

Head Coach, Ric Howard headcoach@boltonmetro.com

Comp Sec, Rick Blyth compsec@boltonmetro.com

BMSS 3rd Masters Open Meet

Date	Saturday 18th January		
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	Entries on a FCFS basis so get entries in ASAP. Age Groups as 31/12/2025		
Individuals	Full masters age groups as of 31st December 2025, including 18-24 (swimmers must be 18 years+ on day of swim) All events Heat Declared Winners.		
Awards	Top Visiting Club NW outside NW Top 3 male & female swimmers achieving the most points in each age group.		
Entries	£6.50 for all races / £10.00 for relays		
Entries Open	18/10/24		
Entries Close	08/01/25		
Entries to	compsec@boltonmetro.com		





Head Coach, Ric Howard headcoach@boltonmetro.com Comp Sec, Rick Blyth compsec@boltonmetro.com

Programe of events

Event No.	Session 1: 18th January — Warm up: 3:00pm / Start: 3:25pm				
101	Mixed	100m	Individual Medley		
102	Mixed	100m	Butterfly		
103	Ladies	50m	Backstroke		
104	Open	50m	Backstroke		
105	Mixed	200m	Breaststroke		
106	Mixed	100m	Freestyle		
107	Ladies	50m	Butterfly		
108	Open	50m	Butterfly		
109	Mixed	200m	Backstroke		
110	Mixed 72 - 119yrs	4x50m	Medley Relay		
	Mixed 120 - 159yrs	4x50m	Medley Relay		
	Mixed 160 - 199yrs	4x50m	Medley Relay		
	Mixed 200 - 239yrs	4x50m	Medley Relay		
	Mixed 240yrs +	4x50m	Medley Relay		

No.	Session 2: 18th January — Warm up: TBC / Start: TBC			
201	Mixed	100m	Breaststroke	
202	Ladies	50m	Freestyle	
203	Open	50m	Freestyle	
204	Open	200m	Butterfly	
205	Mixed	100m	Backstroke	
206	Ladies	50m	Breaststroke	
207	Open	50m	Breaststroke	
208	Mixed	200m	Freestyle	
209	Mixed 72 - 119yrs	4x50m	Freestyle Relay	
	Mixed 120 - 159yrs	4x50m	Freestyle Relay	
	Mixed 160 - 199yrs	4x50m	Freestyle Relay	
	Mixed 200 - 239yrs	4x50m	Freestyle Relay	
	Mixed 240yrs +	4x50m	Freestyle Relay	



Head Coach, Ric Howard headcoach@boltonmetro.com Comp Sec, Rick Blyth compsec@boltonmetro.com

BMSS: Affiliated to Swim England

The meet will be held under Swim England Technical Rules (with a 1 start rule) **Saturday 18th January 2025**, at Jason Kenny Centre, Moor Lane, Bolton, BL3 5BN. The pool is 8 lane anti-wave, 25m, electronic timing will be in use. The competition is open to amateurs only, as defined by ASA Law.

- 1. All entrants must be Club Compete (category 2) members of a Swim England
- 2. Age Groups are based on ages at 31/12/2025
- 3. Entries will be accepted on a 'first come first served' basis, based on day of receipt.
- 4. A competitor may compete in the name of one club only.
- 5. Entries shall be accepted from Classified disability swimmers are permitted to enter without the requirement of having achieved a consideration time.
- Application for entry must have been correctly submitted by the specified date and accepted by the Promoter. The Promoter reserves the right to reject any entry. (THE PROMOTER BEING BMSS SWIMMING CLUB).
- 7. Entries to be submitted to compsec@boltonmetro.com Information pack will be available on the club website (www.boltonmetro.com)
- 8. All individual events are Heat Declared Winners. Swimmers will compete in one age group only "age on the day Saturday 18th January 2025."
- 9. Events are seeded on submitted times. 100m and 200m will be swam on a mixed basis, but results will be split accordingly.
- 10. A prize will be made to the top 3 male & female swimmers achieving the most points in each age group. The sum of the points from each individual's best results in each of the four strokes plus the IM to decide the top swimmer, in the event of a tie the result from the Individual Medley will act as a "tie breaker".
- 11. The prizes this year will be: Swimmer achieving the highest number of points in each age group (Men & Women)
- 12. The top visiting club award will go to the club with the highest total of points from the gala and points will be awarded for individuals and relay teams as follows:- 1st 6 points / 2nd 5 points / 3rd 4 points / 4th 3 points / 5th 2 points / 6th and any swimmer or team who legally finishes their event 1 point. A top 'non-North West' club award will also be presented.
- 13. All starts will be into deep water. "Over the Top" starts will be used for all events including Backstroke events.
- 14. Dependant on the number of entires received, the organiser resever the right to adjust for start times of the sessions, and restrict the number of competitors in events. 200m events will be restricted to a maximum number strictly on a first come first served basis.
- 15. Events may be swum with men & women seeded together, depending on the number of entries received, but there will be separate results produced for all combined events.
- 16. Heats for each event will cover all age groups and competitors. Events will be seeded slowest to fastest, based on entry time submitted. Each heat will be spearheaded. The Promoter reserves the right to modify the seeding arrangements should conditions demand.
- 17. 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. Swimmers must leave the water by the side of the pool and not over the timing pads.
- 18. Please note there is no swim down facility at the pool. A separate warm up for both Mens and Womens will precede the start of each session
- 19. Results will be posted on the club website and will be supplied to British Swimming for entry into the Masters rankings database.
- 20. Relays Swimmers may swim in only one team in any relay event. 18-24 yrs olds may only swim in the 72+ age band. Relay events 110 & 209 combined ages will be: 72+ years / 120-159yrs / 160-199yrs / 200-239yrs / 240-279yrs / 280+ etc and will consist of four swimmers; 2 women & 2 men, swimming in any order.
- 21. 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
- 22. The promoter reserves the right to refuse admission to any competitor or spectator.
- All entries must be paid for via GoCardless or BACS payment, For BACS payments use the reference BMSSMasters/CLUB NAME or INDIVIDUAL
 1a. Account Name: Bolton Metro Swim Squad, Sort Code: 01-30-99, Account Number: 63966557
- 24. Anything not covered within these meet rules to be at the discretion of the meet organiser and/or the Promoters BMSS SWIMMING CLUB.
- 25. For any questions about the meet not covered in this document please email compsec@boltonmetro.com
- 26. Entries for this meet will be held on a computer. As required by the Data Protection Act. consent to the hlding of personbal information on a computer will be deemed to have eben given by the submission of the entry. Personal data will be available for inspection during the meet if advance application has been made to the promoter.