



Chair, Charlotte Williams
bmss.chair@outlook.com

Head Coach, Ric Howard
bmss.richoward@outlook.com

Comp Sec, Rick Blyth
bmss.compsec@outlook.com

Christmas Countdown ASA Level 3 Meet Licence No: NW232353

Date	Saturday 2nd & Sunday 3rd December
Venue	Jason Kenny Centre, Moor Lane, Bolton, BL3 5BN
Facilities	25 metre, 8 Lane, diving blocks with anti-wave lane ropes. Electronic timing with electronic display, electronic meet software.
The Meet	The Meet is a Level 3 meet, run with upper entry times. Entries on a FCFS basis.
Competition Age	Ages are as at midnight 1 Dec 2023
Age Groups	Open: 9, 10, 11, 12, 13, 14, 15+ Years Female*: 9, 10, 11, 12, 13, 14, 15+ Years <i>*The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.</i>
Events	50m, 100m, 200m, all strokes, 200 IM, 400 Free & IM. All events Heat Declared Winners (HDW).
Awards	Top 3 Male/Open & Female swimmers in each age group per event.
Entry File	https://bit.ly/45IEtky
Key Dates	Entries close: 25 Nov 2023 or when full Accepted/Rejected Entries published: 28 Nov 2023



Chair, Charlotte Williams
bmss.chair@outlook.com

Head Coach, Ric Howard
bmss.richoward@outlook.com

Comp Sec, Rick Blyth
bmss.compsec@outlook.com

Entry Information

£6.00 for all races (Poolside Entries not allowed).

Entries should be made by using the correct Sportsystems Entry File. The entry file can be downloaded from www.boltonmetro.com

All completed entry files should be emailed to bmss.compsec@outlook.com and club summary entry form detailing payment to be copied to bmss.treasurer@outlook.com

Entries will be accepted on a **FIRST COME, FIRST SERVED** basis. The closing date for entries 11:59 pm **25 Nov 2023** or **WHEN FULL*** if earlier than this date.

*The meet will be deemed full when the session time reaches 3.5 hours

A list of processed entries will be published on **28 Nov 2023**. Competitors are requested to check their entries carefully and inform bmss.compsec@outlook.com immediately of any errors.

Poolside Passes

In compliance with the new Swim England policy concerning the supervision ratio, Bolton Metro is committed to alleviating the financial burden on participating clubs. Therefore, there will be a flat fee of **£15.00 per club**, regardless of the number of coaches and/or team managers present poolside.

All team staff must be DBS checked and have undertaken a relevant safeguarding course (e.g., Swim England Safeguarding course) to gain a coaches/team manager pass and access to the poolside and the swimmer's seating area. Any parent of a swimmer attending without their club wishing to chaperone their child must also be DBS checked to gain a pass. Coaches and team staff **MUST** wear the wristbands provided. Bolton Metro will **NOT** be responsible for any unaccompanied swimmers on the poolside. The responsibility falls on the club entering the swimmer.

**Bolton Metro will waive the Poolside Passes fee for any club providing one or more technical official for both days. Please complete a poolside pass request and make this clear on the form.*

Spectators

Spectators passes will be available for purchase from the front desk on each the day of the event for **£5.00** for an all day pass.

Anyone wishing to take still or digital photography (including using mobile phones to do this) must do so in accordance with Swim England Photography Guidance (see Wavepower 2020-2023). Flash photography is strictly prohibited at all times.



