



Chair, Hannah Cork
chair@boltonmetro.com

Head Coach, Ric Howard
headcoach@boltonmetro.com

Comp Sec, Rick Blyth
compsec@boltonmetro.com

Christmas Counties Countdown ASA Level 3 Meet Licence No: TBC

Date	Saturday 7th & Sunday 8th 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 First Come, First Served (FCFS) basis.
Competition Age	Ages are as at midnight 8th Dec 2024
Age Groups	800m/1500m: Open/Female*: 10, 11, 12, 13, 14, 15, 16/over All other events: Open/Female*: 9, 10, 11, 12, 13, 14, 15, 16/over <i>*The Female category is for birth sex females in accordance with Swim England's Trans-gender 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, 200m IM, 400m Free & IM, 800m Free, 1500m Free All events Heat Declared Winners (HDW). 800m and 1500m Free will close early if Full, with reserves. Entry to both the 800m and 1500m Freestyle is restricted to 3 heats (800m) & 2 heats (1500m), no extra heats will be added to these events.
Awards	Top 3 Male/Open & Female swimmers in each age group per event.
Entry File	https://bit.ly/4bBe4b2
Key Dates	Entries open: 01/09/24 Entries close: 23/11/2024 or when full Accepted/Rejected Entries published: 28/11/2024



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Entry Information

£6.50 per event, 800m and 1500m **£9.00** (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 compsec@boltonmetro.com and club summary entry form detailing payment to be copied to treasurer@boltonmetro.com

Entry Acceptance: Entries will be accepted on a **FIRST COME, FIRST SERVED** basis. The closing date for entries is 11:59 PM on 23/11/2024, or **WHEN FULL*** if earlier.

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

Processed Entries: A list of processed entries will be published on **28/11/2024**. Competitors are requested to check their entries carefully and inform compsec@boltonmetro.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 officials 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) must do so in accordance with Swim England Photography Guidance (see Wavepower 2020-2023). Flash photography is strictly prohibited at all times.



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Programme of events: Day 1

Event No.	7th Dec — Warm up: 8:30am / Start: 9:30am		
101	Mixed	1500m	Free
102	Mixed	800m	Free

Event No.	7th Dec — Warm up: TBC / Start: TBC		
201	Open	200m	IM
202	Female	200m	Free
203	Open	100m	Butterfly
204	Female	100m	Butterfly
205	Mixed	50m	Free

Event No.	7th Dec — Warm up: TBC / Start: TBC		
301	Open	200m	Butterfly
302	Female	200m	Butterfly
303	Open	100m	Breaststroke
304	Female	100m	Breaststroke
305	Mixed	50m	Backstroke
306	Open	200m	Free
307	Female	200m	IM



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Programme of events: Day 2

Event No.	8th Dec — Warm up: TBC / Start: TBC		
401	Open	400m	IM
402	Female	400m	Free
403	Open	100m	Backstroke
404	Female	100m	Backstroke
405	Mixed	50m	Butterfly
406	Open	200m	Breaststroke
407	Female	200m	Breaststroke

Event No.	8th Dec — Warm up: TBC / Start: TBC		
501	Open	400m	Free
502	Female	400m	IM
503	Open	100m	Free
504	Female	100m	Free
505	Mixed	50m	Breaststroke
506	Open	200m	Backstroke
507	Female	200m	Backstroke



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Upper Time Limits: Open/Male

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 (8th Dec 2024)

