



**CARN BREA & HELSTON  
2021 WINTER OPEN MEET**

(Affiliated to CCASA and Swim England South West)

**Level 3 Licensed Meet**

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

**Saturday 20<sup>th</sup> November 2021**

**Carn Brea & Helston Winter Open Meet**

will take place on Saturday 20<sup>th</sup> November 2021

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: 3SW210721***

***One of the last opportunities***

***to gain Qualifying Times for the 2022 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: 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

*A Level 3 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](mailto:rosie@philipgordon.co.uk)

Or visit [www.cbhsc.co.uk](http://www.cbhsc.co.uk)



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**PROGRAMME OF EVENTS**

**AGE AS AT 31<sup>ST</sup> DECEMBER 2021, £6.50/£8 PER EVENT**

(NB – swimmers aged 9 must be 9 by 20<sup>th</sup> November 2021)

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

<b>Girl</b>	<b>Boy</b>			
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**

<b>Girl</b>	<b>Boy</b>			
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**

Boys and Girls 10, 11, 12, 13, 14, 15 & Over years

Awards in each age group

**50m Events – Free, Back, Breast, & Fly**

**100m Events – Free, Back, Breast, Fly & Individual Medley**

**200m Events – Free, Back, Breast, Fly, & Individual Medley**

**400m Freestyle**

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 3 by Swim England.
2. Events will be as stated in the programme. Ages are as at midnight on 31<sup>st</sup> December 2021, except that 9 year old swimmers must be 9 by 20<sup>th</sup> November 2021.
3. Each swimmer must not be faster than the Cut Off Times shown in the table. Entry times must be given using 25m pool times (Conversions to short course times can be accepted).
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**.



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## Level 3 Licensed Meet

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

### Saturday 20<sup>th</sup> November 2021

5. The closing date is **Monday 25<sup>th</sup> October 2021** for entries made electronically by Hy-Tek file, and **Monday 18<sup>th</sup> October 2021** for paper entries. **All entry fees should be with CBHSC by Monday 1<sup>st</sup> November.**
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, 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.
8. In the event that a club's entries take the total number of entries over the time limit for the competition, such that it is not possible to accept all their entries, any deletions required from that club will be based on entry times and balanced across each age group. Such swimmers will receive a refund for rejected entries.
9. Warm-up times and start times will be as stated in the programme for Session 1 and advised after close of entries for Session 2.
10. Carn Brea & Helston Swimming Club will be following the Swim England "Return to Competition Guidance" and swimmers must complete a Covid Health form during the week prior to the competition, to be submitted to their Team Manager to held by them and to be available at the Meet if necessary. This should be submitted no earlier than Thursday 18<sup>th</sup> November.
11. All events will be swum as heat declared winners; heats will be seeded in accordance with the submitted entry times, slowest to fastest.
12. Medals will be awarded for each event in each age group (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 Swim England 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](http://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 Swim England Wavepower Policy: [www.swimming.org/asa/clubs-and-members/safeguarding-children/](http://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](mailto: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 18<sup>th</sup> October.
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. 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.
19. 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.
20. 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.
21. No diving at any time is permitted in the shallow end of the pool or in the warm down pool.
22. There will be no entry fee for spectators, and a full day's programme will be available at £5.
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. Force majeure: In situations of force majeure (including Covid related circumstances) or other unforeseen circumstances leading to the cancellation of the gala or parts thereof or other incomplete performance, CBHSC's liability will be restricted to a maximum of a refund of the entry fees to those affected for the affected events. The Club will communicate the circumstances to visiting clubs as soon as possible and seek to make alternative arrangements when this is reasonably feasible.

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.

The 2021 Carn Brea & Helston Winter Open Meet Level Three licence number: 3SW210721



# CARN BREA & HELSTON 2021 WINTER OPEN MEET

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## Level 3 Licensed Meet

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### Saturday 20<sup>th</sup> November 2021

**Penzance Leisure Centre, St Clare, Penzance, Cornwall, TR18 3QW**

### ENTRY FORM

(One form per swimmer please)

Name: \_\_\_\_\_  
(As registered with Swim England) (BLOCK CAPITALS)

\*Male/Female  
(\*Delete as appropriate)

Date of Birth: \_\_\_\_\_

Club: \_\_\_\_\_

Swim England 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):  
\_\_\_\_\_

<b>Boys and Girls</b> 9, 10, 11, 12, 13, 14, 15 & Over	<b>Entry Time</b>	<b>Boys and Girls:</b> 9, 10, 11, 12, 13, 14, 15 & Over	<b>Entry Time</b>
400m Freestyle		400m IM (10 & over only)	
50m Breaststroke		50m Butterfly	
200m Individual Medley		200m Freestyle	
100m Backstroke		100m Butterfly	
200m Butterfly		200m Breaststroke	
100m Breaststroke		100m Freestyle	
200m Backstroke		100m Individual Medley	
50m Freestyle		50m Backstroke	

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 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 send a copy of this form to Rosie Gordon to confirm numbers and payment of fees:

Club: \_\_\_\_\_

There are a total of \_\_\_\_\_ swimmers entered.

