



Chair, Stuart Noakes
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Head Coach, Ric Howard
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Summer Sprints 25

Level 3 Meet Licence No: TBC

Date	5 July 2025
Venue	Jason Kenny Centre, Moor Lane, Bolton, BL3 5BN
Meet Format	This is a Level 3 meet, run with upper entry times. Upper entry times apply Entries are accepted on a First Come, First Served (FCFS) basis
Pool	25 metre, 8 Lane, diving blocks with anti-wave lane ropes. Electronic timing with electronic display, electronic meet software.
Competition Age	Ages are as at midnight 5 July 2025
Age Groups	Open: 9, 10, 11, 12, 13, 14, 15, 16/over 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 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, 200m IM, 400m Free & IM, 800m Free, 1500m Free 100m Individual Medley Heat Declared Winner (HDW) – no finals Seeding: Heats seeded slowest to fastest
Awards	Top 3 Male/Open & Female swimmers in each age group per event as well as spot prizes.
Entry File	TBC
Key Dates	Entries will close at 11:59 pm on 21 June 2025 or when full, whichever comes first. Accepted/Rejected Entries published: 28 June 2025



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Entry Information

£7.00 per race (Poolside Entries not allowed).

Entries should be made by using the correct Sportsystems Entry File.

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

Entries will be accepted on a **FIRST COME, FIRST SERVED** basis. The closing date for entries 11:59 pm **21 June 2025** 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 June 2025**. 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 Swim Squad 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 Swim Squad will waive the Poolside Passes fee for any club providing one or more technical official. 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** per session or **£7.00** 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.



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Programe of events

Event No.	5 July 2025 — Warm up: 8:30 am / Start: 9:30 am		
101	Female	100m	IM
102	Open/Male	100m	Fly
103	Female	100m	Fly
104	Open/Male	50m	Breaststroke
105	Female	50m	Breaststroke
106	Open/Male	100m	Freestyle
107	Female	100m	Backstroke
108	Open/Male	50m	Backstroke
109	Female	50m	Freestyle

Event No.	5 July 2025 — Warm up: TBC / Start: TBC		
201	Open/Male	100m	IM
202	Female	100m	Breaststroke
203	Open/Male	100m	Breaststroke
204	Female	50m	Fly
205	Open/Male	50m	Fly
206	Female	100m	Freestyle
207	Open/Male	100m	Backstroke
208	Female	50m	Backstroke
209	Open/Male	50m	Freestyle



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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 (4 July 2025)

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

Open/Male	9	10	11	12	13	14	15	16/over
50m Freestyle	31.00	30.00	29.00	28.00	26.00	25.00	22.15	22.15
100m Freestyle	1:05.00	1:03.00	1:02.00	1:01.00	59:00	57.50	47.03	47.03
50m Backstroke	39.00	37.00	35.00	32.00	30.00	28.50	24.90	24.90
100m Backstroke	1:15.00	1:12.00	1:10.00	1:06.00	1:02.00	1:00.00	52.92	52.92
50m Breaststroke	45.00	41.00	38.00	35.00	32.00	30.00	28.02	28.02
100m Breaststroke	1:25.00	1:20.00	1:16.00	1:14.00	1:12.00	1:08.00	58.09	58.09
50m Fly	40.30	36.50	34.50	32.50	31.00	29.50	23.78	23.78
100m Fly	1:15.00	1:10.00	1:06.00	1:02.00	1:00.00	58.00	50.87	50.87
100m IM	1:13.00	1:13.00	1:09.00	1:04.00	59.00	55.00	52.00	52.00

Female	9	10	11	12	13	14	15	16/over
50m Freestyle	31.00	30.00	29.00	28.00	27.00	25.00	25.54	25.54
100m Freestyle	1:05.00	1:03.00	1:02.00	1:01.00	58:00	57.00	53.09	53.09
50m Backstroke	39.00	37.00	35.00	32.00	30.00	28.00	28.90	28.90
100m Backstroke	1:15.00	1:12.00	1:10.00	1:06.00	1:02.00	1:00.00	58.00	58.00
50m Breaststroke	45.00	41.00	38.00	35.00	32.00	29.00	30.93	30.93
100m Breaststroke	1:25.00	1:20.00	1:16.00	1:14.00	1:12.00	1:08.00	1:06.73	1:06.73
50m Fly	40.40	36.50	34.50	32.90	31.00	30.00	27.59	27.59
100m Fly	1:15.00	1:10.00	1:06.00	1:02.00	1:00.00	58.00	56.97	56.97
100m IM	1:18.00	1:18.00	1:15.00	1:13.00	1:09.00	1:05.00	59.00	59.00



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Bolton Metro Swim Squad – Affiliated to Swim England

The meet will be held under Swim England Technical Rules (with a one-start rule) on **5 July 2025**, 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 Swim England Laws and Regulations and Swim England Technical Rules of Racing.

