



ROTHERHAM METRO AMATEUR SWIMMING CLUB

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

LEVEL 1 LONG COURSE OPEN MEET (Under A.S.A. Law & Technical Rules) License no 1NE1081

**PONDS FORGE INTERNATIONAL SPORTS CENTRE, SHEFFIELD
on
Saturday 14th and Sunday 15th May 2011**

POOLS

Competition Pool - 50m - 10 lanes with anti-wave ropes
Continuous warm-up and swim down facility available in the Diving Pool throughout the Meet.

TIMING

OMEGA Ares 21 Electronic Timing.

SESSION TIMES

Saturday morning	Warm-up 8.00am,	Start 9.00am.
Saturday afternoon	Warm-up 1.00pm,	Start 2.00pm.
Sunday morning	Warm-up 8.00am,	Start 9.00am.
Sunday afternoon	Warm-up 1.00pm,	Start 2.00pm.

AGE GROUPS

Swimmers ages are as at 15th May 2011

Ladies 9, 10, 11, 12, 13/14, 15/16 years & 17 years and over
Mens 9, 10, 11, 12, 13/14, 15/16 years & 17 years and over.

INDIVIDUAL EVENTS

9 years and over Mens and Ladies - 50m, and 200m all strokes plus 200m & 400m IM and 400m Free.
10 years and over Ladies 100m all strokes
11 years and over Mens 100m all strokes

All events are Heat Declared Winners.

Please note: The Organisers may limit entries due to the restricted swimming time allowed per session at Licensed Meets.

AWARDS

Awards will be given to the top 3 Swimmers in each age group in each event.

Other special awards are:

Top Club - P. J. Burke Trophy.

Top Open Male (15 years and over) and Open Female (14 years and over) Swimmers – Meet Best Swim - £30.00

Top 3 overall BAGCAT swimmers in each age group, 9 – 13yrs Girls and 9 to 14yrs Boys
– 1st £15, 2nd £10, 3rd £5..

COACHES PASSES

Coaches Passes are £12 for the Meet.

They must be applied for and paid for with entries. The Pass includes a programme.

ENTRY PROCEDURE

All entries are £5.50 per event and must be on the standard entry form or electronic entry file.

Sportsystems entry file requests by e-mail; rm.galas@gmail.com

Times submitted should refer to 50m pool times achieved by the swimmer (or 25m times converted using a conversion table).

(Where we find times have not been achieved, the swimmer may be rejected and no refund will be due)

Send completed entry forms together with the requisite fees.

Mrs S Milnes, 58 Broom Lane, Rotherham, South Yorkshire S60 3EL

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

ENTRY CLOSING DATE - MIDNIGHT MONDAY 4TH April 2011

Please note - No poolside entries will be accepted for any events.

PLEASE NOTE THE GALA IS CARDLESS

A draft read only copy of the programme will be available on the club website – www.rotherhammetro.co.uk – shortly after closing date, so entrants can check and notify errors. Only changes will be made after the closing date where an error has been made by Rotherham Metro.

Clubs will be notified of rejected swimmers and refunds issued.

Clubs are asked to notify details of any swimmer not competing by e-mail rm.galas@gmail.com prior to the day of the gala, or in the Omega Suite at least one hour prior to the session start time.

RESULT SHEETS

Individual Result sheets will be available at 25p each.

SPECTATORS

Admission on the day at a cost of £6.00 per day.

Anything not covered in the above information will be at the discretion of the Organisers.

On swimming matters the referees will have the final decision.

Schedule of Events

<p>SATURDAY 14th May 2011 SESSION 1. (W/up 8.00am, Start 9.00am)</p> <ol style="list-style-type: none">1. Ladies 200m Ind. Medley (9-12 years)2. Mens 50m Backstroke (9/Ov)3. Ladies 50m Breaststroke (9/Ov)4. Mens 100m Butterfly (11/Ov)5. Ladies 100m Freestyle (10/Ov)6. Mens 200m Backstroke (9/Ov)7. Ladies 200m Breaststroke (9/Ov)8. Mens 400m Ind. Medley (9/Ov)	<p>SATURDAY 14th May 2011 SESSION 2. (W/up 1.00pm, Start 2.00pm)</p> <ol style="list-style-type: none">9. Mens 200m Ind. Medley (9-12 years)10. Ladies 50m Butterfly (9/Ov)11. Mens 50m Freestyle (9/Ov)12. Ladies 100m Backstroke (10/Ov)13. Mens 100m Breaststroke (11/Ov)14. Ladies 200m Butterfly (9/Ov)15. Mens 200m Freestyle (9/Ov)16. Ladies 400m Ind. Medley (9/Ov)
<p>SUNDAY 15th May 2011 SESSION 3. (W/up 8.00am, Start 9.00am)</p> <ol style="list-style-type: none">17. Mens 200m Ind. Medley (13 and over)18. Ladies 50m Backstroke (9/Ov)19. Mens 50m Breaststroke (9/Ov)20. Ladies 100m Butterfly (10/Ov)21. Mens 100m Freestyle (11/Ov)22. Ladies 200m Backstroke (9/Ov)23. Mens 200m Breaststroke (9/Ov)24. Ladies 400m Freestyle (9/Ov)	<p>SUNDAY 15th May 2011 SESSION 4. (W/up 1.00pm, Start 2.00pm)</p> <ol style="list-style-type: none">25. Ladies 200m Ind. Medley (13 and over)26. Mens 50m Butterfly (9/Ov)27. Ladies 50m Freestyle (9/Ov)28. Mens 100m Backstroke (11/Ov)29. Ladies 100m Breaststroke (10/Ov)30. Mens 200m Butterfly (9/Ov)31. Ladies 200m Freestyle (9/Ov)32. Mens 400m Freestyle (9/Ov)

