



ROTHERHAM METRO AMATEUR SWIMMING CLUB

Affiliated to ASA North East Region

Springtime Long Course Meet

(This event is licensed level 3 –3NE230500 by the 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 13TH & Sunday 14TH May 2023

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

Ages as At 14TH May 2023

Events All HDW
200m Free, Back, Fly, Breast & IM
100m Free, Back, Fly, Breast
50m Free, Back, Fly, Breast
400m Free & 400m IM – 10 years and over

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

<p>SATURDAY 13th May 2023 SESSION 1. (W/up 8.00am, Start 9.00am)</p> <ol style="list-style-type: none"> 1. Ladies 200m Ind. Medley 2. Mens 50m Freestyle 3. Ladies 50m Butterfly 4. Mens 400m Ind. Medley (10/ov) 5. Ladies 100m Freestyle 6. Mens 100m Butterfly 7. Ladies 200m Breaststroke 8. Mens 200m Backstroke 	<p>SATURDAY 13th May 2023 SESSION 2. (est w/up 1.00pm, Start 2.00pm)</p> <ol style="list-style-type: none"> 9. Ladies 100m Backstroke 10. Mens 200m Freestyle 11. Ladies 50m Breaststroke 12. Mens 50m Backstroke 13. Ladies 400m Freestyle (10/ov) 14. Mens 100m Breaststroke 15. Ladies 200m Butterfly
<p>SUNDAY 14th May 2023 SESSION 3. (W/up 8.00am, Start 9.00am)</p> <ol style="list-style-type: none"> 16. Mens 200m Ind. Medley 17. Ladies 50m Freestyle 18. Mens 50m Breaststroke 19. Ladies 400m Individual Medley (10/Ov) 20. Mens 100m Freestyle 21. Ladies 100m Butterfly 22. Mens 200m Breaststroke 23. Ladies 200m Backstroke 	<p>SUNDAY 14th May 2023 SESSION 4. (est w/up 1.00pm, Start 2.00pm)</p> <ol style="list-style-type: none"> 24. Mens 100m Backstroke 25. Ladies 200m Freestyle 26. Mens 50m Butterfly 27. Ladies 50m Backstroke 28. Mens 400m Freestyle (10/Ov) 29. Ladies 100m Breaststroke 30. Mens 200m Butterfly

Rotherham Metro A.S.C.

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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 Limited

Sort Code: 09-02-22

Account: 10850808

Reference: May 2023

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

Cheque postal details on request

Rotherham Metro A.S.C.

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Upper Entry Times

Only entries up to the times below will be accepted

Boys							Girls							
9yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs +		9yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 Yrs +
34.00	34.00	33.30	30.70	28.60	26.50	25.80	50 Free	33.80	33.80	33.10	30.50	29.70	29.30	27.10
1.15.00	1.15.00	1.14.40	1:08.00	1.03.30	1.01.80	54.60	100 Free	1.14.10	1.14.10	1.13.20	1.07.00	1.04.30	1.03.30	58.20
2.43.30	2.43.30	2.42.00	2.27.00	2.17.50	2.10.10	1.58.80	200 Free	2.43.10	2.43.10	2.40.60	2.26.70	2.20.00	2.17.80	2.07.00
XXXX	5.50.50	5.49.00	5.17.60	4.54.20	4.42.00	4.12.20	400 Free	XXXX	5.44.00	5.40.50	5.15.70	4.55.30	4.56.40	4.27.30
39.30	39.30	38.50	34.60	31.00	28.45	24.10	50 Fly	38.30	38.30	37.10	33.60	32.00	31.20	29.40
1.33.50	1.33.50	1:32.00	1.20.00	1:11.60	1:04.60	58.00	100 Fly	1.28.50	1:28.50	1.27.10	1.16.70	1.12.50	1.10.80	1.05.40
3.50.60	3.50.60	3.50.00	3.24.10	2.48.60	2.36.60	2.10.10	200 Fly	3.33.10	3.33.10	3.30.00	3.07.70	2.48.80	2.48.60	2.21.90
45.50	45.50	44.50	41.10	37.50	34.60	30.00	50 Breast	43.70	43.70	42.60	40.10	38.20	38.10	34.20
1.38.80	1.38.80	1.37.90	1.30.50	1.22.60	1.17.60	1.07.80	100 Breast	1.35.30	1:35.30	1.34.70	1.28.20	1.24.10	1.23.20	1.12.10
3.30.10	3.30.10	3.29.00	3.15.20	3.01.70	2.52.00	2.30.50	200 Breast	3.22.30	3.22.30	3.21.90	3.09.70	3.03.00	3.01.00	2.40.10
39.40	39.40	39.00	35.70	33.00	31.40	28.40	50 Back	39.40	39.40	38.40	35.40	34.10	34.00	30.80
1.24.40	1.24.40	1:23.20	1:17.70	1:13..10	1:07.50	1:00.70	100 Back	1.24.40	1:24.40	1.23.60	1.16.50	1.13.50	1.13.00	1.04.40
3.00.80	3.00.80	2.59.70	2.46.50	2.36.90	2.26.10	2.10.80	200 Back	3.01.20	3.01.20	2.59.10	2.44.30	2.36.50	2.35.50	2.20.00
3.05.90	3.05.90	3.04.80	2.46.50	2.33.30	2.26.10	2.14.10	200 IM	3.01.80	3.01.80	2.59.00	2.45.60	2.39.30	2.35.80	2.23.80
XXXX	6.37.40	6.36.40	6.11.30	5.35.00	5.26.40	4.44.50	400 IM	XXXX	6.45.50	6.43.00	6.09.00	5.43.80	5.39.00	5.03.00