



Chair, Stuart Noakes
chair@boltonmetro.com

Head Coach, James Collins
headcoach@boltonmetro.com

Comp Sec, Rick Blyth & Rachael French
compsec@boltonmetro.com

Christmas Counties Countdown 2026

Level 3 Meet Licence No: 3NW262167

Date	Saturday 12th December 2026 - Sunday 13th December 2026
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
Meet Format	This is a level 3 meet, run with upper entry times. Entries are accepted on a FIRST COME FIRST SERVED BASIS
Competition Age	Ages are as at midnight Sunday 13th December 2026
Age Groups	Open/Male: 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 400m, 800m & 1500 Free 200m & 400 IM Heat Declared Winner (HDW) – no finals Seeding: Heats seeded slowest to fastest Entry to both the 800m and 1500m freestyle is restricted to four heats (800m) & three heats (1500m), no extra heats will be added to these events.
Awards	Top 3 Open/Male & Female swimmers in each age group per event as well as spot prizes.
Entry File	TBC
Key Dates	The opening date for entries will be Monday 7th September 2026 at 18:00 The closing date for entries Monday 23rd November 2026 at 11:59pm or WHEN FULL Accepted/Rejected Entries will be published Tuesday 1st December 2026



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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

Entry Acceptance: Entries will be accepted on a **FIRST COME, FIRST SERVED** basis. The closing date for entries is 11:59 PM on **Monday 23rd November 2026**, or **WHEN FULL*** if earlier.

**The meet will be deemed full when the session time reaches 3 hours*

Processed Entries: A list of processed entries will be published on **Tuesday 1st December 2026**. 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.

SENW Poolside Accreditation Required: All coaches, team managers, and chaperones must hold a valid SENW Poolside Accreditation pass. This free digital pass verifies DBS and safeguarding compliance and is non-transferable. Club secretaries should generate passes for their poolside team via the SENW accreditation platform before the meet.

QR codes will be scanned at the poolside entrance on arrival. Wristbands will be issued upon successful verification. Personnel without valid accreditation will not be granted poolside access. In exceptional circumstances, manual verification may be carried out at the discretion of the Meet Promoter. Any parent wishing to chaperone their child must also hold a valid accreditation pass.

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 **£8.00** 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, current edition). Flash photography is strictly prohibited at all times.



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Programme of events: Saturday AM (Day 1)

Event No.	Saturday 12th December 2026 — Warm up: 8:30am / Start: 9:30am		
101	Open/Male	400m	Freestyle
102	Female	200m	IM
103	Open/Male	50m	Butterfly
104	Female	50m	Breaststroke
105	Open/Male	100m	Backstroke
106	Female	100m	Butterfly
107	Open/Male	200m	Breaststroke
108	Female	200m	Backstroke
109	Mixed	1500m	Freestyle

Programme of events: Saturday PM (Day 1)

Event No.	Saturday 12th December 2026 — Warm up: 1:30pm / Start: 2:30pm		
201	Female	400m	IM
202	Open/Male	200m	Freestyle
203	Female	50m	Backstroke
204	Open/Male	50m	Freestyle
205	Female	100m	Freestyle
206	Open/Male	100m	Breaststroke
207	Female	200m	Butterfly



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Programme of events: Sunday AM (Day 2)

Event No.	Sunday 13th December 2026 — Warm up: 8:30am / Start: 9:30am		
301	Female	400m	Freestyle
302	Open/Male	200m	IM
303	Female	50m	Butterfly
304	Open/Male	50m	Breaststroke
305	Female	100m	Backstroke
306	Open/Male	100m	Butterfly
307	Female	200m	Breaststroke
308	Open/Male	200m	Backstroke
309	Mixed	800m	Freestyle

Programme of events: Sunday PM (Day 2)

Event No.	Sunday 13th December 2026 — Warm up: 1:30pm / Start: 2:30pm		
401	Open/Male	400m	IM
402	Female	200m	Freestyle
403	Open/Male	50m	Backstroke
404	Female	50m	Freestyle
405	Open/Male	100m	Freestyle
406	Female	100m	Breaststroke
407	Open/Male	200m	Butterfly



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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 L1, L2 or L3 licensed meet, prior to the last day of the meet (Sunday 13th December 2026)