Chair, Charlotte Williams
bmss.chair@outlook.com

Head Coach, Ric Howard
bmss.richowar@outlook.com

Comp Sec, Rick Blyth
bmss.compsec@outlook.com

Programme of events: Day 1

Event No.	2 Dec 2023 — Warm up: 8:30am / Start: 9:30am		
101	Open	400m	Freestyle
102	Female	200m	IM
103	Open	50m	Backstroke
104	Female	50m	Backstroke
105	Open	100m	Fly
106	Female	100m	Breaststroke
107	Open	200m	Freestyle
108	Female	200m	Fly

Event No.	2 Dec 2023 — Warm up: TBC / Start: TBC		
201	Female	400m	Freestyle
202	Open	200m	IM
203	Female	50m	Breaststroke
204	Open	50m	Breaststroke
205	Female	100m	Backstroke
206	Open	100m	Freestyle
207	Female	200m	Freestyle
208	Open	200m	Fly



Chair, Charlotte Williams
bmss.chair@outlook.com

Head Coach, Ric Howard
bmss.richoward@outlook.com

Comp Sec, Rick Blyth
bmss.compsec@outlook.com

Programme of events: Day 2

Event No.	3 Dec 2023 — Warm up: 8:30am / Start: 9:30am		
301	Open	400m	IM
302	Female	200m	Breaststroke
303	Open	50m	Freestyle
304	Female	50m	Freestyle
305	Open	100m	Breaststroke
306	Female	100m	Fly
307	Open	200m	Backstroke

Event No.	3 Dec 2023 — Warm up: TBC / Start: TBC		
401	Female	400m	IM
402	Open	200m	Breaststroke
403	Female	50m	Fly
404	Open	50m	Fly
405	Female	100m	Freestyle
406	Open	100m	Backstroke
407	Female	200m	Backstroke



Chair, Charlotte Williams
bmss.chair@outlook.com

Head Coach, Ric Howard
bmss.richoward@outlook.com

Comp Sec, Rick Blyth
bmss.compsec@outlook.com

Open Upper Time Limits

Swimmers must not have swum faster than the times set below in the last 12 months at a L 1,2 or 3 licensed meet, prior to the last day of the meet (1 Dec 2023)

Entries will be checked against the Swim England database for confirmation.

Open	9	10	11	12	13	14	15+
50 Freestyle	31.00	30.00	29.00	28.00	26.00	25.00	22.15
100 Freestyle	1:05.00	1:03.00	1:02.00	1:01.00	59:00	57.50	47.03
200 Freestyle	2:25.00	2:20.00	2:15.00	2:10.00	2:05.00	2:00.00	1:55.00
400 Freestyle	4:55.00	4:55.00	4:45.00	4:30.00	4:20.00	4:15.00	4:01.00
50 Backstroke	39.00	37.00	35.00	32.00	30.00	28.50	24.90
100 Backstroke	1:15.00	1:12.00	1:10.00	1:06.00	1:02.00	1:00.00	52.92
200 Backstroke	3:10.00	3:04.00	3:00.00	2:50.00	2:40.00	2:30.00	2:15.00
50 Breaststroke	45.00	41.00	38.00	35.00	32.00	30.00	28.02
100 Breaststroke	1:25.00	1:20.00	1:16.00	1:14.00	1:12.00	1:08.00	58.09
200 Breaststroke	2:59.00	2:44.00	2:28.00	2:23.00	2:17.00	2:12.00	2:02.00
50 Fly	40.30	36.50	34.50	32.50	31.00	29.50	23.78
100 Fly	1:15.00	1:10.00	1:06.00	1:02.00	1:00.00	58.00	50.87
200 Fly	3:00.00	2:45.00	2:25.00	2:20.00	2:15.00	2:10.00	2:00.00
200 IM	2:45.00	2:30.00	2:25.00	2:20.00	2:15.00	2:10.00	2:00.00
400IM	5:50.00	5:50.00	5:20.00	5:00.00	4:45.00	4:30.00	4:12.00



Chair, Charlotte Williams
bmss.chair@outlook.com

Head Coach, Ric Howard
bmss.richoward@outlook.com

Comp Sec, Rick Blyth
bmss.compsec@outlook.com

Female Upper Time Limits

Swimmers must not have swum faster than the times set below in the last 12 months at a L 1,2 or 3 licensed meet, prior to the last day of the meet (1 Dec 2023)

Entries will be checked against the Swim England database for confirmation.