*Please consolidate all entries for your club, and ensure that this form and all payment reach CBHSC by 8<sup>th</sup> November. (\* 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](mailto:rosie@philipgordon.co.uk) and from our website, [www.cbhsc.co.uk](http://www.cbhsc.co.uk)

**The closing date for Hy-Tek entries is Monday 25<sup>th</sup> October 2021**

**The closing date for paper entries is Monday 18<sup>th</sup> October 2021**



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### Cut Off Times

#### GIRLS

	9	10	11	12	13	14	15/over
<b>50 Free</b>	35.00	32.00	30.00	28.00	27.00	26.00	25.00
<b>100 Free</b>	1:19.00	1:05.00	1:04.00	1:02.00	1:00.00	59.00	58.00
<b>200 Free</b>	2:56.00	2:35.00	2:23.00	2:14.00	1:44.00	2:06.00	2:06.00
<b>400 Free</b>	6:23.00	5:18.00	5:05.00	4:39.00	3:10.00	4:30.00	4:21.00
<b>50 Back</b>	39.00	38.00	34.00	32.00	31.00	30.00	30.00
<b>100 Back</b>	1:30.00	1:20.00	1:14.00	1:11.00	1:07.00	1:05.00	1:03.00
<b>200m Back</b>	3:16.00	2:56.00	2:38.00	2:31.00	2:24.00	2:20.00	2:13.00
<b>50m Breast</b>	46.00	43.00	39.00	35.00	34.00	33.00	32.00
<b>100m Breast</b>	1:37.00	1:27.00	1:23.00	1:13.00	1:15.00	1:13.00	1:12.00
<b>200m Breast</b>	3:30.00	3:21.00	3:06.00	2:50.00	2:41.00	2:39.00	2:31.00
<b>50m Fly</b>	42.00	36.00	32.00	31.00	30.00	29.00	28.00
<b>100m Fly</b>	1:42.00	1:23.00	1:13.00	1:10.00	1:03.00	1:04.00	1:02.00
<b>200m Fly</b>	4:35.00	3:10.00	2:56.00	2:30.00	2:29.00	2:21.00	2:17.00
<b>100m IM</b>	1:32.00	1:26.00	1:17.00	1:13.00	1:10.00	1:08.00	1:06.00
<b>200m IM</b>	3:11.00	2:54.00	2:43.00	2:25.00	2:21.00	2:17.00	2:23.00
<b>400 IM</b>		6:26.00	5:54.00	5:16.00	5:08.00	5:02.00	4:57.00

#### BOYS

	9	10	11	12	13	14	15/over
<b>50 Free</b>	36.00	32.00	30.00	28.00	26.00	25.00	24.00
<b>100 Free</b>	1:12.00	1:10.00	1:07.00	59.00	56.00	53.00	52.00
<b>200 Free</b>	3:04.00	2:35.00	2:26.00	2:12.00	2:02.00	1:59.00	1:55.00
<b>400 Free</b>	6:30.00	5:31.00	5:04.00	4:43.00	4:22.00	4:10.00	4:06.00
<b>50 Back</b>	40.00	37.00	33.00	32.00	30.00	28.00	27.00
<b>100 Back</b>	1:33.00	1:21.00	1:13.00	1:08.00	1:04.00	1:00.00	59.00
<b>200m Back</b>	3:19.00	2:55.00	2:36.00	2:33.00	2:13.00	2:10.00	2:07.00
<b>50m Breast</b>	48.00	40.00	38.00	36.00	33.00	32.00	31.00
<b>100m Breast</b>	1:47.00	1:31.00	1:22.00	1:20.00	1:08.00	1:09.00	1:04.00
<b>200m Breast</b>	3:49.00	3:23.00	3:01.00	2:53.00	2:37.00	2:31.00	2:19.00
<b>50m Fly</b>	43.00	37.00	34.00	31.00	27.00	26.00	26.00
<b>100m Fly</b>	1:08.00	1:24.00	1:17.00	1:07.00	1:02.00	1:00.00	57.00
<b>200m Fly</b>	4:21.00	2:53.00	2:52.00	2:25.00	2:20.00	2:15.00	2:10.00
<b>100m IM</b>	1:38.00	1:28.00	1:18.00	1:13.00	1:03.00	1:02.00	1:00.00
<b>200m IM</b>	3:22.00	2:54.00	2:41.00	2:31.00	2:13.00	2:17.00	2:08.00
<b>400 IM</b>		6:11.00	5:54.00	5:28.00	4:54.00	4:44.00	4:33.00





**Please follow the  
Good Practice  
Guidelines**



**You no longer need to sign  
and register devices  
!! STOP & THINK !!**

**We want your child  
to have fun but we don't know  
how to control**

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]