



ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to ASA North East Region

‘A’ and ‘B’ Grade Long Course Meet

(This event is licensed level 3 - 3NE260070 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 17th & Sunday 18th January 2026

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

Ages as At 18th January 2026

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 17th January 2026 <u>SESSION 1.</u> (W/up 8.00am, Start 9.00am) 1. Open/Boys 200m Free 2. Girls 200m Individual Medley 3. Open/Boys 50m Fly 4. Girls 50m Free 5. Open/Boys 100m Back 6. Girls 100m Breast	SATURDAY 17th January 2026 <u>SESSION 2.</u> (est W/up 1.00pm, Start 2.00pm) 7. Open/Boys 200m Breast 8. Girls 100m Fly 9. Open/Boys 50m Back 10. Girls 50m Breast 11. Open/Boys 200m Fly 12. Girls 200m Back 13. Open/Boys 100m Free
SUNDAY 18th January 2026 <u>SESSION 3.</u> (W/up 8.00am, Start 9.00am) 14. Girls 200m Free 15. Open/Boys 200m Individual Medley 16. Girls 50m Fly 17. Open/Boys 50m Free 18. Girls 100m Back 19. Open/Boys 100m Breast	SUNDAY 18th January 2026 <u>SESSION 4.</u> (est W/up 1.00pm, Start 2.00pm) 20. Girls 200m Breast 21. Open/Boys 100m Fly 22. Girls 50m Back 23. Open/Boys 50m Breast 24. Girls 200m Fly 25. Open/Boys 200m Back 26. Girls 100m Free

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 accepted 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 50m 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' 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". Any swims faster than A Grade cut off are not eligible for Award or points.
Top Boy and Top Girl Trophies & Overall Top Visiting Club Trophy will be based on all events irrespective of Grading (1st 3 pts, 2nd -2 pts, 3rd – 1 pt)
- 5) **ENTRIES - £8.50 PER EVENT**
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.
- 8) A list of accepted entries will be available on – www.rotherhammetro.org so entrants can check and notify errors.
- 9) **Withdrawals** Clubs are asked to notify details of any swimmer not competing by e-mail – rm.galas@gmail.com – at least 60 mins before the session start time.
- 10) Refunds will not be given for withdrawal of accepted entries or for any errors or omissions attributable to the individual or their club. Refunds will only be considered for individuals who can prove that they are unfit to compete on medical grounds. Any refund will be made via the club that submitted the 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. Swimmers must NOT attempt to swim to the bottom of the swim down pool which 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, James Clarke
- 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.
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:

	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	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:

	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	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