



CARN BREA & HELSTON **3rd OPEN SPRINT MEET WITH SKINS EVENT**

(Affiliated to CCASA and ASASW)

Level 3 Licensed Meet

Under ASA Laws and ASA Technical Rules of Racing

Saturday 9th March 2019

The 3rd Carn Brea & Helston Open Sprint Meet

will take place on Saturday 9th March 2019

at the Penzance Leisure Centre, St Clare, Penzance, Cornwall, TR18 3QW

- Features:
- 25m – 6 lane pool warm up / cool down facility
 - electronic timing
 - friendly meet with a great poolside atmosphere
 - tiered spectator accommodation
 - excellent access for disabled swimmers and spectators
 - good restaurant
 - good parking

Level 3 Licensed Meet Number: 3SW190138

Programme includes:

- 50m Free, Back, Breast & Fly and 100m Individual Medley
- All events are "Heat Declared Winners"
- Awards to top three swimmers, boys and girls in each age group: 9, 10, 11, 12, 13, 14, 15, 16 & over will be based on total FINA points awarded across all five events
- Open to any swimmer who has **not** achieved a National time, or been invited to compete at the 2018 British Championships, British Summer Championships, ASA Summer Meet, ASA Winter Meet or at any higher level meet in any event.
- Entry fee £25 for all events
- Poolside passes for Coaches and Team Managers £10 each
- Separate skins events offered to the top 6 IM swimmers at the end of Session 1 with prize money for the top three in each of: top six Junior (aged 9 – 14) girls and boys and top six Senior (15 and over) girls and boys
- Optional Club Boys and Girls Cannons – 8 x 50m – one swimmer from each age group, competing for a club cannon shield – to be held at the end of Session 2. (Swimmers must have entered the gala).



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PROGRAMME OF EVENTS AGE ON THE DAY, £25 FOR ALL EVENTS

Session 1 **10.30 am warm-up for 11.20 am start**

Girl	Boy			
1	2	100M	Individual Medley	
3	4	50m	Butterfly	
Sk 1	Sk 2		Junior Skins	} To be swum in rotation – random stroke selection by draw
Sk 3	Sk 4		Senior Skins	

Session 2 **warm up times to be advised after closing date**

Girl	Boy			
5	6	50m	Backstroke	
7	8	50m	Breaststroke	
9	10	50m	Freestyle	
11	12	8 x 50m	Club Cannon (1 swimmers from each age group from entered club)	

For further information or queries please contact:
Rosie Gordon
8 Carriage Parc, Goonhavern, Truro, TR4 9QW
Tel: 01872 573615; rosie@philipgordon.co.uk
Or visit www.cbhsc.co.uk

Promoter's conditions

1. The competition will be held under ASA laws and ASA technical rules and is licensed to Level 3 by the ASA.
2. Events will be as stated in the programme. Ages are as at midnight on the day of the competition.
3. Each swimmer must not have achieved a National time, or been invited to compete at the 2018 British Championships, British Summer Championships, ASA Summer Meet, ASA Winter Meet or at any higher level meet in any event.
4. Entry times on the entry form must be given using 25m pool times (converted if appropriate).
5. The correct entry fee must accompany each entry form or the entry will be treated as incorrect. Entry fees should be paid from a club in **one consolidated cheque**, made payable to CBHSC, or payment may be made by bank transfer, (Barclays Bank, Sort Code 20-87-94 and Account Number 60898813) but should be made within 7 days of closing.
6. The closing date is **Monday 11th February 2019** for entries made electronically by Hy-Tek file, and **Monday 4th February 2019** for paper entries. **All entry fees should be with CBHSC by Monday 18th February.**
7. Swimmers must be Category 2 members of the club in whose name they enter by the closing date for entries. The promoter may accept late entries at its discretion. No refunds will be made for incorrect entries.
8. The promoter reserves the right to refuse or restrict entries, and in the event of over-subscription, entries will be accepted on a **strictly first come, first served** basis, and any rejected swimmers will be refunded. There will be no refunds for withdrawals after the closing date, except for a swimmer being selected to compete for their country or on production of a doctor's certificate.