Female	9	10	11	12	13	14	15+
50 Freestyle	31.00	30.00	29.00	28.00	27.00	25.00	25.54
100 Freestyle	1:05.00	1:03.00	1:02.00	1:01.00	58:00	57.00	53.09
200 Freestyle	2:25.00	2:20.00	2:15.00	2:10.00	2:03.00	2:01.00	1:56.00
400 Freestyle	5:20.00	5:20.00	5:00.00	4:40.00	4:25.00	4:15.00	4:05.00
50 Backstroke	39.00	37.00	35.00	32.00	30.00	28.00	28.90
100 Backstroke	1:15.00	1:12.00	1:10.00	1:06.00	1:02.00	1:00.00	58.00
200 Backstroke	3:10.00	3:00/00	2:50.00	2:40.00	2:35.00	2:30.00	2:20.00
50 Breaststroke	45.00	41.00	38.00	35.00	32.00	29.00	30.93
100 Breaststroke	1:25.00	1:20.00	1:16.00	1:14.00	1:12.00	1:08.00	1:06.73
200 Breaststroke	2:58.00	2:38.00	2:30.00	2:25.00	2:20.00	2:15.00	2:07.00
50 Fly	40.40	36.50	34.50	32.90	31.00	30.00	27.59
100 Fly	1:15.00	1:10.00	1:06.00	1:02.00	1:00.00	58.00	56.97
200 Fly	3:00.00	2:40.00	2:30.00	2:20.00	2:15.00	2:10.00	2:00.00
200 IM	2:46.00	2:29.00	2:23.00	2:20.00	2:15.00	2:10.00	2:04.00
400IM	5:40.00	5:40.00	5:20.00	5:10.00	4:50.00	4:35.00	4:20.00



Chair, Charlotte Williams
bmss.chair@outlook.com

Head Coach, Ric Howard
bmss.richowar@outlook.com

Comp Sec, Rick Blyth
bmss.compsec@outlook.com

BMSS: Affiliated to Swim England

The meet will be held under Swim England Technical Rules (with a one-start rule) on Saturday 2nd & Sunday 3rd December, at Jason Kenny Centre, Moor Lane, Bolton, BL3 5BN. The pool is 8 lane anti-wave, 25m, and electronic timing will be used. The competition is open to amateurs only, as defined by ASA Law.

1. Meet Administration

- 1a. The meet will be license at 3
- 1b. The Promoter reserves the right to reject any entry. (THE PROMOTER BEING Bolton Metro Swim Squad).
- 1c. The Promoter reserves the right to limit entries to meet gala license timing restrictions. Where this rule is invoked, the meet will be filled based on FIRST COME, FIRST SERVED. Rejections will be made in each event rather than by club to ensure the smooth running of the competition. Events chosen for restrictions will be at the meet organisers' discretion.
- 1d. The Promoter accepts no responsibility for loss or damage to the competitor's personal belongings, how so ever caused, unless the negligence of the the promotor causes such damage.

2. General Conditions

- 2a. This meet is open to all members of clubs affiliated with Swim England/Scottish Swimming or Swim Wales or their national association as appropriate. They must be eligible to compete and may enter only in the name of one club.
- 2b. This meet will be run using the linked SportSystems software. The SportSystems entry file will be available to download from our website on the 1 Sep 2023
- 2c. This Competition is licensed by the Swim England (SE) and will be held under SE Laws and Regulations, SE Technical Rules of Racing and to SE Open Meet Licensing Criteria

3. Age Groups

- 3a. Ages are as at midnight 1 Dec 2023
- 3b. Age groups for awards are: 9, 10, 11, 12, 13, 14, 15+ Years

4. Events

- 4a. Individuals Events:
 - i. 50m, 100m, 200m and 400m Freestyle
 - ii. 50m, 100m, 200m Backstroke, Breaststroke and Butterfly
 - iii. 200m and 400m Individual Medley
- 4b. Events are seeded on submitted times. The Promoter reserves the right to reduce the number of entries to keep the meet to a reasonable length - even if swimmers have achieved the minimum qualifying standards.
- 4c. All entries and rejections will be posted on the Bolton Metro website www.boltonmetro.com.
- 4d. All individual events are available for both Open and Female competitors.
- 4e. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.
- 4f. A draft programme, final programme and live results shall be published in addition to these conditions.

