



# Sherwood Colliery Swimming Club - Robin Hood Open Meet

## 15<sup>th</sup> & 16<sup>th</sup> September 2018 – Ponds Forge (50m pool) Sheffield

(Under ASA Laws and ASA Technical Rules of Swimming)  
Licensed Level 3 - 3EM181255



### Entry Information

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

**VENUE:** Ponds Forge International Pool [www.ponds-forge.co.uk](http://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 may swim any event except the 400m freestyle

**AGES:** As at 16<sup>th</sup> September 2018. 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 25<sup>th</sup> AUGUST** whichever occurs first.

**To ease administration, It is preferable that all paperwork (including coach pass applications) should be submitted by email and payment made by BACS.**

If you are unable to access and use the entry manager programme please read the instructions given in this entry pack before contacting the meet administrator for advice. 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 shall be 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 has 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 10<sup>th</sup> 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](mailto:RHOMeet@gmail.com)  
RHO Meet 2018, 8 Sheaf Place, Worksop, Notts S81 7LE  
01909 481310 – 07989 138510

**VOLUNTEER OFFICIALS:** [sherwoodrhom@gmail.com](mailto:sherwoodrhom@gmail.com)

**PAYMENT:** Payment may be made by cheque payable to 'Sherwood Colliery Swimming Club' or BACS bank details available on request.



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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 26<sup>th</sup> AUGUST**



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### Qualifying Standards 25m Pool

Level 3 Licensed Meet - ALL TIMES ARE UPPER LIMITS (i.e. not faster than)								
<b>BOYS</b>								
<b>EVENT</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16/over</b>
50m Freestyle	33.0	31.1	29.6	27.9	26.6	25.6	24.8	24.4
100m Freestyle	1:12.0	1:07.8	1:03.9	59.8	56.8	54.8	53.6	52.6
200m Freestyle	2:39.0	2:26.1	2:18.0	2:09.8	2:03.4	1:59.0	1:56.4	1:54.3
400m Freestyle		5:07.2	4:47.7	4:31.7	4:19.5	4:11.6	4:05.8	4:01.8
50m Breaststroke	43.0	41.0	38.5	36.1	33.8	32.5	31.4	30.7
100m Breaststroke	1:34.0	1:29.3	1:22.7	1:17.2	1:12.3	1:09.5	1:07.3	1:05.9
200m Breaststroke	3:26.0	3:10.6	2:57.4	2:46.6	2:36.7	2:30.2	2:26.1	2:23.8
50m Butterfly	38.6	34.9	32.8	31.1	29.3	28.1	27.1	26.6
100m Butterfly	1:29.0	1:19.6	1:12.5	1:07.6	1:03.6	1:00.8	58.8	58.0
200m Butterfly	3:22.0	2:54.0	2:38.3	2:28.8	2:20.5	2:14.6	2:09.1	2:07.7
50m Backstroke	38.5	36.0	34.1	32.3	30.4	29.4	28.4	27.6
100m Backstroke	1:22.0	1:18.3	1:12.3	1:08.0	1:04.1	1:01.4	59.5	58.5
200m Backstroke	2:48.0	2:44.0	2:33.8	2:25.0	2:17.2	2:11.7	2:08.1	2:06.1
200m Individual Medley	3:06.0	2:48.1	2:36.8	2:27.9	2:20.7	2:14.6	2:11.2	2:09.2
<b>GIRLS</b>								
<b>EVENT</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16/over</b>
50m Freestyle	34.0	31.4	30.0	28.6	27.9	27.5	27.1	26.9
100m Freestyle	1:12.0	1:09.0	1:04.3	1:01.0	59.6	58.6	58.0	57.5
200m Freestyle	2:38.5	2:26.5	2:18.4	2:11.0	2:07.6	2:05.9	2:04.4	2:03.6
400m Freestyle		5:11.3	4:47.2	4:32.4	4:26.0	4:22.7	4:19.4	4:18.9
50m Breaststroke	43.0	41.0	38.5	36.4	35.2	34.5	34.0	33.8
100m Breaststroke	1:34.0	1:29.6	1:22.5	1:18.0	1:15.1	1:13.0	1:12.4	1:12.3
200m Breaststroke	3:25.0	3:10.2	2:56.9	2:47.2	2:41.1	2:37.7	2:36.3	2:35.9
50m Butterfly	36.0	34.8	33.1	31.4	30.5	29.9	29.4	29.3
100m Butterfly	1:26.0	1:19.3	1:12.6	1:08.2	1:06.2	1:04.6	1:04.1	1:03.8
200m Butterfly	3:20.0	2:56.0	2:39.8	2:29.4	2:24.4	2:20.9	2:18.8	2:18.3
50m Backstroke	38.5	35.9	34.0	32.5	31.6	31.0	30.7	30.4
100m Backstroke	1:25.5	1:18.1	1:12.3	1:08.2	1:06.2	1:05.1	1:04.1	1:03.8
200m Backstroke	2:50.0	2:45.1	2:32.5	2:25.0	2:21.5	2:19.2	2:16.9	2:15.9
200m Individual Medley	3:02.0	2:47.4	2:36.3	2:28.2	2:24.7	2:22.1	2:20.5	2:19.8