1. General Information

- 1.1. Meet Name: Summer Sprints 25
- 1.2. Licence Level: Level 3 Meet Licence No: TBC.
- 1.3. Promoter: Bolton Metro Swim Squad.
- 1.4. Eligibility: Open to all swimmers registered with **Swim England**, **Scottish Swimming**, or **Swim Wales** at Club Compete (formerly Cat 2) level.
- 1.5. This meet is open to all members of clubs affiliated with Swim England, Scottish Swimming, or Swim Wales (or their national association). Competitors may only enter under one club name.
- 1.6. This meet will be run using **SportSystems** software. The entry file will be available on the <https://boltonmetro.com/> website from.
- 1.7. This competition is licensed by Swim England (SE) and will be held under SE Laws and Regulations, SE Technical Rules of Racing, and SE Open Meet Licensing Criteria.
- 1.8. Entries and results will be managed via computer and available online.
- 1.9. Accepted Entries: Published on 28 June 2025.
- 1.10. By submitting entries, competitors give consent for personal data (including times and results) to be stored and shared in line with the UK General Data Protection Regulation (UK GDPR).

2. Competition Age & Age Groups

- 2.1. Competition Age: Swimmers' ages will be as of midnight on 5 July 2025.
- 2.2. Age Groups for Awards: 9, 10, 11, 12, 13, 14, 15, 16/over.

3. Competition Format

- 3.1. Heat Declared Winner (HDW) – no finals.
- 3.2. Heats will be seeded slowest to fastest based on submitted times.
- 3.3. The Promoter reserves the right to reduce the number of entries if necessary, even for swimmers who have achieved the qualifying times.

4. Events & Awards

- 4.1. Individual Events:
 1. 50m, 100m, 200m, all strokes, 200m IM, 400m Free & IM, 800m Free, 1500m Free
 2. 100m Individual Medley.
- 4.2. Awards:
 1. Medals for the Top 3 Male/Open & Female swimmers in each age group per event.
 2. Para swimmer awards will be allocated based on British Para Swimming (BPS) points.
 3. Spot prizes awarded randomly throughout the meet.

5. Entry Process & Limitations

- 5.1. Priority Entries: Bolton Metro Swim Squad swimmers will be processed first, regardless of entry times.
- 5.2. Entry Limits: The Promoter reserves the right to limit entries to meet gala license timing restrictions.
- 5.3. First Come, First Served (FCFS): If entry limits are required, the meet will be filled on an FCFS basis.
- 5.4. Rejections: Entries will be rejected per event, not per club, ensuring fair distribution across clubs.
- 5.5. Entries Processing: Entries will be processed in order of receipt. If the meet becomes full, later entries will be rejected regardless of qualifying times.



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- 5.6. Safety & Time Constraints: The Meet Director reserves the right to restrict entries in the interests of safety, time constraints, and ensuring the smooth running of the competition.
- 5.7. Session Length Adjustments: If session times exceed licensed meet guidelines, the Director may reduce qualifying times by a set percentage to bring session lengths within limits.
- 5.8. Refunds:
 - 1. Any swimmers rejected due to these adjustments will receive a full refund.
 - 2. Partial refunds will be considered if an entire session is cancelled due to unforeseen circumstances such as technical failure or facility closure.
 - 3. Medical withdrawal refunds will only be granted upon receipt of an official medical certificate.
- 5.9. Entry Times: Upper qualifying times apply.
- 5.10. Converted Times: Entries from either a 50m pool or converted 25m times are accepted, using Swim England Equivalent Performance Tables or Sportsystem Equivalent Times Converter.
- 5.11. Entry Fee: **£7.00 per event.**
- 5.12. Closing Date: **11:59 pm on 21 June 2025 or when full.**
- 5.13. No Late Entries: No poolside or late entries will be accepted.
- 5.14. Entry Submission:
 - 1. Entries must be submitted via SportSystems entry file to compsec@boltonmetro.com.
 - 2. Club summary and payment details must be emailed to compsec@boltonmetro.com and treasurer@boltonmetro.com.
 - 3. Accepted entries will be published on <https://boltonmetro.com/>.

