



# 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 – 3NE251020 by the A.S.A. for entry into Regional Championships)  
Under ASA Laws and ASA Technical Rules of Swimming

**Ponds Forge International Sports Centre, Sheffield**

**Saturday 20<sup>th</sup> September 2025**

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

**Ages as At** 20<sup>th</sup> September 2025

**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**

<b><u>SATURDAY 20<sup>th</sup> September 2025</u></b> <b><u>SESSION 1.</u></b> <b><u>(w/up 8.00am, Start 9.00am)</u></b>	<b><u>SATURDAY 20<sup>th</sup> September 2025</u></b> <b><u>SESSION 2.</u></b> <b><u>(est w/up 1.00pm, Start 2.00pm)</u></b>
1. Girls 200m Free (10/ov) 2. Boys/Open 100m Ind. Med 3. Girls 50m Fly 4. Boys/Open 50m Breast 5. Girls 100m Back 6. Boys/Open 100m Fly 7. Girls 50m Free 8. Boys/Open 50m Back 9. Girls 100m Breast 10. Boys/Open 100m Free	11. Girls 100m Ind Medley 12. Boys/Open 200m Free (10/ov) 13. Girls 50m Breast 14. Boys/Open 50m Fly 15. Girls 100m Fly 16. Boys/Open 100m Back 17. Girls 50m Back 18. Boys/Open 50m Free 19. Girls 100m Free 20. Boys/Open 100m Breast

## **GRADED MEET COMPETITION RULES AND INFORMATION.**

- 1) The 'Girls' category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Girls' category, a swimmer confirms that their birth sex is female.
- 2) Only entries up to the designated fastest times for 'A' Grade will be accepted
- 3) Heats will be seeded on submitted times which must be converted to 25m Pool times.. AN ENTRY TIME MUST BE SUBMITTED - where there is no Ranking time, a Time Trial or Coaches estimate can be used.
- 4) Swimmers will be split into 'A' grade and 'B' grade based on the time swum on the day, not on their entry times.  
**Awards** will be given to the fastest three Swimmers in each Age Group in each event, after taking account of the "cut off times".  
**Overall Top Boy and Top Girl Trophies** will be based on all events irrespective of Grading; 1<sup>st</sup> – 3, 2<sup>nd</sup>-2, 3<sup>rd</sup>-1  
**Overall Top Visiting Club Trophy** will be for cumulative points of all events and age groups
- 5) ENTRIES - £8.00 PER EVENT  
**We reserve the right to limit entries to comply with Licensed Meet conditions & COVID restrictions at the time**  
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.**
- 6) COACHES/TEAM MANAGERS PASSES - £7.50 each, inclusive of starts lists.  
There will be one free pass per 30 event entries to a maximum of 3 free passes.  
All team coaches and team staff must be DBS checked
- 7) ENTRIES:  
Sportsystems electronic entry file e-mail to: [rm.galas@gmail.com](mailto:rm.galas@gmail.com)  
**Entry closing date: On or before Midnight Saturday 23<sup>rd</sup> August 2025**  
  
**Payments by BACS transfer only:**  
Account Name: Rotherham Metro Limited                      Sort Code: 09-02-22  
Account: 10850808    Reference: Sep 2025  
Please await email confirmation of entries receipt & total amount due before sending payment
- 8) A list of Accepted Entries will be available on the club website – [www.rotherhammetro.org](http://www.rotherhammetro.org) – so entrants can check and notify errors
- 9) **PLEASE NOTE THIS GALA IS CARDLESS**  
Withdrawals must be notified at least 60 minutes prior to the session start time - e-mail [rm.galas@gmail.com](mailto:rm.galas@gmail.com)
- 10) Refund of entry fees will not be given for withdrawal of accepted entries.  
In the event cancellation of the gala is necessary, the only claim will be refund of entry fees paid
- 11) The Club will liaise with Pool Management of Ponds Forge International Sports Centre with regard to Risk Assessment and provision for COVID security
- 12) Swimmers using these facilities must follow the instructions of the lifeguards. Coaches/Team Managers are responsible for supervision of their swimmers. The swim down pool will be closed if not used in a sensible manner.
- 13) On behalf of the Club, the nominated person with responsibility for dealing with queries is Chairman, Gina Gavelle
- 14) 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
- 15) 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.**

## 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:

	Open/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:

	Open/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	1.18.70	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 20<sup>th</sup> September 2025**

**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 @ £8.00 each	.....	Sub – total	.....
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Number of Girls Entries @ £8.00 each	.....	Sub – total	.....
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Number of Coaches Passes @ £7.50 each	.....	Sub – total	.....
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Number of Coaches Free Passes (one per 30 entries – maximum 3 free passes)	.....	Sub – total	.....
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GRAND TOTAL			.....
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**Payments by BACS transfer only:**

Account Name: Rotherham Metro Limited

Sort Code: 09-02-22

Account: 10850808

Reference: Sept 2025

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