



**CARN BREA & HELSTON SC  
LEVEL 4 OCTOBER TIME TRIAL EVENINGS  
Monday/Wednesday 25<sup>th</sup>/27<sup>th</sup> October 2021**

**NB**

- **Warm up 6.15 for 6.30 start Monday**
- **Warm up 7.30 for 7.45 start Wednesday**
- 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.
- Available to both Cat 1 and Cat 2 swimmers whose ranked club is Carn Brea & Helston from squads Dolphins and above.
- **Entry Fee £1 per event** - Swimmers may select any events for which they wish to achieve ranked times, but are advised not to enter too many events, and to follow the advice of their coach.
- All events are Open age (Age up date 31st December 2021), and will be run as mixed events, swum slowest to fastest.
- Programme of events will be confirmed by Event Management and Head Coach after all entries have been received following the closing date, but there will not be a printed programme available for this meet.
- **Closing Date for entry is Monday 18th October 2021.**
- 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 2 and attach it to an email, **OR write out all the details required in an email, subject “Level 4 entries.”**
- 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)). This should be submitted no earlier than Wednesday 19<sup>th</sup> October.
- 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)).

**CLOSING DATE FOR ENTRIES IS MONDAY 18<sup>TH</sup> OCTOBER AT THE VERY LATEST**



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**FINAL CLOSING DATE FOR ENTRIES IS MONDAY 18<sup>th</sup> October**

**Name \_\_\_\_\_ boy / girl Date of Birth \_\_\_\_\_**

**Please put a tick ✓ in the table below for each event that you would like to enter**

**Monday 25<sup>th</sup> October**

<b>50m Events</b>	50m Free	50 Back	50m Breast	50m Fly
<b>100m Events</b>	100m Free	100m Back	100m Breast	100m Fly
<b>200m Events</b>	200m Free	200 Back	200m Breast	200m Fly
<b>Individual Medleys</b>	100m IM	200m IM		

**Wednesday 27<sup>th</sup> October**

<b>50m Events</b>	50m Free	50 Back	50m Breast	50m Fly
<b>100m Events</b>	100m Free	100m Back	100m Breast	100m Fly
<b>200m Events</b>	200m Free	200 Back	200m Breast	200m Fly
<b>Individual Medleys</b>	100m IM	200m IM		

**CBHSC will try to include events on the evening that you select, but this may not always be possible**

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

**Closing Date for entries is Monday 18<sup>th</sup> October. No entries will be accepted after this date.**

**NB** Competition to be swum under Swim England Laws and Regulations and Swim England Technical Rules of Racing Level 4 Licensed Meet - all times will be sent to ASA rankings.

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

**Warm up 6.15 for 6.30 start Monday**

**Warm up 7.30 for 7.45 start Wednesday**



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]