6. Withdrawals

- 6.1. Deadline: Withdrawals must be submitted **no later than 50 minutes** before session start.
- 6.2. Online System: Withdrawals will be managed online (details in entry confirmation emails).

7. Gender Categories

- 7.1. Categories: Open & Female.
- 7.2. Swim England Transgender Policy: The Female category is for birth sex females only. By entering the 'Female' category, swimmers confirm their birth sex is female.

8. Meet Procedures

- 8.1. Marshalling:
 - 1. All swimmers must report to marshalling at least 3 events before their race.
 - 2. Failure to do so may result in disqualification.
 - 3. The event will proceed without waiting for late swimmers.
- 8.2. Warm-Up Procedure:
 - 1. Warm-up will be conducted in allocated sessions by age group and gender to avoid overcrowding.
 - 2. Sprint lanes will be designated in the final 10 minutes of each session.
 - 3. No diving except in designated sprint lanes.
- 8.3. Starts:
 - 1. "Over-the-Top" starts will be used for all events except backstroke.
 - 2. Backstroke swimmers must exit promptly at the side of the pool.
 - 3. The Referee's decision on all Swim England rules and laws is final.

9. Health & Safety Rules

- 9.1. Liability: The Promoter accepts no responsibility for loss or damage to the competitor's personal belongings unless caused by the negligence of the Promoter. Entry Times: Upper qualifying times apply.
- 9.2. Footwear: Must be worn outside poolside.
- 9.3. No Diving: Prohibited at the shallow end.
- 9.4. Glass Items: Not permitted on poolside.



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10. Poolside Passes

- 10.1. Flat Fee Per Club: **£15.00** per club for unlimited coaches & team managers.
- 10.2. Requirements:
 - 1. DBS-checked team staff.
 - 2. Completed Swim England Safeguarding course.
 - 3. Parents chaperoning unaccompanied swimmers must also be DBS-checked.
 - 4. All coaches & team managers must pre-register and may be subject to verification checks on the day. Bolton Metro relies on the trust of clubs to ensure that all team staff meet Swim England safeguarding requirements.
- 10.3. Wristbands: Coaches and team staff must wear the wristbands provided.
- 10.4. Officials Waiver: Poolside pass fees are waived for clubs providing **at least one technical official**. Must be noted on the poolside pass request form.
- 10.5. Unaccompanied swimmers: Must have a designated club coach or team manager responsible for them at all times.

11. Spectators & Photography

- 11.1. Seating is first-come, first-served.
- 11.2. Admission Fees:
 - 1. Per Session: **£5.00**.
 - 2. All-Day Pass: **£7.00**.
- 11.3. Spectator Access Restrictions:
 - 1. Spectators are not permitted in poolside, changing areas, or designated swimmer areas at any time. This is to ensure the safety and privacy of all competitors.
- 11.4. Photography & Filming:
 - 1. No flash photography.
 - 2. Must follow Swim England Wavepower guidelines.
 - 3. Official media partners may take photos/videos for promotional purposes.

12. Payment Details

- 12.1. BACS Payment Required:
- 12.2. Account Name: **Bolton Metro Swim Squad**
Sort Code: **01-30-99**
Account Number: **63966557**
- 12.3. Reference Format: **Club Name + Meet Name**.

13. Meet Promoter's Authority

- 13.1. Final Decisions: Any issue not covered in these conditions will be at the discretion of the Meet Promoter or Referee.
- 13.2. Data & Media Consent:
 - 1. Competitor data will be processed in compliance with the Data Protection Act 2018.
 - 2. Photography & video footage may be taken for promotional purposes.
 - 3. By entering the meet, swimmers consent to data processing and promotional use.



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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		@ £7.00	£
Boys Entries		@ £7.00	£
Total Entries		@ £7.00	£
Coaches Passes		@ £15.00	£
Total			£

BACS Payments ONLY, Please use reference (CLUB NAME) Summer Sprints 25

Payment details:

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

Name	Position	SE Number



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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	
50 Backstroke	
100 Backstroke	
50 Breaststroke	
100 Breaststroke	
50 Fly	
100 Fly	



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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)	Club	Session 1	Session 2