

CLOSING DATE FOR ENTRIES IS MONDAY 20TH MAY AT THE VERY LATEST



**CARN BREA & HELSTON
CLUB CHAMPIONSHIPS**
Monday 10th & Monday 17th June 2019



PROGRAMME

Monday 10th June

1. Girls Open 200m Breast
2. Boys Open 200m Breast
3. Girls Open 200m Fly
4. Boys Open 200m Fly
5. Girls 8 – 11 100m IM
6. Boys 8 – 11 100m IM
7. Girls 12 & O 200m IM
8. Boys 12 & O 200m IM
9. Girls 8 – 11 50m Back
10. Boys 8 – 11 50m Back
11. Girls 12 & O 100m Back
12. Boys 12 & O 100m Back
13. Girls 8 – 11 50m Fly
14. Boys 8 – 11 50m Fly
15. Girls 12 & O 100m Free
16. Boys 12 & O 100m Free

Monday 17th June

17. Girls 8 & O 200m Free
18. Boys 8 & O 200m Free
19. Girls 8 – 11 50m Breast
20. Boys 8 – 11 50m Breast
21. Girls 12 & O 100m Breast
22. Boys 12 & O 100m Breast
23. Girls Open 200m Back
24. Boys Open 200m Back
25. Girls 12 & O 100m Fly
26. Boys 12 & O 100m Fly
27. Girls 8 & O 50m Free
28. Boys 8 & O 50m Free

ENTRY CRITERIA

Age Groups for Club Champs are: 9 & Under, 10/11 years, 12/13 years, 14/15/16 years and Senior.

All swimmers aged 9 & U should discuss with their coach which events to enter.

<p>If you were born on or after 18th June 2009, you will swim as a <u>9 & Under</u>, and you may enter: <i>EACH</i> of: 50m Free, 200m Free and 100m IM <i>AND</i> 2 of the following 3 events: 50m Back or Breast or Fly <i>AND</i> 1 of the following 2 OPEN events: 200m Back or Breast (Maximum 6 events)</p>	<p>If you were born on or before 17th June 2007, you may enter: <i>EACH</i> of: 50m Free, 200m Free and 200m IM <i>AND</i> 3 of the following 4 events: 100m Free, Back, Breast & Fly <i>AND</i> 1 of the following 3 OPEN events: 200m Back, Breast & Fly (Maximum 7 events)</p>
<p>If you were born between 18th Jun 2007 and 17th June 2009 you may enter as a <u>10/11</u> years: <i>EACH</i> of: 50m Free, 200m Free and 100m IM <i>AND</i> 2 of the following 3 events: 50m Back or Breast or Fly <i>AND</i> 1 of the following 3 OPEN events: 200m Back or Breast or Fly (Maximum 6 events)</p>	<p>In addition to these events, if you wish you may enter a second 200m form stroke, but this will be for a time trial only and will not count as a championship position or for a new championship best time. You need to indicate on your entry form which event you are entering as a championship event and which you are entering as a time trial. Swimmers aged 7 and under will be able to enter this gala as 9 & Under by invitation of their coach.</p>

NB

- **Warm Up 6.20pm for 6.40pm start**
- **Final closing date for entries is Monday 20th May.**

CLOSING DATE FOR ENTRIES IS MONDAY 20TH MAY AT THE VERY LATEST



**CARN BREA & HELSTON
CLUB CHAMPIONSHIPS**
Monday 10th & Monday 17th June 2019



CONDITIONS

- **Warm Up 6.20pm for 6.40pm start**
- The Gala will be swum under Swim England Laws and Regulations and Swim England Technical Rules of Racing. Swimmers will be disqualified if these rules are broken.
- Awards will be made to the top three swimmers in each event in the following age groups: 9 & U, 10/11, 12/13, 14/15/16, and Senior (17 & Over), except for Open events, where awards will be made to the top three swimmers across all ages.
- Please carefully check below and on pages 1 and 3 for restriction on events that you may enter.
- Swimmers may enter a maximum of one Open Event (not Butterfly for 9 & Under, except on the recommendation of the Head Coach) as a Championship entry. One further Open event may be swum as a time trial, and should be indicated TT on your entry form.
- All events are Heat Declared Winners.
- Events will be swum slowest to fastest.
- Open to all swimmers whose ranked club is Carn Brea & Helston SC, from squads Dolphins and above. (Dolphins and Sharks MUST have their forms signed by their lead coach).
- Swimmers aged 7 and Under may enter this gala by invitation of their coach only, and will swim in the 9 & Under age group. Entry forms should be counter signed by coach.
- Swimmers must not change on poolside, in the spectator area or spectators toilets. Swimmers must use the changing areas.
- In order to safeguard all athletes, no photography device is allowed to be used in the changing areas or toilets. For further guidelines on Photography please see page 4.
- Ages as at midnight on 17th June 2019.
- Closing Date for entry is **Monday 20th May 2019**.
- **Entry Fee - £2 per event for 50m or 100m events and, £3 per event for 200m event**
- In order to complete sessions within the time constraints of the booking, it may be necessary to restrict entries. In the event of over-subscription, any deletions required will be based on entry time and balanced across each age group.
- Data Protection - Carn Brea & Helston Swimming Club uses a computer to record entries and results. By submitting entries and accepting entry to the Open Meet, consent will be deemed to have been given for the holding of personal information on a computer, as required by the Data Protection Act 2018 and in line with GDPR 2018. Personal data recorded such as name, club, date of birth, and times entered and recorded may be made public during or after the Open Meet. This data will be passed to Swim England for the purpose of calculating and publishing swimmers' national rankings.
- The pool is hired under agreements with the pool operator. As the pool is run primarily for the benefit of the public the temperature of the water and surrounding air is under the control of the pool operator. The water temperature is normally maintained above 28°C. No refunds will be given if a swimmer decides not to compete on the day based on water temperature, and a higher water temperature will not be a basis for a protest or complaint or legal action in the event of resulting harm.
- For any queries please contact our Promoter, Caroline Trestrail in the first instance: 01209 612592 or caroline.trestrail@gmail.com