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

Open/Male	9	10	11	12	13	14	15/over
50m Freestyle	31.00	30.00	29.00	28.00	26.00	25.00	22.15
100m Freestyle	1:05.00	1:03.00	1:02.00	1:01.00	59:00	57.50	47.03
200m Freestyle	2:20.00	2:15.00	2:10.00	2:05.00	2:03.00	1:58.00	1:56.00
400m Freestyle	-	5:10.00	5:00.00	4:40.00	4:20.00	4:10.00	3:55.00
800m Freestyle	-	-	9:20.00	9:20.00	9:05.00	8:55.00	8:40.00
1500m Freestyle	-	-	18:45.00	18:45.00	17:50.00	17:00.00	16:30.00
50m Backstroke	39.00	37.00	35.00	32.00	30.00	28.50	24.90
100m Backstroke	1:15.00	1:12.00	1:10.00	1:06.00	1:02.00	1:00.00	52.92
200m Backstroke	2:40.00	2:30.00	2:25.00	2:22.00	2:19.00	2:11.00	2:07.00
50m Breaststroke	45.00	41.00	38.00	35.00	32.00	30.00	28.02
100m Breaststroke	1:25.00	1:20.00	1:16.00	1:14.00	1:12.00	1:08.00	58.09
200m Breaststroke	3:20.00	3:10.00	2:55.00	2:40.00	2:32.00	2:21.00	2:17.00
50m Butterfly	40.30	36.50	34.50	32.50	31.00	29.50	23.78
100m Butterfly	1:15.00	1:10.00	1:06.00	1:02.00	1:00.00	58.00	50.87
200m Butterfly	-	3:00.00	2:42.00	2:32.00	2:19.00	2:09.00	2:06.00
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 L1, L2 or L3 licensed meet, prior to the last day of the meet (Sunday 13th December 2026)

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

Female	9	10	11	12	13	14	15/over
50m Freestyle	33.00	31.00	29.00	28.00	27.00	26.00	25.00
100m Freestyle	1:05.00	1:03.00	1:02.00	1:01.00	58.00	57.00	53.09
200m Freestyle	2:23.00	2:17.00	2:12.00	2:07.00	2:05.00	2:02.00	2:00.00
400m Freestyle	-	5:10.00	5:05.00	4:45.00	4:35.00	4:25.00	4:10.00
800m Freestyle	-	-	9:30.00	9:30.00	9:10.00	9:05.00	8:45.00
1500m Freestyle	-	-	18:40.00	18:40.00	18:20.00	17:50.00	17:10.00
50m Backstroke	38.00	37.00	35.00	33.00	31.00	29.00	28.00
100m Backstroke	1:15.00	1:12.00	1:10.00	1:06.00	1:02.00	1:00.00	58.00
200m Backstroke	2:50.00	2:45.00	2:38.00	2:30.00	2:22.00	2:18.00	2:15.00
50m Breaststroke	44.00	41.00	38.00	35.00	33.00	31.00	29.00
100m Breaststroke	1:25.00	1:20.00	1:16.00	1:14.00	1:12.00	1:08.00	1:06.73
200m Breaststroke	3:20.00	3:10.00	2:58.00	2:45.00	2:34.00	2:26.00	2:21.00
50m Butterfly	40.40	36.50	34.50	32.90	31.00	30.00	27.59
100m Butterfly	1:15.00	1:10.00	1:06.00	1:02.00	1:00.00	58.00	56.97
200m Butterfly	-	3:02.00	2:45.00	2:40.00	2:25.00	2:17.00	2:11.00
200 IM	3:01.00	2:51.00	2:42.00	2:32.00	2:20.00	2:10.00	2:06.00
400 IM	-	-	5:40.00	5:30.00	5:10.00	4:55.00	4:44.00



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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
Female Entries		@ £7.00	£
Open/Male Entries		@ £7.00	£
Total Entries		@ £7.00	£
Coaches Passes		@ £15.00	£
Total			£

Name	Position	SE Number

All coaches and team managers listed must hold a valid SENW Poolside Accreditation pass. Passes will not be issued on the day without valid accreditation.

BACS Payments ONLY, Please use reference (CLUB NAME) BMSS CCC **Payment details:**
Account: Bolton Metro Swim Squad, Account Number: 63966557, Sort Code: 01-30-99



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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
50m Freestyle	
100m Freestyle	
200m Freestyle	
400m Freestyle	
800m Freestyle	
1500 Freestyle	
50m Backstroke	
100m Backstroke	
200m Backstroke	
50m Breaststroke	
100m Breaststroke	
200m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Butterfly	
200m IM	
400m IM	



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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	Session 3