



CARN BREA & HELSTON 34th OPEN MEET

(Affiliated to CCASA and Swim England South West)

Level 2 Licensed Meet

Under Swim England Laws and Regulations and Swim England Technical Rules of Racing

Saturday 5th to Sunday 6th October 2019

The 34th Carn Brea & Helston Open Meet will take place on:

- Saturday 5th October - Penzance Leisure Centre,
St Clare, Penzance, Cornwall, TR18 3QW
- Sunday 6th October - Bodmin Dragon Leisure Centre
Lostwithiel Road, Bodmin PL31 1DE

Friendly gala with high standards

- Features:
- 25m – 6 lane pool, warm up / cool down facility
 - electronic timing
 - friendly meet with a great poolside atmosphere
 - Full programme including:
 - 50m/100m/200m – Free, Back, Breast, Fly, for all age groups 9, 10, 11, 12, 13, 14, 15, 16 & Over
 - 100m/200m IM for all age groups
 - 400m Free for all age groups
 - 400m IM for swimmers age 11 and over

Level 2 Licensed Meet Number: 2SW191706/7

Come and get your qualifying times for the 2019 / 2020 season

- All events are "Heat Declared Winners"
- Awards to top three in each age group: 9, 10, 11, 12, 13, 14, 15, 16 & Over
- Entry fee £6.50 per 50m/100m/200m event and £8 per 400m event
- Poolside passes for Coaches and Team Managers £20 each for the weekend or £10 per day if only attending one day.

A friendly meet, ideal for "bench marking" or achieving qualifying times for the coming competitive season, as well as qualifying times for the 2019 National SC Championships

For further information or queries please contact:
Caroline Trestrail
55 Pendarves Street, Troon, Camborne, TR14 9EG
Tel: 01209 612592; caroline.trestrail@gmail.com
Or visit www.cbhsc.co.uk



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PROGRAMME OF EVENTS

AGE ON 7th October 2019, £6.50/£8 PER EVENT

Session 1 Saturday AT PENZANCE 10.30 am warm-up, 11.20 am start

Girl	Boy			
1	2	400m	Freestyle	All age groups
3	4	200m	Butterfly	All age groups
5	6	50m	Back	All age groups
7	8	100m	Breast	All age groups

Session 2 Saturday AT PENZANCE warm-up to be advised after close of entries

Girl	Boy			
9	10	200m	Freestyle	All age groups
11	12	50m	Breast	All age groups
13	14	100m	Back	All age groups
15	16	100m	Individual Medley	All age groups

Session 3 Sunday AT BODMIN 10.30 am warm-up, 11.20 start

Girl	Boy			
17	18	400m	Individual Medley	Age groups **
19	20	200m	Breaststroke	All age groups
21	22	50m	Freestyle	All age groups
23	24	100m	Butterfly	All age groups

Session 4 Sunday AT BODMIN warm up to be advised after close of entries

Girl	Boy			
25	26	200m	Individual Medley	All age groups
27	28	200m	Backstroke	All Age groups
29	30	50m	Butterfly	All age groups
31	32	100m	Freestyle	All age groups

All Events are Heat Declared Winners

**** 400m Individual Medley**

11, 12, 13, 14, 15, 16 & Over years
Awards in each age group

50m, 100m, & 200m Events – Free, Back, Breast, Fly, IM & 400m Freestyle

9, 10, 11, 12, 13, 14, 15, 16 & Over years
Awards in each age group

Promoter's conditions

1. The Gala will be held under Swim England Laws and Regulations and Swim England Technical Rules of Racing, and is licensed to Level 2 by Swim England, for entry to County, Regional & National Age Group and Championship Competitions.
2. Events will be as stated in the programme. Ages are as at midnight on the final day of the competition.
3. Each swimmer must have achieved the Entry Qualifying Time Times shown in the table in a licensed meet level 1, 2, 3 or 4, and be verifiable on GB swimming rankings. Entry times must be given using 25m pool times (Conversions to short course times can be accepted.) Swimmers who have achieved the Consideration Times shown below in a licensed meet may also enter and will be considered for entry if space allows.