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### ENTRY MANAGER NOTES

- Download and install the Entry Manager program from the website links. Once installed the application can remain on your computer and used for other meets that use Sportsystems entry files. **It is important to check for updates before proceeding.**
- Full instructions can be found within the program under 'Help'

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#### CLUB ENTRY

- Run the program and configure for your club,
- Download the entry file set for the meet and import into Entry Manager.
- Download the valid swimmers file for your club. To do this you need to be an Swim England registered member of the club and follow the instructions on the SPORTSYSTEMS website [www.sportsys.co.uk](http://www.sportsys.co.uk) to obtain a personal key.
- Enter your swimmers by selecting them from the list which appears when you start to 'add' swimmers, this ensures compatibility with the Swim England membership database and ranking system.
- The 'Get Times' button can be used to get the current times for the swimmer from GB Ranking. The best time in the last 12 months will be populated, this includes converted times where necessary. **As far as possible times should be taken from ranking but a time must be submitted for all events.**
- Times entered that do not satisfy the entry standard, will be flagged 'Y' (yellow). These times cannot be used and will be automatically rejected when the swimmer is saved in the entry file. After downloading times from GB ranking then also click on any non-required 'Y' (green) swims and these will change to 'N' (red), before saving.

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#### INDIVIDUAL OR FAMILY ENTRY

- As for club entry but is not necessary to download the valid swimmer file. Simply set the organisation to be your club, then go to add entries and simply key in your Swim England registration number and click 'Get Member'
- 
- Entry forms are supplied for club use to facilitate collection of swimmers details, when using entry manager don not submit forms as these are not required. The entry forms are a word document which can be edited to suit your club, or you may choose to use your own. Whichever way you decide it is important to keep a record of your entries.
  - If entering swimmers with a disability the S, SB & SM classes should appear automatically.
  - If editing a previously saved swimmer you must make sure that the entries are correct before saving again.
  - When all the entries have been entered and checked use the report features to print your entries which also calculates the total cost. Then 'export' the file and return to the meet administrator by email.
  - Finally send payment with a copy of the printout from Entry Manager to the meet administrator.

**PROBLEMS? EMAIL FOR ADVICE.**



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<b>Club</b>
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MALE

Tick one box

FEMALE

**THIS FORM IS FOR INTERNAL CLUB USE / MANUAL ENTRIES**

<b>Surname:</b>	<b>Given Name:</b>
ASA Reg. No:	Date of Birth:
Email:	Phone:

Event number	M	F	<b>Entry times</b> 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	201	401	
50m butterfly	104	304	
100m butterfly	205	405	
200m butterfly	107	307	
200m individual medley	102	302	

<b>Total number of events _____ at £6.50 per event</b>	£
	£
<b>Total</b>	£

**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 passes Saturday at £10.00 = £ \_\_\_\_\_

\_\_\_\_\_ coaches passes 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 ASA 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 ASA 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 and SE No:.....

Contact Email.....

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](mailto:sherwoodrhom@gmail.com)

THANK YOU