5. Entries

- 5a. Upper qualifying times apply to all swimmers.
- 5b. All entries for individual events together with the appropriate fees must be received by the Competition Secretary bmss.compsec@outlook.com no later than the published closing time and date.
- 5c. Closing dates for entries will be 11:59 pm 25 Nov 2023.
- 5d. Any Electronic or postal entries received after the closing date will not be accepted.
- 5e. Entry times achieved in either 50m pool or converted 25m times are permitted.
- 5f. Entries shall be accepted from Classified disability swimmers without the requirement of having achieved a consideration time.
- 5g. No poolside entries will be accepted.



Chair, Charlotte Williams
bmss.chair@outlook.com

Head Coach, Ric Howard
bmss.richowrd@outlook.com

Comp Sec, Rick Blyth
bmss.compsec@outlook.com

6. Meet Procedures

- 6a. All individual events are Heat Declared Winners. Swimmers will compete in one age group only
- 6b. Competitors whose entries have been accepted will be expected to swim unless they have complied with the withdrawals procedures.
- 6c. Strictly no diving in or climbing over pads is permitted during warm-up in the competition pool.
- 6d. All starts will be into deep water. "Over the Top" starts will be used for all events, including Backstroke events. Swimmers must leave the water by the side of the pool and not over the timing pads.
- 6e. Please note there is no swim-down facility at the pool.
- 6f. All competitors must go through marshalling. If a competitor does not report to marshalling in time, the event will proceed without the competitor.
- 6g. Warm-up protocol: Each warm-up session will be divided into equal-length sessions. There is to be strictly no diving during warm-up, with the exception of designated sprint lanes. Odd lanes will swim clockwise, and even lanes will swim anti-clockwise.
- 6h. All team staff must be DBS checked and have undertaken a relevant safeguarding course (e.g., Swim England Safeguarding course) to gain a coaches/team managers pass and access to poolside and the swimmer's seating area. Any parent of a swimmer attending without their club wishing to chaperone their child must also be DBS checked to gain a pass. Coaches and team staff MUST wear the wristbands provided. The Promoter will NOT be responsible for any unaccompanied swimmers on poolside. The responsibility falls on the club entering the swimmer.
- 6i. The Promoter reserves the right to refuse admission to any competitor or spectator.
- 6j. ALL swimmers must abide by the Health and Safety rules that are on display at poolside. Any swimmer contravening these rules may be excluded from the remainder of the meet. No glass bottles on poolside. Shoes to be worn when leaving poolside
- 6k. NO DIVING AT THE SHALLOW END AT ANY TIME.
- 6l. The Referee's decision regarding interpreting and judging any ASA rules or laws are final.

7. Withdrawals

- 7a. An online withdrawal system will be in operation for the duration of the competition.
- 7b. Withdrawals from Heats must be made no later than {WITHDRAWAL WINDOW} before the advertised competition start time of the relevant session.

8. Awards

- 8a. The 3 fastest times of the swimmers in each age group will receive an award.
- 8b. Medals for para swimmers will be awarded on a multi-classification basis and will be allocated to the top three British Para Swimming (BPS) points scorers in each event

9. Refunds

- 9a. Refunds will not be given for swimmers withdrawing after the closing date or for any errors or omissions attributable to the individual or their club. Refunds will only be issued to individuals who can prove that they are unfit to compete on medical grounds subject to an appropriate medical certificate being received by the Meet Promoter.
- 9b. If cancellation of the event is necessary, then the only claim will be the entry fees paid.
- 9c. All rejected swim refunds will be returned to the relevant clubs.

