**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 on the day of meet may swim any event except the 400m freestyle.

**AGES:**  As at 13th September 2020. 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 22nd 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 (entry 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

**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 starts **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)

Mr D Rush, RHO Meet 2020, 8 Sheaf Place, Worksop, Notts S81 7LE  
01909 481310 – 07989 138510

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

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

**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 fromTBA**  **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**

**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 |

MALE

FEMALE

**Club**

Tick one box

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

|  |  |  |
| --- | --- | --- |
| **Surname:** | **Given Name:** | |
| ASA Reg. No: | |  |
| Email: | | Phone: |

|  |  |  |  |
| --- | --- | --- | --- |
| Event number | M | F | **Tick only for times to be downloaded from ranking. For events that do not have a ranked time an estimated time must be provided.** |
| 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** | £ |

**Return the entry form via your club coordinator**

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

# 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**

**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……….

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Available  (please tick) | Session 1 | Session 2 | Session 3 | Session 4 |

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

**WE DO NEED YOUR HELP – IT IS APPRECIATED**

**Please return this form with meet entries or**

**by email to the officials coordinator**[**sherwoodrhom@gmail.com**](mailto:sherwoodrhom@gmail.com)

**THANK YOU**