	2:30.40	3:34.60	3:12.60	3:01.70	2:53.50	2:48.00	2:43.30
50 breast	51.60	48.20	44.60	41.80	39.7	36.80	51.20	47.80	45.00	43.10	41.50	40.10
100 breast	1:50.70	1:41.50	1:34.70	1:28.80	1:24.60	1:18.90	1:50.30	1:41.60	1:35.20	1:30.80	1:28.50	1:26.10
200 breast	3:57.20	3:39.10	3:25.20	3:12.50	3:02.50	2:51.60	3:55.50	3:36.60	3:24.90	3:15.50	3:09.50	3:05.80
50 back	46.00	43.20	40.50	38.20	36.10	33.50	46.00	43.10	40.90	39.40	38.00	36.60
100 back	1:36.90	1:29.80	1:24.10	1:19.20	1:15.00	1:10.30	1:37.50	1:29.90	1:24.50	1:21.70	1:19.60	1:17.10
200 back	3:25.80	3:12.00	3:00.70	2:50.30	2:42.30	2:31.40	3:26.30	3:11.00	3:00.60	2:54.30	2:49.80	2:43.90
200 IM	3:29.60	3:14.30	3:02.80	2:52.70	2:44.80	2:33.90	3:29.60	3:14.30	3:03.30	2:56.80	2:52.30	2:46.90

Rotherham Metro A.S.C.

'A' and 'B' Long Course Graded Meet

Saturday 21st & Sunday 22nd January 2023

CASH SUMMARY

Club Name

Contact Name

E-Mail Address (please print)

(This will be used to inform you when the list of accepted entries is ready for viewing and to sort out any queries with entries)

Number of Boys Entries @ £7.50 each Sub – total

Number of Girls Entries @ £7.50 each Sub – total

Number of Coaches Passes @ £15.00 each Sub – total

Number of Coaches Free Passes Sub – total
(1 free for every 40 entries – maximum 3)

GRAND TOTAL

Payments by BACS transfer only:

Account Name: Rotherham Metro Ltd

Account: 10850808

Sort Code: 09-02-22

Reference: Jan 2023

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

Cheque postal details on request