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4. 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 date.
5. The closing date is **Monday 9th September 2019** for entries made electronically by Hy-Tek file, and **Monday 2nd September 2019** for paper entries. **All entry fees should be with CBHSC by Monday 16th September, 2019.**
6. Swimmers must be 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.
7. The promoter reserves the right to refuse or restrict entries, and in the event of over-subscription, any deletions required will be based on entry time and balanced across each age group and event.
8. Warm-up times and start times will be as stated in the programme for sessions 1 and 3, and advised after close of entries for sessions 2 and 4.
9. All events will be swum as heat declared winners. Heats will be seeded in accordance with the submitted entry times, slowest to fastest. Heat start lists rather than cards will be issued at the gala, but will not be available until after the start of warm up.
10. At the time of licensing a secondary strobe will not be available at either Penzance pool or Bodmin pool, but if the situation changes before the closing date of the meet, there will be a notice to that effect on the club website, and an updated meet pack will be published there showing this change of conditions.
11. Medals will be awarded for each event in each age group (9, 10, 11, 12, 13, 14, 15, and 16& Over) for 1st, 2nd, and 3rd.
12. 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.
13. No spectators will be allowed on poolside. Only competitors, 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 £20.00 each for the weekend, to include programme and heat start lists. Results will be sent to clubs by e-mail and will be available on the Carn Brea & Helston SC website, www.cbhsc.co.uk.
14. For advice and guidance on the use of recording or streaming devices during the duration of the competition 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.
15. 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 caroline.trestrail@gmail.com 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 2nd September.
16. 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.
17. Coaches and team managers should notify the recorders as soon as possible if any swimmer is unable to compete.
18. 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.
19. All valuables and clothing left in the changing rooms will be entirely at the owner's risk.
20. No diving at any time is permitted in the shallow end of the pool.
21. There will be no entry fee for spectators, and a full programme will be available at £7.50 for the weekend or £3 for Sunday only.
22. Competitors for 400 Free and 400 IM will be required to sign in for these events only before the start of warm up of Session 1 (400 Free) and Session 3 (400 IM), confirming their intention to swim the events.
23. Both pools are hired under agreements with the pool operators. As the pools are 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 either 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.
24. Swimmers must not change on poolside, in the spectator area or spectators toilets. Swimmers must use the changing areas.

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



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Bodmin Dragon Leisure Centre, Lostwithiel Road, Bodmin PL31 1DE (Sunday)

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):

Saturday 5 th October PENZANCE	Entry Time	Sunday 6 th October BODMIN	Entry Time
400m Freestyle		400m Individual Medley (11 & O only)	
200m Butterfly		200m Breaststroke	
50m Backstroke		50m Freestyle	
100m Breaststroke		100m Butterfly	
200m Freestyle		200m Individual Medley	
50m Breaststroke		200m Backstroke	
100m Backstroke		50m Butterfly	
100m Individual Medley		100m Freestyle	

Please complete fully otherwise your entry will not be accepted and your entry fee not returned. Please check that you have completed the correct section of the form according to age.

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 consolidate all entries for your club, and ensure that this form is either posted or scanned and emailed to reach CBHSC by 16th September.

Club: _____

There are a total of _____ entries.

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

(* Please delete as necessary)

Calculated as follows:

No. male entries _____ @ £6.50 = _____

No. female entries _____ @ £6.50 = _____

No. male entries _____ @ £8.00 = _____

No. female entries _____ @ £8.00 = _____

No. Coaches passes _____ @ £20.00 = _____

No. Coaches passes _____ @ £10.00 = _____

Total £ _____

Signed _____ Club Official / Coach

Name and address for future correspondence:

Email address: _____

Tel No: _____

Please return this form by Monday 16th September 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:

Caroline Trestrail
55 Pendarves Street
Troon
Camborne
TR14 9EG

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

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

The closing date for Hy-Tek entries is Monday 9th September, 2019

The closing date for paper entries is Monday 2nd September, 2019

The closing date for return of Summary Entries Sheet and Payment is Monday 16th September, 2019



