



Chair, Charlotte Williams
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Head Coach, Ric Howard
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Comp Sec, Rick Blyth
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Summer Sprint Meet

ASA Level 3 Meet Licence No: 3NW231117

Date	Sunday 2nd July
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 so get entries in ASAP. Age on the day
Individuals	9 years to Open Age: 50m, 100m, all strokes. All events Heat Declared Winners.
Awards	Top 3 swimmers in each age group per event.
Entries	£5.50 for all races. Poolside Entries not allowed. Spectator cost £5.00 all day ticket.
Coaches Passes	Coaches / Team Manager passes are £15.00 each, inclusive of start lists Coaches pass.
Entries Open	01/05/2023
Entries Close	26/6/23
Entries to	bmss.compsec@outlook.com
Entry file	https://bit.ly/summer-sprint



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Programme of events

Event No.	Session 1 — Warm up: 8:30am / Start: 9:30am		
101	Boys	100m	Fly
102	Girls	100m	Fly
103	Boys	50m	Breaststroke
104	Girls	50m	Breaststroke
105	Boys	100m	Freestyle
106	Girls	100m	Backstroke
107	Boys	50m	Backstroke
108	Girls	50m	Freestyle

No.	Session 2 — Warm up: TBC / Start: TBC		
201	Girls	100m	Breaststroke
202	Boys	100m	Breaststroke
203	Girls	50m	Fly
204	Boys	50m	Fly
205	Girls	100m	Freestyle
206	Boys	100m	Backstroke
207	Girls	50m	Backstroke
208	Boys	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 (1/7/23)

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

Boys	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
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
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
50 Fly	40.30	36.50	34.50	32.50	31.00	29.50	23.78
100 Fly	1:15.0	1:10.00	1:06.00	1:02.00	1:00.00	58.00	50.87

Girls	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
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
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
50 Fly	40.40	36.50	34.50	32.90	31.00	30.00	27.59
100 Fly	1:15.0	1:10.00	1:06.00	1:02.00	1:00.00	58.00	56.97



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BMSS: Affiliated to Swim England

The meet will be held under Swim England Technical Rules (with a one-start rule) Sunday 2nd July, 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. 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.
2. Age as of 2/7/23
3. This meet will be run using the linked Sportsystems software. The Sportsystems entry file will be available to download from our website on the 01/05/2023
4. The Promoter reserves the right to reject any entry. (THE PROMOTER BEING Bolton Metro SS).
5. 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.
6. Entries to be submitted to bmss.compsec@outlook.com Information pack will be available on the club website (www.boltonmetro.com)
7. Application for entry must have been correctly submitted by the specified date and accepted by the Promoter.
8. 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.
9. A draft programme, final programme and live results will be posted on our website: www.boltonmetro.com
10. All entries and rejections will be posted on the Bolton Metro Club Website. All rejected swim refunds will be returned to the relevant clubs.
11. 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.
12. Any Electronic or postal entries received after the closing date will not be accepted.
13. Entries shall be accepted from Classified disability swimmers without the requirement of having achieved a consideration time.
14. 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.
15. No poolside entries will be accepted.
16. All competitors must go through marshalling. If a competitor does not report to marshalling in time, the event will proceed without the competitor.
17. Strictly no diving in or climbing over pads is permitted during warm-up in the competition pool.
18. All individual events are Heat Declared Winners. Swimmers will compete in one age group only "2/7/23"
19. The 3 fastest times of the swimmers in each age group will receive an award. Age groups for awards are: 9, 10, 11, 12, 13, 14, 15/over.
20. If cancellation of the event is necessary, then the only claim will be the entry fees paid.
21. The Referee's decision regarding interpreting and judging any ASA rules or laws are final.
22. The Promoter accepts no responsibility for loss or damage to the competitor's personal belongings, how so ever caused, unless the negligence of the Bolton Metro SS causes such damage.
23. 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.
24. "Over the top" starts will be used in the heats at the Promoter's discretion.
25. The Promoter reserves the right to refuse admission to any competitor or spectator.
26. 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
27. 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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28. 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.
29. Please note there is no swim-down facility at the pool.
30. All starts will be into deep water. "Over the Top" starts will be used for all events, including Backstroke events.
31. NO DIVING AT THE SHALLOW END AT ANY TIME.
32. Any point not covered by these rules will be at the discretion of the Meet organisers.



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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		@ £5.50	£
Boys Entries		@ £5.50	£
Total Entries		@ £5.50	£
Coaches Passes		@ £15.00	£
		Total	£

BACS Payments ONLY, Please use reference (CLUB NAME) Summer Sprint Meet

Payment details:

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

Name	Position	SE Number



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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)	Session 1	Session 2