

**CLOSING DATE FOR ENTRIES IS MONDAY 14<sup>TH</sup> JUNE AT THE VERY LATEST**



**CARN BREA & HELSTON SC**  
**Level 4**  
**JUNE/JULY 2021 TIMES EVENINGS**  
Sunday, Monday, Wednesday, & Friday,  
27<sup>th</sup>, 28<sup>th</sup>, 30<sup>th</sup>, June & 2<sup>nd</sup> July  
11<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup>, & 16<sup>th</sup> July



**PROGRAMME & CONDITIONS**

<b>Session 1</b> <b>Sunday 27<sup>th</sup> June</b>		<b>Session 2</b> <b>Monday 28<sup>th</sup> June</b>		<b>Session 3</b> <b>Wednesday 30<sup>th</sup> June</b>		<b>Session 4</b> <b>Friday 2<sup>nd</sup> July</b>	
1	200 Breaststroke	4	200m Backstroke	7	200m IM	10	200m Freestyle
2	100m Backstroke	5	100m Butterfly	8	100m Freestyle	11	100m Breaststroke
3	50m Butterfly	6	50m Freestyle	9	50m Breaststroke	12	50m Backstroke
<b>Session 5</b> <b>Sunday 11<sup>th</sup> July</b>		<b>Session 6</b> <b>Monday 12<sup>th</sup> July</b>		<b>Session 7</b> <b>Wednesday 14<sup>th</sup> July</b>		<b>Session 8</b> <b>Friday 16<sup>th</sup> July</b>	
13	400m Freestyle	15	400m IM	17	800m Freestyle	19	1500m Freestyle
14	100m IM	16	50 Freestyle	18	200m Butterfly	20	50 Backstroke

**NB**

- **Warm up Times**
  - **Session 1 & Session 5 Sunday: 5.30pm warm up for 6pm start**
  - **Session 2 & Session 6 Monday: 6.30pm warm up for 7pm start**
  - **Session 3 & Session 7 Wednesday: 6.30pm warm up for 7pm start**
  - **Session 4 & Session 8 Friday: 7pm warm up for 7.30pm start**
- All events will be held under Swim England Laws and Regulations and Swim England Technical Rules of Racing. Swimmers will be disqualified if these rules are broken.
- The Evenings are licensed to Level 4 by Swim England.
- There will be no awards – these events are for times only.
- **Entry Fee £1 per event** - Swimmers may select any events for which they wish to achieve ranked times, but may only enter **one** 50m Freestyle event (#6 or #16) and **one** 50m Backstroke event (#12 or #20).
- Closing Date for entry is 10pm on **Monday 14<sup>th</sup> June 2021**.
- Available to both Cat 1 and Cat 2 swimmers.
- Only available to swimmers whose ranked club is Carn Brea & Helston and from squads Dolphins and above.
- **TIMES WILL NOT BE AVAILABLE TO SWIMMERS AFTER THEIR EVENT ON THE EVENING** – It is planned that times will be published within 48 hours.
- All events will be run as mixed events and seeded slowest to fastest.
- In the event of over subscription on any evening in the first week, we will try to offer some swimmers the event in week 2 where space allows.
- Entries are by email only to [rosie@philipgordon.co.uk](mailto:rosie@philipgordon.co.uk) – there are no paper entries. Complete the entry form on page 3 and copy it to attach to an email, **OR write out all the details required in an email**, subject “Level 4 entries.”

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- An Entry checklist will be circulated to parents by Monday 21<sup>st</sup> – swimmers and parents should check that entries are correct and contact Rosie or Caroline as soon as possible in the event of any error.
- There will not be a programme available for this meet.
- All Times will be sent to rankings as Level 4 times, and can be used for entry to County Championships and some licensed Meets.
- Carn Brea & Helston Swimming Club will be following the Swim England “Return to Competition Guidance” and swimmers will need to complete a Covid Health form for each week of events, to be submitted by email to Caroline ([caroline.trestrail@gmail.com](mailto:caroline.trestrail@gmail.com)). These should be submitted:
  - no earlier than Wednesday 23<sup>rd</sup> June for Sessions 1 to 4 and
  - no earlier than Wednesday 7<sup>th</sup> July for sessions 5 to 8.
- 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 3.
- Parents should contact Caroline (07369 204782) and Rosie ([rosie@philipgordon.co.uk](mailto:rosie@philipgordon.co.uk)) if swimmers find that, after entering, they can no longer swim.
- Data Protection – Carn Brea & Helston Swimming Club uses a computer to record entries and results. By submitting entries and accepting entry to the Times Evenings, 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 Times Evenings. This data will be passed to the 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.
- In the event of any queries, please contact the Prompter, Caroline Trestrail (07369 204782) or Meet Manager, Rosie Gordon ([rosie@philipgordon.co.uk](mailto:rosie@philipgordon.co.uk)).

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**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.

	<b>Week 1 Events</b>	<b>Tick for entry</b>		<b>Week 2 Events</b>	<b>Tick for entry</b>
1	200m Breaststroke		13	400m Freestyle	
2	100m Backstroke		14	100m Individual Medley	
3	50m Butterfly		15	400m IM	
4	200m Backstroke		16	50 Freestyle	
5	100m Butterfly		17	800 Freestyle	
6	50m Freestyle		18	200m Butterfly	
7	200m Individual Medley		19	1500 Freestyle	
8	100m Freestyle		20	50 Backstroke	
9	50m Breaststroke				
10	200m Freestyle				
11	100m Breaststroke				
12	50m Backstroke				

I declare that I am eligible to compete, and I understand and accept the rules of the competition.

**Signature of swimmer**

\_\_\_\_\_

Countersignature of parent / guardian/ person with parental responsibility supporting the swimmer's application and declaration.

**Signature** \_\_\_\_\_

**NAME:** \_\_\_\_\_

**Lead Coach Signature:** \_\_\_\_\_  
(For Dolphins and Sharks)

**Lead Coach Name:** \_\_\_\_\_  
(Please print)

**NB** Please email entries to [rosie@philipgordon.co.uk](mailto:rosie@philipgordon.co.uk) – there are no paper entries. Complete the entry form above and copy it to email, OR write out all the details required in an email, subject "Level 4 entries."

**Entry Fee is £1 per event which needs to be confirmed as paid by Monday 14<sup>th</sup> June.**

**Closing Date for entries is Monday 14<sup>th</sup> June.**

Open to all swimmers whose ranked club is Carn Brea & Helston.



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]