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Qualifying Times

GIRLS

	9	10	11	12	13	14	15	16 & O
50 Free	43.90	42.30	40.65	40.13	36.34	33.00	32.00	32.00
100 Free	1:40.00	1:34.00	1:28.31	1:27.60	1:17.88	1:14.00	1:11.00	1:10.00
200 Free	3:32.00	3:29.50	3:26.74	3:00.00	2:53.76	2:42.00	2:39.00	2:32.00
400 Free	7:10.10	6:45.00	6:20.00	6:03.93	5:48.84	5:24.00	5:15.00	5:08.51
50 Back	50.40	48.70	47.00	44.33	42.00	39.00	37.79	37.35
100 Back	1:45.00	1:38.50	1:32.17	1:31.53	1:26.00	1:22.64	1:19.00	1:19.00
200m Back	3:45.00	3:33.00	3:20.62	3:13.28	3:02.00	2:55.53	2:51.00	2:47.75
50m Breast	57.60	55.00	52.47	51.74	45.41	44.00	43.00	42.67
100m Breast	2:10.00	2:04.50	1:59.00	1:55.83	1:43.00	1:41.49	1:34.00	1:33.00
200m Breast	4:30.00	4:18.00	4:06.00	3:57.00	3:39.00	3:33.00	3:33.00	3:16.75
50m Fly	52.00	49.00	45.78	43.78	38.49	36.00	35.57	35.00
100m Fly	2:05.00	1:59.00	1:53.00	1:44.00	1:39.71	1:32.40	1:26.00	1:20.00
200m Fly	4:18.50	4:12.50	4:06.00	3:20.28	3:10.00	3:09.00	3:08.00	2:52.00
100m IM	1:52.10	1:47.50	1:43.00	1:37.28	1:32.06	1:27.00	1:25.00	1:21.34
200m IM	3:59.10	3:49.00	3:39.00	3:22.74	3:10.00	2:58.00	2:56.00	2:54.00
400 IM			7:24.00	7:24.00	6:44.24	6:25.00	6:10.00	6:05.62

BOYS

	9	10	11	12	13	14	15	16&O
50 Free	46.00	42.40	38.78	38.00	35.00	34.77	31.92	30.00
100 Free	1:50.00	1:41.50	1:33.00	1:29.29	1:17.65	1:16.14	1:11.24	1:07.00
200 Free	3:25.00	3:11.50	2:58.07	2:54.80	2:45.00	2:38.00	2:29.00	2:18.00
400 Free	7:20.00	6:54.50	6:28.62	6:10.00	6:00.76	5:22.00	5:03.00	4:51.03
50 Back	53.00	49.00	45.00	44.54	43.00	39.30	35.58	33.84
100 Back	1:55.00	1:47.00	1:39.41	1:35.44	1:32.33	1:26.57	1:17.66	1:14.00
200m Back	3:45.00	3:34.50	3:23.52	3:19.00	2:59.00	2:55.10	2:40.46	2:32.00
50m Breast	58.60	56.30	54.04	53.43	48.65	45.00	41.79	38.77
100m Breast	2:07.00	2:01.00	1:54.80	1:49.87	1:45.31	1:41.00	1:33.73	1:24.88
200m Breast	4:20.00	4:06.50	3:52.93	3:39.33	3:32.00	3:25.00	3:19.20	3:03.22
50m Fly	52.60	49.60	46.54	44.58	42.97	37.14	34.72	33.35
100m Fly	2:02.00	1:56.00	1:50.00	1:42.03	1:32.00	1:25.00	1:21.33	1:18.00
200m Fly	4:05.00	3:51.50	3:38.00	3:30.00	3:13.00	3:05.00	2:29.65	2:29.65
100m IM	1:51.00	1:45.00	1:39.00	1:38.98	1:33.00	1:26.59	1:20.40	1:18.00
200m IM	3:59.00	3:51.50	3:44.24	3:20.52	3:15.79	3:04.97	2:38.35	2:33.00
400 IM			7:30.00	7:30.00	7:08.00	6:59.72	5:32.20	5:15.39



