



CARN BREA & HELSTON 9TH WINTER INVITATIONAL MEET

(Affiliated to CCASA and Swim England South West)

Low Level 4 Licensed Meet

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

Saturday 30th November 2019

The 9th Carn Brea & Helston Winter Invitational Meet

will take place on Saturday 30th November 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

Low Level 4 Licensed Meet Number: 4SW192877

***One of the last opportunities
to gain Qualifying Times for the 2020 County Championships***

We offer a full 1-day programme including:

- 100m/200m - Free, Back, Breast, Fly & Medley
- 400m Free & Medley (may be subject to restricted entries)
- 50m - Free, Back, Breast & Fly
- All events are "Heat Declared Winners"
- Awards to top three in each age group: 8-9, 10, 11, 12, 13, 14, 15 & Over
- Entry fee just £6.50 per 50m/100m/200m event, £8 per 400m event
- Poolside passes for Coaches and Team Managers £10 each

*An Invitational Meet, ideal for achieving Qualifying Times for the coming
CCASA County Age Groups and Championships*

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



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PROGRAMME OF EVENTS

AGE AS AT 31ST DECEMBER 2019, £6.50/£8 PER EVENT

(NB – swimmers age 8 must be 8 by 30th November 2019)

Session 1 10.30 am warm-up for 11.20 am start

Girl	Boy			
1	2	400m	Freestyle	All Age groups
3	4	50m	Breast	All age groups
5	6	200m	Individual Medley	All age groups
7	8	100m	Back	All Age groups
9	10	200m	Butterfly	All age groups
11	12	100m	Breast	All Age groups
13	14	200m	Backstroke	All Age groups
15	16	50m	Freestyle	All age groups

Session 2 warm up times to be advised after closing date

Girl	Boy			
17	18	400m	Individual Medley	Age groups **
19	20	50m	Butterfly	All age groups
21	22	200m	Freestyle	All age groups
23	24	100m	Butterfly	All Age groups
25	26	200m	Breaststroke	All age groups
27	28	100m	Freestyle	All Age groups
29	30	100m	Individual Medley	All Age groups
31	32	50m	Backstroke	All Age groups

All Events are Heat Declared Winners

**** 400m Events Individual Medley**

10, 11, 12, 13, 14, 15 & Over years

Awards in each age group

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

8-9, 10, 11, 12, 13, 14, 15 & Over years

Awards in each age group

Promoter's conditions

1. The competition will be held under Swim England Laws and Regulations and Swim England Technical Rules of Racing, and is licensed to Level 4 by Swim England.
2. The meet will be restricted by invitation to a maximum of eight clubs competing in total.
3. Events will be as stated in the programme. Ages are as at midnight on 31st December 2019, except 8 year old swimmers must be 8 by 30th November 2019.
4. Each swimmer must not have a faster time than the Cut Off Times shown in the table (**2020 County Qualifying Times** reflecting the age of the swimmer at 31st December 2019). Swimmers with a faster time that cannot be used as an entry time for the 2019 County Champs may enter as a time trial, but will only be accepted in the event that the meet is under subscribed. (This applies to times achieved outside the qualifying period, or times achieved at a non-licensed meet). Entry times on the entry form must be given using 25m pool times (converted to short course 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**.

The 2019 Carn Brea & Helston Winter Invitational Meet Low Level Four licence number: 4SW192877



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6. The closing date is **Monday 4th November 2019** for entries made electronically by Hy-Tek file, and **Monday 28th October 2019** for paper entries. **All entry fees should be with CBHSC by Monday 11th November.**
7. 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.
8. 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, with preference given to retaining swims that are closer to County Qualifying Times.
9. Warm-up times and start times will be as stated in the programme for Session 1 and as advised after close of entries from Session 2.
10. 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.
11. At the time of licensing a secondary strobe will not be available, 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.
12. Medals will be awarded for each event in each age group (8-9, 10, 11, 12, 13, 14, and 15 & Over) 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 Swim England 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 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.
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 5th November.
17. 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. Coaches and team managers should notify the recorders as soon as possible if any swimmer is unable to compete. Heat start lists will not be available until after the start of warm up.
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. Swimmers must not change on poolside, in the spectator area or spectators toilets. Swimmers must use the changing areas.
20. No diving at any time is permitted in the shallow end of the pool or in the warm down pool.
21. There will be no entry fee for spectators, and a full day's programme will be available at £5.
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 2 (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 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 registered with the ASA) (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 8-9, 10, 11, 12, 13, 14, 15 & Over	Entry Time	Boys and Girls: 8-9, 10, 11, 12, 13, 14, 15 & Over	Entry Time
50m Freestyle		100m Freestyle	
50m Backstroke		100m Backstroke	
50m Breaststroke		100m Breaststroke	
50m Butterfly		100m Butterfly	
		100m Individual Medley	
200m Freestyle			
200m Backstroke		400m Freestyle	
200m Breaststroke			
200m Butterfly		Boys and Girls 10, 11, 12, 13, 14, 15 & Over	
200m Individual Medley		400m IM	

Please complete fully otherwise your entry will not be accepted and your entry fee not returned. Please check that you have completed the correct sections of the form according to age. Please note that 400m IM is NOT available for 8-9 year olds.