10. General

- 10a. Bolton Metro Swim Squad will acknowledge receipt of entries as soon as possible after receipt.
- 10b. Receipt of entries does not constitute acceptance.
- 10c. A list of accepted entries will be published on the Bolton Metro website www.boltonmetro.com as soon as possible after the entry deadline.
- 10d. Payment procedure:
- 10e. Payment must be made via BACS to the Bolton Metro Swim Squad bank account
Account Name: Bolton Metro Swim Squad
Sort Code: 01-30-99
Account Number: 63966557
- 10f. Entries and results will be managed via computer and available via the internet. By submitting entries, consent is thereby given, as required by the Data Protection Act 1998, to the holding of personal information on a computer. Personal data, including submitted and recorded times, will be available during the meet.



Chair, Charlotte Williams
bmss.chair@outlook.com

Head Coach, Ric Howard
bmss.richoward@outlook.com

Comp Sec, Rick Blyth
bmss.compsec@outlook.com

10g. Throughout this event Bolton Metro Swim Squad will have a number of authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activities. Consent is deemed to be granted by entering the meet.

10h. Flash photography is prohibited at all times during the Meet. Any photos taken should fall within the Swim England guidelines at <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>. The publishing of a photograph of a swimmer under 18, either on a notice board or in a published article or video recording (including video streaming) of the Meet should only be done with parental consent and in line with Swim England guidelines.

11. Any point not covered by these conditions will be at the discretion of the meet promoter. Depending upon the situation, the meet promoter's or Referee's decision, respectively, will be final.



Chair, Charlotte Williams
bmss.chair@outlook.com

Head Coach, Ric Howard
bmss.richoward@outlook.com

Comp Sec, Rick Blyth
bmss.compsec@outlook.com

Summary of Entries

PLEASE RETURN THIS SHEET WITH YOUR PAYMENT AND SPORTSYSTEM PRINTOUTS TO THE EMAIL ADDRESS BELOW

- A draft programme will be published on the club website for corrections.
- Please enclose a computer-generated SportSystems printout of swims with a record of your payment.

Contact Details (Capital Letters Please)

Name of Club	
Contact Name	
Tel. No.	
Contact Email	

Entry Details

	No	Fee	Cost
Girls Entries		@ £6.00	£
Boys Entries		@ £6.00	£
Total Entries		@ £6.00	£
Coaches Passes		@ £15.00	£
		Total	£

BACS Payments ONLY, Please use reference (CLUB NAME) Christmas Countdown

Payment details:

Account: Bolton Metro Swim Squad, Account Number: 63966557, Sort Code: 01-30-99

Name	Position	SE Number



Chair, Charlotte Williams
bmss.chair@outlook.com

Head Coach, Ric Howard
bmss.richowar@outlook.com

Comp Sec, Rick Blyth
bmss.compsec@outlook.com

Paper Entry Form

Full Name						
Date of Birth						
Club						
Swim England Number						
Disability Code	S		SB		SM	
Address						
Email Address						

Please enter your personal best times converted for a 25m Pool - entry times will be automatically checked.

Event	Entry Time
50 Freestyle	
100 Freestyle	
200 Freestyle	
400 Freestyle	
50 Backstroke	
100 Backstroke	
200 Backstroke	
50 Breaststroke	
100 Breaststroke	
200 Breaststroke	
50 Fly	
100 Fly	
200 Fly	
200 IM	
400 IM	



Chair, Charlotte Williams
bmss.chair@outlook.com

Head Coach, Ric Howard
bmss.richowar@outlook.com

Comp Sec, Rick Blyth
bmss.compsec@outlook.com

Officials

Do you have any qualified officials who would be available to help at any of the sessions? If so please include below.

Name	Level (Judge, T/K, Starter)	Club	Session 1	Session 2