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Consideration Times

GIRLS

	9	10	11	12	13	14	15	16 & O
50 Free	46.80	43.80	41.30	39.20	36.80	35.10	34.60	34.60
100 Free	1:57.20	1:39.00	1:39.00	1:24.00	1:19.00	1:18.20	1:16.70	1:15.20
200 Free	3:45.80	3:24.90	3:24.90	3:00.80	2:52.50	2:48.40	2:44.80	2:41.30
400 Free	8:08.60	7:27.30	6:40.40	6:17.00	6:01.80	5:45.10	5:35.50	5:35.50
50 Back	53.70	49.70	49.50	46.10	42.20	40.50	39.40	38.80
100 Back	2:00.30	1:49.70	1:40.60	1:33.70	1:28.70	1:26.70	1:24.60	1:22.90
200m Back	4:08.70	3:49.00	3:49.00	3:19.40	3:11.20	3:05.60	3:00.70	2:56.90
50m Breast	62.40	56.80	56.80	49.80	47.90	45.80	44.70	44.20
100m Breast	2:18.40	2:04.10	2:02.70	1:47.60	1:41.30	1:38.00	1:35.90	1:34.70
200m Breast	4:49.10	4:22.70	4:22.70	3:49.10	3:38.30	3:30.00	3:27.70	3:25.10
50m Fly	58.60	48.10	48.10	43.20	40.50	39.40	38.30	38.00
100m Fly	2:13.70	2:03.00	2:00.80	1:51.70	1:31.20	1:39.00	1:24.30	1:24.00
200m Fly	4:35.30	4:01.30	3:49.80	3:39.90	3:22.30	3:21.30	3:17.00	3:01.90
100m IM	1:59.40	1:48.10	1:48.10	1:37.80	1:33.10	1:30.60	1:28.70	1:26.90
200m IM	4:14.60	4:10.30	3:53.30	3:24.40	3:14.90	3:09.90	3:05.90	3:03.20
400 IM			7:25.20	7:10.00	6:44.90	6:30.00	6:22.80	6:22.80

BOYS

	9	10	11	12	13	14	15	16&O
50 Free	52.60	43.10	43.10	37.30	35.70	34.30	33.10	30.90
100 Free	2:02.50	1:38.50	1:39.20	1:25.20	1:20.70	1:15.50	1:12.60	1:07.30
200 Free	3:48.90	3:24.10	3:24.10	3:00.80	2:50.60	2:40.80	2:34.40	2:25.90
400 Free	8:03.30	7:09.80	6:41.50	6:19.60	5:58.50	5:40.50	5:26.30	5:06.20
50 Back	59.60	49.50	49.50	44.70	42.90	39.90	37.30	36.70
100 Back	2:09.90	1:57.80	1:51.90	1:47.00	1:29.10	1:22.30	1:18.40	1:16.70
200m Back	4:05.50	3:59.60	3:46.70	3:20.30	3:07.70	2:57.00	2:49.20	2:49.20
50m Breast	62.40	58.60	56.20	51.10	49.50	45.90	41.00	39.90
100m Breast	2:18.40	2:05.70	1:59.60	1:56.20	1:48.60	1:35.10	1:30.20	1:30.20
200m Breast	4:42.80	4:22.20	4:22.20	3:58.10	3:43.90	3:29.10	3:17.90	3:17.90
50m Fly	58.60	48.00	48.00	45.80	43.30	40.30	37.40	36.20
100m Fly	2:13.10	2:03.00	1:56.60	1:51.10	1:38.60	1:27.90	1:18.80	1:18.80
200m Fly	4:32.30	3:58.30	3:52.60	3:41.50	3:25.00	3:06.40	2:54.70	2:52.80
100m IM	2:03.50	1:49.30	1:49.30	1:39.00	1:31.20	1:25.60	1:21.90	1:18.80
200m IM	4:14.50	4:10.80	3:52.80	3:24.90	3:16.50	3:03.40	2:53.50	2:42.90
400 IM			7:27.30	7:15.50	6:48.10	6:21.50	6:07.50	6:07.50



**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]