Consideration Times – Level One Long Course Meet

	Mens						
	9 yrs	10 yrs	11 yrs	12 yrs	13/14 yrs	15/16 yrs	17/OV
50 free	42.6	39.0	37.0	34.0	31.3	28.7	27.4
100 free			1.18.8	1.13.7	1.06.9	1.02.6	1.00.5
200 free	3.23.4	3.03.6	2.51.3	2.40.8	2.25.6	2.16.3	2.13.7
400 free	6.46.4	6.26.4	5.47.1	5.31.4	5.07.0	4.59.1	4.40.5
50 fly	48.8	43.5	40.8	38.1	34.0	31.4	29.7
100 fly			1.27.7	1.21.5	1.12.8	1.07.8	1.05.
200 fly	4.03.7	3.23.3	3.12.5	2.59.9	2.40.9	2.30.4	2.24.7
50 breast	56.8	51.6	48.2	44.6	39.7	36.8	34.9
100 breast			1.41.5	1.34.7	1.24.6	1.18.9	1.15.8
200 breast	4.30.5	3.57.2	3.39.1	3.25.2	3.02.5	2.51.6	2.43.9
50 back	50.3	46.0	43.2	40.5	36.1	33.5	31.7
100 back			1.29.8	1.24.1	1.15.0	1.10.3	1.07.5
200 back	3.46.7	3.25.8	3.12.0	3.00.7	2.42.3	2.31.4	2.26.7
200 I.M.	3.52.0	3.29.6	3.14.3	3.02.8	2.44.8	2.33.9	2.29.2
400 I.M.	7.45.0	7.26.3	6.35.8	6.15.7	5.49.3	5.27.6	5.17.2

	Ladies						
	9 yrs	10 yrs	11 yrs	12 yrs	13/14 yrs	15/16 yrs	17 O/V
50 free	42.8	39.8	37.3	35.4	32.9	31.9	30.5
100 free		1.26.2	1.19.3	1.15.2	1.10.7	1.08.8	1.07.3
200 free	3.29.1	3.04.4	2.51.3	2.42.5	2.32.1	2.27.5	2.25.8
400 free	6.49.5	6.27.4	5.52.3	5.32.8	5.18.0	5.09.2	4.59.6
50 fly	48.2	44.0	40.7	38.6	35.7	34.2	32.6
100 fly		1.37.1	1.27.9	1.22.6	1.17.2	1.14.8	1.12.1
200 fly	3.56.6	3.34.6	3.12.6	3.01.7	2.48.0	2.43.3	2.38.3
50 breast	57.0	51.2	47.8	45.0	41.5	40.1	38.6
100 breast		1.50.3	1.41.6	1.35.2	1.28.5	1.26.1	1.23.6
200 breast	4.27.3	3.55.5	3.36.6	3.24.9	3.09.5	3.05.8	2.59.8
50 back	50.2	46.0	43.1	40.9	38.0	36.6	35.3
100 back		1.37.5	1.29.9	1.24.5	1.19.6	1.17.1	1.14.6
200 back	3.52.7	3.26.3	3.11.0	3.00.6	2.49.8	2.43.9	2.39.9
200 I.M.	3.55.2	3.29.6	3.14.3	3.03.3	2.52.3	2.46.9	2.43.7
400 I.M.	7.50.0	7.24.5	6.44.7	6.18.9	6.02.5	5.54.6	5.42.7

Rotherham Metro A.S.C.

Level One Long Course Open Meet 2011

14th and 15th May 2011

Cash / Entry Summary.

Club

Contact name **Tel. Number**

Contact Address.....

E-Mail Address(please print clearly)

This will be used to notify you when the draft programme is available and to resolve any queries with the entries.

Individual Mens Entries @ £5.50 each - Sub – total

Individual Ladies Entries @ £5.50 each - Sub – total

Coaches Passes @ £12.00 each - Sub – total

GRAND TOTAL ENCLOSED £

Cheques should be made payable to **Rotherham Metro Ltd.**

**Please ensure that you have put enough postage on your envelope before posting to us.
(A4 envelope – Large letter stamp, at least)**