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9. Warm-up times and start times will be as stated in the programme.
10. All events will be swum as heat declared winners; heats will be seeded in accordance with the submitted entry times, slowest to fastest.
11. Clubs wishing to enter the cannon relay may only use swimmers who have competed at this gala. Please indicate when you send in your entry if you wish to enter this event. Names may be submitted at a later date.
12. Medals will be awarded at the end of the day based on total FINA points gained across all five events in each age group (9, 10, 11, 12, 13, 14, 15, 16 & Over) boys and girls for 1st, 2nd, and 3rd.
13. 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 the ASA for the purpose of calculating and publishing swimmers' national rankings. Personal Data will be available for inspection during the Meet on application to the Promoters.
14. No spectators will be allowed on poolside. Only competitors, appointed officials and holders of a valid Coach or Team Manager's pass will be permitted poolside. Clubs are reminded of the ASA recommendation that there should be one Team Manager on poolside for every 10 swimmers. A maximum of 5 poolside passes per club will be allowed at a cost of £10.00 each, to include programme and heat start sheets. Results will be sent to clubs by e-mail and will be available on the Carn Brea & Helston Swimming Club website, www.cbhsc.co.uk.
15. For advice and guidance on the use of recording or streaming devices during the duration of the completion parents should consult the ASA Wavepower Policy: www.swimming.org/asa/clubs-and-members/safeguarding-children/ In order to safeguard all athletes, no photography device is allowed to be used in the changing areas or toilets.
16. Team entries of more than 5 swimmers must be made electronically. The Hy-Tek Meet Manager file for Team Manager or Team Manager Lite is available from rosie@philipgordon.co.uk to whom electronic entries should also be made. Signed hard copies of entries must be retained by the submitting club for reference in the event of a query. Individual entries from clubs of less than 5 swimmers may be made by hard copy only, but must arrive by 6th February.
17. Heat start lists rather than cards will be issued at the gala.
18. Competitors must report to the clerks of course two events before their own event. Competitors for the first two events of a session must report at the end of the warm-up.
19. Coaches and team managers should notify the recorders as soon as possible if any swimmer is unable to compete.
20. Disabled swimmers: Please advise of any special requirements and we will do our best to meet them in consultation with their coaches. Medals will be awarded at the discretion of the Promoter.
21. All valuables and clothing left in the changing rooms will be entirely at the owner's risk. Swimmers must not change on poolside, in the spectator area or spectators toilets. Swimmers must use the changing areas.
22. No diving at any time is permitted in the shallow end of the pool or in the warm down pool.
23. There will be no entry fee for spectators, and a full day's programme will be available at £5.
24. The pool is hired under agreements with the pool operators. 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 operators. 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.

Anything not covered by these conditions will be at the discretion of the promoter in agreement with the Meet Referee, who reserves the right to alter these conditions in order to ensure the smooth running of the Meet. Any such alterations will be announced during the meet.



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ENTRY FORM

(One form per swimmer please)

Name: _____
(as on ASA Card) (BLOCK CAPITALS)

*Male/Female
(*Delete as appropriate)

Date of Birth: _____

Club: _____

ASA Registration Number: _____

First Name for programme: _____
(if different from above)

Address: _____

E-mail address and / or telephone number of parent of swimmer (in case of queries):

Boys and Girls 9, 10, 11, 12, 13, 14, 15, 16 & O	Entry Time
50m Freestyle	
50m Backstroke	
50m Breaststroke	
50m Butterfly	
100m Individual Medley	

Please complete fully otherwise your entry will not be accepted and your entry fee not returned. Swimmers should enter a time or NT for each event.

I declare that I am an eligible competitor and that I accept the promoter's conditions.

Signature of swimmer: _____

Signature of club coach / official is required below ratifying the above entry times and that the swimmer is capable of diving as per the competitive start award.

Signature of Coach / Appointed Official: _____

Name of Coach / Appointed Official: _____
(BLOCK CAPITALS)



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Summary Entries Sheet

Please find enclosed entries from:

Club: _____

There are a total of _____ entries.

Please consolidate all entries for your club, and ensure that this form and all payment reach CBHSC by 18th February.

(* Please delete as necessary)

* I enclose a payment of (cheques payable to "CBHSC") / * I have made BACS payment of £ _____

Calculated as follows:

No. of female entries _____ @ £25 = £ _____

No. of male entries _____ @ £25 = £ _____

No. Coaches passes _____ @ £10 = £ _____

Girls Relay Cannon entry

Boys Relay Cannon entry

Total £ _____

Signed _____ Club Official

Name and address for future correspondence:

Email address: _____ Tel No: _____

Please return this form with *:

- Consolidated club cheque for the above amount
- BACS payment already made of the above amount

* Please tick appropriate box and delete as necessary

To:

Rosie Gordon
 8 Carriage Parc
 Goonhavern
 TRURO
 Cornwall TR4 9QW

Please note that club entries of more than 5 swimmers must also be made electronically by Team Manager File. Team Manager Lite is available as a free download at <http://www.hy-tekltd.com/downloads.html> where instructions can also be found.

Hy-Tek's Meet Manager file for Team Manager is available from rosie@philipgordon.co.uk and from our website, www.cbhsc.co.uk

The closing date for Hy-Tek entries is Monday 11th February 2019

The closing date for paper entries is Monday 4th February 2019



**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]