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 _____ entry forms.

Please consolidate all entries for your club, and ensure that this form and all payment reach CBHSC by 11th November, 2019. (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	_____	@ £6.50	= £ _____
No. of female entries	_____	@ £8	= £ _____
No. of male entries	_____	@ £6.50	= £ _____
No of male entries	_____	@ £8	= £ _____
No. Coaches passes	_____	@ £10	= £ _____

Total £ _____

Signed _____ Club Official

Name and address for future correspondence:

E-mail address: _____

Tel No: _____

Please return this form with*:

- Your consolidated club cheque for the above amount
- I have already made BACS payment 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-tek ltd.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 4th November 2019

The closing date for paper entries is Monday 28th October 2019



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Girl's Cut Off Times

EVENT		8-9	10	11	12	13	14	15 & O
50m Free	Cut Off	38.70	38.70	38.43	35.69	33.00	32.00	31.26
100m Free	Cut Off	1:26.29	1:26.29	1:23.84	1:16.15	1:13.21	1:10.00	1:09.84
200m Free	Cut Off	3:10.89	3:10.89	2:56.38	2:48.00	2:39.00	2:38.63	2:32.00
400m Free	Cut Off	6:08.72	6:08.72	5:58.77	5:43.38	5:12.92	5:14.30	4:49.05
50m Back	Cut Off	45.43	45.43	43.25	40.63	38.27	36.35	36.30
100m Back	Cut Off	1:31.46	1:31.46	1:29.05	1:23.85	1:20.37	1:19.00	1:17.24
200m Back	Cut Off	3:15.86	3:15.86	3:06.66	2:58.32	2:55.53	2:46.28	2:39.66
50m Breast	Cut Off	51.43	51.43	50.25	45.41	44.00	43.00	42.67
100m Breast	Cut Off	1:56.96	1:56.96	1:49.36	1:41.49	1:40.98	1:33.37	1:31.31
200m Breast	Cut Off	3:56.69	3:56.69	3:45.97	3:36.67	3:33.00	3:20.20	3:16.75
50m Fly	Cut Off	44.03	44.03	43.78	37.05	35.68	35.35	34.68
100m Fly	Cut Off	1:45.92	1:45.92	1:40.14	1:39.55	1:32.40	1:26.00	1:20.00
200m Fly	Cut Off	4:06.00	4:06.00	3:10.24	3:10.00	3:09.00	3:08.00	2:52.00
100m IM	Cut Off	1:39.67	1:39.67	1:37.28	1:31.39	1:27.00	1:25.00	1:21.34
200m IM	Cut Off	3:39.00	3:39.00	3:19.60	2:57.00	2:55.40	2:53.59	2:48.89
400m IM	Cut Off		7:14.97	7:14.97	6:44.24	6:25.00	6:10.00	6:05.62

Boy's Cut Off Times

EVENT		8-9	10	11	12	13	14	15 & O
50m Free	Cut Off	36.94	36.94	36.93	35.00	34.17	30.67	29.74
100m Free	Cut Off	1:33.00	1:33.00	1:29.29	1:17.47	1:14.58	1:08.28	1:05.10
200m Free	Cut Off	2:53.15	2:53.15	2:47.04	2:42.05	2:27.57	2:17.05	2:15.86
400m Free	Cut Off	6:28.62	6:28.62	6:10.00	5:51.88	5:21.22	4:48.42	4:39.51
50m Back	Cut Off	43.69	43.69	43.01	40.95	38.12	35.58	33.84
100m Back	Cut Off	1:36.24	1:36.24	1:34.14	1:29.83	1:24.01	1:17.66	1:13.07
200m Back	Cut Off	3:14.33	3:14.33	3:08.90	2:49.73	2:44.13	2:32.00	2:29.54
50m Breast	Cut Off	51.60	51.60	48.99	48.65	45.00	40.91	37.71
100m Breast	Cut Off	1:50.62	1:50.62	1:47.54	1:38.99	1:36.18	1:27.19	1:21.28
200m Breast	Cut Off	3:48.28	3:48.28	3:30.33	3:17.66	3:16.71	3:08.10	2:50.12
50m Fly	Cut Off	43.16	43.16	40.70	38.82	35.75	33.92	33.35
100m Fly	Cut Off	1:50.00	1:50.00	1:35.40	1:32.00	1:25.00	1:17.90	1:16.69
200m Fly	Cut Off	3:38.00	3:38.00	3:30.00	3:13.00	2:55.43	2:35.41	2:25.17
100m IM	Cut Off	1:36.07	1:36.07	1:33.75	1:32.92	1:26.59	1:20.40	1:18.00
200m IM	Cut Off	3:23.66	3:23.66	3:10.17	3:09.03	2:58.82	2:38.35	2:33.00
400m IM	Cut Off		7:16.82	7:16.82	7:08.00	6:50.61	5:32.20	4:56.68



**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]