FINAL CLOSING DATE FOR ENTRIES IS MONDAY 20th MAY.

CLOSING DATE FOR ENTRIES IS MONDAY 20TH MAY AT THE VERY LATEST



**CARN BREA & HELSTON
CLUB CHAMPIONSHIPS**
Monday 10th & Monday 17th June 2019



ENTRY FORM

Name: _____ **boy / girl** (Delete as appropriate)

Date of Birth: _____ **Swim Group:** _____

Please enter a tick (✓) in the table below for each event that you wish to enter.

Shaded Cells are events 1 – 16 which take place in week 1 of the competition	Other cells are in week 2
--	---------------------------

Please select events from the **correct rows for your age group**, and check the restrictions for your age group on page 1 and in the Meet conditions.

You may select a maximum of **one Open Event** (not Butterfly for 9 & Under) as a Championship entry. A second Open event can be swum as a time trial, and should be indicated **TT** on your entry form.

9 & Under 10/11	Enter any or all of:	50m Free events 27/28	200m Free events 17/18	100m IM events 5/6	
	Enter a maximum of 2 from:	50m Breast events 19/20	50m Back events 9/10	50m Fly events 13/14	
12/13, 14/15/16, & Senior	Enter any or all of:	50m Free events 27/28	200m Free events 17/18	200m IM events 7/8	
	Enter a maximum of 3 from:	100m Free events 15/16	100m Breast events 21/22	100m Back events 11/12	100m Fly events 25/26
Open (all age groups)	See Entry Criteria (page 1 & Conditions)	200m Breast events 1/2	200m Back events 23/24	200m Fly events 3/4	Open means all age groups – awards are for top three swimmers overall (not by age).

Lead Coach Signature: _____
(For Dolphins and Sharks)

NB Please post entry in the club post box at Carn Brea Leisure Centre or give direct to Dana Exell on any Monday, enclosing **Entry Fee £2 per event for 50m or 100m events and, £3 per event for 200m event.**

Closing Date for entries is Monday 20th May.

Competition to be swum under Swim England laws – Level 4 Licensed Meet – all times will be sent to Swim England rankings.

Open to all swimmers whose ranked club is Carn Brea & Helston. Ages are as at 19th June 2019

Warm Up: 6.20 for 6.40pm start.

Presentation of Cups, Medals and Certificates will take place at our Presentation evening on 29th June. See Club website noticeboard for details.

SOCIAL MEDIA

Examples of social media

- Facebook
- Twitter
- Instagram
- YouTube
- LinkedIn
- Snapchat
- Other platforms



Please follow the
Good Practice
Guidelines



You no longer need to sign
and register devices
!! STOP & THINK !!
Would you want your child
in a picture you didn't know
about and had no control
over?

The guidelines apply to everyone
and at all times. [Spectators,
Parents, Coaches, Swimmers,
Officials & Helpers whether at
meets, training, activities or
events].

THE GUIDELINES ON CONSENT & DECENCY
MUST ALWAYS APPLY

Together we can avoid

1. The use, adaptation, sharing, copying of images for child abuse purposes either electronically or in print;
2. The possible identification and locating of children where there are safeguarding concerns;
3. The possible identification of a child where an image is accompanied by significant personal information that can lead to a child being groomed;
4. The possibility of cyber bullying or sexting.

Photography guidance applies to all images and recordings taken on any camera, mobile phone or other recording devices. Social media guidance will apply if those images or recordings are being shared through any social media platform
[All CLUB Welfare Officers have a copy of **Wavepower** where full guidelines can be found]