



Sherwood Colliery Swimming Club - Robin Hood Open Meet 14th & 15th September 2019 – Ponds Forge (50m pool) Sheffield

(Under Swim England Regulations and Technical Rules)
Licensed Level 3EM191754



Entry Information

(Please read this information in conjunction with the Promoters Conditions)

VENUE: Ponds Forge International Pool www.ponds-forge.co.uk
Sheaf Street
Sheffield
S1 2BP
Tel 0114 223 3400

Visit the Ponds Forge website for all information on general facilities, car parking, and local accommodation.

EVENTS: The meet is long course; all events are integrated age groups and heat-declared winners. 50m, 100m & 200m all 4 strokes, 200IM and 400m Freestyle. There are no finals or swim offs. Swimmers who are 9yrs old on the day of meet may swim any event except the 400m freestyle.

AGES: As at 15th September 2019. Age groups 9, 10, 11, 12, 13, 14, 15, 16yrs&over.

ENTRY: **£6.50 per swim.**
First come first served until full or the **CLOSING DATE SATURDAY 24th AUGUST** whichever occurs first.

To ease administration, it is preferable that all paperwork should be submitted by email and payment made by BACS. Entry can be made by email (form not required) provided the email clearly states the Swimmers registration number and the swims to be entered,

Club entries are encouraged to use Sportsystems Entry Manager. An entry form is included for internal club use to facilitate collecting entries.

Acknowledgement of entries received and accepted is via a list published on the website. Once the entry has been confirmed as accepted it is assumed that you will be swimming unless you give notification of withdrawal. To be fair to other competitors please make every effort to notify a withdrawal as this avoids unnecessary empty lanes. The withdrawal procedure will be published on the website at the close of entries. If it is necessary to reject any entries, due to the meet being oversubscribed, the swimmers will be notified by email as soon as possible after the closing date.

All session times will be confirmed on the close of entries

ADMISSION: £6 per day, weekend programme £5



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AWARDS: Awards are made to the three fastest swimmers in each age group per event. These are not presented and may be collected from the medal table when the results have been confirmed.

The Robin Hood Trophy will be presented to the Top Male swimmer and the Maid Marion Trophy to the top female swimmer. There is also a trophy for the top overall club. These awards are based on the finishing positions in each event scoring 10 points for 1st place to 1 point for 10th place.

WARM-UP: Supervised warm-up sessions will take place in the hour before each session. **Please be aware that the diving pit is not available at any time during the meet.**

POOLSIDE: Coach passes must be applied for in advance using the forms provided. For insurance and child-protection purposes all applicants for passes must be Swim England registered club members and DBS checked.

RESULTS: Internet permitting results will be posted live to the internet during the meet and will be available to download and print at the end of each session.

PHOTOGRAPHY: Photography is allowed from the balcony only using a mobile phone or tablet computer. Anyone with a separate camera must register their details at the entry desk and display the authorisation provided.

CONTACTS

MEET ENTRIES: Email RHOMeet@gmail.com
RHO Meet 2019, 8 Sheaf Place, Worksop, Notts S81 7LE
01909 481310 – 07989 138510

VOLUNTEER OFFICIALS: sherwoodrhom@gmail.com

PAYMENT: Payment by BACS is preferred, bank details available on request, cheques payable to 'Sherwood Colliery Swimming Club'



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Meet Schedule

All events are heat declared winners

Afternoon start times to be confirmed on close of entries

SATURDAY – Warm-up from 8am START 9am				SUNDAY – Warmup from 8am START 9am			
101	Boys	10/ov	400 Free	301	Girls	10/ov	400 Free
102	Girls	9/ov	200 IM	302	Boys	9/ov	200 IM
103	Boys	9/ov	50 Back	303	Girls	9/ov	50 Back
104	Girls	9/ov	50 Fly	304	Boys	9/ov	50 Fly
105	Boys	9/ov	100 Breast	305	Girls	9/ov	100 Breast
106	Girls	9/ov	100 Free	306	Boys	9/ov	100 Free
107	Boys	9/ov	200 Fly	307	Girls	9/ov	200 Fly
SATURDAY – Warm-up from TBA START TBA				SUNDAY – Warm-up from TBA START TBA			
201	Girls	9/ov	200 Breast	401	Boys	9/ov	200 Breast
202	Boys	9/ov	100 Back	402	Girls	9/ov	100 Back
203	Girls	9/ov	50 Free	403	Boys	9/ov	50 Free
204	Boys	9/ov	50 Breast	404	Girls	9/ov	50 Breast
205	Girls	9/ov	100 Fly	405	Boys	9/ov	100 Fly
206	Boys	9/ov	200 Free	406	Girls	9/ov	200 Free
207	Girls	9/ov	200 Back	407	Boys	9/ov	200 Back

CLOSING DATE – SATURDAY 24th AUGUST



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Qualifying Standards 25m Pool:

Level 3 Licensed Meet - ALL TIMES ARE UPPER LIMITS (i.e. not faster than)								
BOYS								
EVENT	9	10	11	12	13	14	15	16/over
50m Freestyle	33.7	31.7	30.2	28.5	27.1	26.1	25.3	24.9
100m Freestyle	1:13.4	1:09.2	1:04.4	1:01.0	57.9	55.9	54.7	53.7
200m Freestyle	2:42.2	2:29.2	2:20.8	2:12.4	2:05.9	2:01.4	1:58.7	1:56.6
400m Freestyle		5:13.3	4:53.5	4:37.1	4:24.7	4:16.6	4:10.7	4:06.6
50m Breaststroke	43.9	41.8	39.3	36.8	34.5	33.2	32.0	31.3
100m Breaststroke	1:35.9	1:31.1	1:28.7	1:18.7	1:13.8	1:10.9	1:08.7	1:07.2
200m Breaststroke	3:30.1	3:14.4	3:01.0	2:49.9	2:39.8	2:33.2	2:29.0	2:26.7
50m Butterfly	39.3	35.6	33.5	31.70	29.9	28.7	27.6	27.1
100m Butterfly	1:28.7	1:21.2	1:13.9	1:09.0	1:04.9	1:02.0	1:00.0	59.00
200m Butterfly	3:26.0	2:57.5	2:41.5	2:31.8	2:23.3	2:17.3	2:11.7	2:10.3
50m Backstroke	39.3	36.7	34.8	33.0	31.0	30.0	29.0	28.2
100m Backstroke	1:23.6	1:19.9	1:13.8	1:09.4	1:05.4	1:02.6	1:00.7	59.7
200m Backstroke	2:51.4	2:47.3	2:36.9	2:27.9	2:19.9	2:14.3	2:10.7	2:08.6
200m Individual Medley	3:09.7	2:51.5	2:39.8	2:30.9	2:23.5	2:17.3	2:13.8	2:11.8
GIRLS								
EVENT	9	10	11	12	13	14	15	16/over
50m Freestyle	33.7	32.0	30.6	29.2	28.5	28.1	27.6	27.4
100m Freestyle	1:13.4	1:10.3	1:05.6	1:02.2	1:00.8	59.8	59.2	58.7
200m Freestyle	2:41.7	2:29.4	2:21.7	2:13.6	2:10.2	2:08.4	2:06.9	2:06.1
400m Freestyle		5:17.5	4:52.9	4:37.9	4:31.3	4:28.0	4:24.6	4:24.1
50m Breaststroke	43.9	41.8	39.3	37.1	35.9	35.2	34.7	34.5
100m Breaststroke	1:35.9	1:31.4	1:24.1	1:19.6	1:16.6	1:14.6	1:13.9	1:13.8
200m Breaststroke	3:29.1	3:14.0	3:00.4	2:50.5	2:44.3	2:40.9	2:39.4	2:39.1
50m Butterfly	36.7	35.5	33.8	32.0	31.1	30.5	30.0	29.9
100m Butterfly	1:27.2	1:20.9	1:14.1	1:09.6	1:07.5	1:05.9	1:05.4	1:05.1
200m Butterfly	3:24.0	2:59.5	2:43.0	2:32.4	2:27.3	2:23.7	2:21.6	2:21.1
50m Backstroke	39.3	36.6	34.7	33.2	32.2	31.6	31.3	31.0
100m Backstroke	1:27.2	1:19.7	1:13.8	1:09.6	1:07.5	1:06.4	1:05.4	1:05.1
200m Backstroke	2:53.4	2:48.4	2:38.6	2:27.9	2:28.0	2:22.0	2:19.6	2:18.6
200m Individual Medley	3:05.6	2:50.8	2:39.4	2:31.2	2:27.6	2:24.9	2:23.3	2:22.6



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Club

MALE

Tick one box

FEMALE

THIS FORM CAN BE USED FOR INTERNAL CLUB USE OR MANUAL ENTRIES

Surname:	Given Name:
ASA Reg. No:	Date of Birth:
Email:	Phone:

Event number	M	F	Entry times TICK IF THE TIMES ARE TO BE DOWNLOADED FROM RANKING
50m freestyle	403	203	
100m freestyle	306	106	
200m freestyle	206	406	
400m freestyle	101	301	
50m backstroke	103	303	
100m backstroke	202	402	
200m backstroke	407	207	
50m breaststroke	204	404	
100m breaststroke	105	305	
200m breaststroke	401	201	
50m butterfly	304	104	
100m butterfly	405	205	
200m butterfly	107	307	
200m individual medley	302	102	

Total number of events _____ at £6.50 per event	£
	£
Total	£

Return the entry form via your club coordinator

(This form may be edited - Insert your club information here)



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COACHES' PASS APPLICATION FORM

Club _____

Please reserve: _____ coaches pass Saturday at £10.00 = £ _____

_____ coaches pass Sunday at £10.00 = £ _____

Payment £ _____ (may be included with entry fees)

All passes must be requested and paid for in advance, additional passes will not be sold at the gala. In accordance with Swim England guidelines for child protection please list below the names of all coaches or team managers who will use the passes. Only one person per pass may be on the poolside at any one time.

It is the Clubs responsibility to make sure that anyone using a pass is Swim England registered and DBS checked.

Name	ASA Number	DBS Number

Signed _____

Position _____

**Passes will be available on the day.
Please collect at the entrance to the pool deck**



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VOLUNTEER OFFICIALS

This is a level 3 licensed meet so the requirement is for officials to be qualified, it is not necessary for all roles to be licensed.

Name:.....

Club.....SE No:.....

Contact Email.....

Mobile Phone.....

Please tick:

Qualified TK / trainee J1.....

Qualified J1.....Licensed J1.....

Licensed J2/S.....

Licensed Referee.....

We also welcome trainee officials who require mentoring, please email the officials coordinator on the email below with your details.

WE DO NEED AND APPRECIATE YOUR HELP

Please return this form with meet entries or
by email to the officials coordinator
sherwoodrhom@gmail.com

THANK YOU