



Sherwood Colliery Swimming Club - Robin Hood Open Meet

1st & 2nd October 2016 – Ponds Forge (50m pool) Sheffield

(Under ASA Laws and ASA Technical Rules of Swimming)
Licensed Level 3 - 3EM161455

Swim21
Accredited

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.

AGES: As at 2nd October 2016. Age groups 10, 11, 12, 13, 14, 15, 16yrs&over.

ENTRY: **£6.00 per swim using SPORTSYSTEMS Entry Manager.**
First come first served until full or the **CLOSING DATE FRIDAY 9th SEPTEMBER 2016** whichever occurs first.

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. **Manual entries will be accepted subject to an administration fee of £2 per swimmer.**

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

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

Returnable trophies are presented to the Top Boys Team, Top Girls Team and overall Top Team. Each trophy may be kept for one year, after which it must be returned. The Robin Hood Trophy will be presented to the Top Male swimmer and the Maid Marion Trophy to the top female swimmer, these trophies may be kept indefinitely. These awards are all based on the finishing positions in each event scoring 10 points for 1st place to 1 point for 10th place.

www.sherwoodswimmingclub.com



Sherwood Colliery Swimming Club - Robin Hood Open Meet

1st & 2nd October 2016 – Ponds Forge (50m pool) Sheffield

(Under ASA Laws and ASA Technical Rules of Swimming)
Licensed Level 3 - 3EM161455

Swim21
Accredited

- 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 ASA registered club members and DBS checked.
- RESULTS:** 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:** Spectators must register their intention to take photographs at the entry desk and clearly display the authorisation label given to them. This open meet is by its nature in the public arena, by entering swimmers and parents are acknowledging that taking part may result in the recording of his/her image.
- CONTACT:** Email RHOMeet@gmail.com
RHO Meet 2015, 8 Sheaf Place, Worksop, Notts S81 7LE
Cheques payable to 'Sherwood Colliery Swimming Club'
- PAYMENT:** **Payment may be made by cheque payable to 'Sherwood Colliery Swimming Club' or BACS bank details available on request.**



Sherwood Colliery Swimming Club - Robin Hood Open Meet

1st & 2nd October 2016 – Ponds Forge (50m pool) Sheffield

(Under ASA Laws and ASA Technical Rules of Swimming)
Licensed Level 3 - 3EM161455

Swim21
Accredited

Meet Schedule

All start times and warm-up procedures to be confirmed on close of entries
All Events are 10yrs/Over.

Saturday Session 1 – Warm-up from 8:00am Start 9:00am

101	Boys 400 Free
102	Girls 200 IM
103	Boys 50 Back
104	Girls 50 Back
105	Boys 100 Breast
106	Girls 100 Breast
107	Boys 200 Fly

Saturday Session 2 -- Start (to be advised based on entry level)

201	Boys 200 Breast
202	Girls 200 Back
203	Boys 50 Fly
204	Girls 50 Fly
205	Boys 100 Free
206	Girls 100 Free
207	Boys 200 Back

Sunday Session 3 – Warm-up from 8:00am Start 9:00am

301	Girls 400 Free
302	Boys 200 IM
303	Girls 50 Free
304	Boys 50 Free
305	Girls 100 Fly
306	Boys 100 Fly
307	Girls 200 Breast

Sunday Session 4 -- Start (to be advised based on entry level)

401	Girls 200 Free
402	Boys 200 Free
403	Girls 50 Breast
404	Boys 50 Breast
405	Girls 100 Back
406	Boys 100 Back
407	Girls 200 Fly



Sherwood Colliery Swimming Club - Robin Hood Open Meet

1st & 2nd October 2016 – Ponds Forge (50m pool) Sheffield

(Under ASA Laws and ASA Technical Rules of Swimming)
Licensed Level 3 - 3EM161455

Swim21
Accredited

Qualifying Standards 25m Pool

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



Sherwood Colliery Swimming Club - Robin Hood Open Meet

1st & 2nd October 2016 – Ponds Forge (50m pool) Sheffield

(Under ASA Laws and ASA Technical Rules of Swimming)
Licensed Level 3 - 3EM161455



Club

Tick one box

MALE FEMALE

THIS FORM IS FOR INTERNAL CLUB USE / MANUAL ENTRIES

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

Event number	M	F	Entry times <small>(or tick if these are to be downloaded from GB Ranking)</small>
50m freestyle	304	303	
100m freestyle	205	206	
200m freestyle	402	401	
400m freestyle	101	301	
50m backstroke	103	104	
100m backstroke	406	405	
200m backstroke	207	202	
50m breaststroke	404	403	
100m breaststroke	105	106	
200m breaststroke	201	307	
50m butterfly	203	204	
100m butterfly	306	305	
200m butterfly	107	407	
200m individual medley	302	102	

Total number of events _____ at £6.00 per event	£	
Admin Fee	£	1.00
Total	£	

Return the entry form via your club coordinator

www.sherwoodswimmingclub.com