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

Open/Male	9	10	11	12	13	14	15+
50 Free	31.00	30.00	29.00	28.00	25.00	24.00	23.00
100 Free	1:05.00	1:03.00	1:02.00	1:00.00	56.00	53.00	51.00
200m Free	2:20.00	2:15.00	2:10.00	2:05.00	2:03.00	1:58.00	1:56.00
400m Free	5:15.00	5:10.00	5:00.00	4:40.00	4:20.00	4:10.00	3:55.00
800m Free			9:20.00	9:20.00	9:05.00	8:55.00	8:40.00
1500m Free			18:45.00	18:45.00	17:50.00	17:00.00	16:30.00
50m Breast	43.00	41.00	38.00	35.00	32.00	30.00	28.00
100m Breast	1:35.00	1:31.00	1:27.00	1:22.00	1:15.00	1:10.00	1:06.00
200m Breast	3:20.00	3:10.00	2:55.00	2:40.00	2:32.00	2:21.00	2:17.00
50m Fly	39.00	36.00	34.00	32.00	29.00	27.00	25.00
100m Fly	1:23.00	1:20.00	1:16.00	1:07.00	1:00.00	57.00	55.00
200m Fly		3:00.00	2:42.00	2:32.00	2:19.00	2:09.00	2:06.00
50m Back	38.00	36.00	34.00	32.00	30.00	28.00	27.00
100m Back	1:15.00	1:12.00	1:10.00	1:06.00	1:03.00	1:01.00	59.00
200m Back	2:40.00	2:30.00	2:25.00	2:22.00	2:19.00	2:11.00	2:07.00
200m IM	3:00.00	2:50.00	2:40.00	2:30.00	2:15.00	2:06.00	2:01.00
400m IM			5:25.00	5:10.00	4:50.00	4:40.00	4:30.00



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Upper Time Limits: Female

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 (8th Dec 2024)

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

Female	9	10	11	12	13	14	15+
50 Free	33.00	31.00	29.00	28.00	27.00	26.00	25.00
100 Free	1:07.00	1:05.00	1:04.00	1:03.00	59.00	57.00	55.00
200m Free	2:23.00	2:17.00	2:12.00	2:07.00	2:05.00	2:02.00	2:00.00
400m Free	5:15.00	5:10.00	5:05.00	4:45.00	4:35.00	4:25.00	4:10.00
800m Free			9:30.00	9:30.00	9:10.00	9:05.00	8:45.00
1500m Free			18:40.00	18:40.00	18:20.00	17:50.00	17:10.00
50m Breast	44.00	41.00	38.00	35.00	33.00	31.00	29.00
100m Breast	1:36.00	1:32.00	1:27.00	1:22.00	1:17.00	1:12.00	1:09.00
200m Breast	3:20.00	3:10.00	2:58.00	2:45.00	2:34.00	2:26.00	2:21.00
50m Fly	39.00	34.00	33.80	32.00	29.00	27.00	26.00
100m Fly	1:24.00	1:21.00	1:17.00	1:11.00	1:06.00	1:02.00	1:00.00
200m Fly		3:02.00	2:45.00	2:40.00	2:25.00	2:17.00	2:11.00
50m Back	38.00	37.00	35.00	33.00	31.00	29.00	28.00
100m Back	1:17.00	1:15.00	1:14.00	1:11.00	1:06.00	1:03.00	1:01.00
200m Back	2:50.00	2:45.00	2:38.00	2:30.00	2:22.00	2:18.00	2:15.00
200m IM	3:01.00	2:51.00	2:42.00	2:32.00	2:20.00	2:10.00	2:06.00
400m IM			5:40.00	5:30.00	5:10.00	4:55.00	4:44.00



BMSS: Affiliated to Swim England

The meet will be held under Swim England Technical Rules (with a one-start rule) on Saturday 7th & Sunday 8th 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 level 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 01/09/24
- 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 8th Dec 2024
- 3b. Age groups for awards are: 9, 10, 11, 12, 13, 14, 15, 16/over

4. Events

- 4a. Individuals Events:
 - i. 50m, 100m, 200m, 400m, 800m and 1500m 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 compsec@boltonmetro.com no later than the published closing time and date.
- 5c. Closing dates for entries will be 11:59 pm 23/11/2024.
- 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.

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 50 min 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



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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.
- 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.



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Summary of Entries

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

- Email the sports systems file (.sef) together with this entry form to compsec@boltonmetro.com and CC treasurer@boltonmetro.com.
- 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
Female Entries		@ £6.50	£
Open/Male Entries		@ £6.50	£
Distance Entries		@ £9.00	£
Total Entries		@ £6.50	£
Coaches Passes		@ £15.00	£
			Total £

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

Payment details:

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



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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)	S1	S2	S3	S4	S5