



CARN BREA & HELSTON 36th 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 7th to Sunday 8th October 2023

The 36th Carn Brea & Helston Open Meet will take place on:

- Saturday 7th October - Penzance Leisure Centre,
St Clare, Penzance, Cornwall, TR18 3QW
- Sunday 8th October - Bodmin Dragon Leisure Centre
Lostwithiel Road, Bodmin PL31 1DE

Friendly gala with high standards

- Features:
- 25m – 6 lane pool
 - 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 aged 11 and over

Level 2 Licensed Meet Number: 2SW231263/4

Come and get your qualifying times for the 2023 / 2024 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 £7.50 per 50m/100m/200m event and £9 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 2023 National SC 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 8th OCTOBER, 2023, £7.50/£9 PER EVENT

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

Female		Open/Male		
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

Female		Open/Male		
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

Female		Open/Male		
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

Female		Open/Male		
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



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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. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.
4. 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.
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 date.
6. The closing date is **Monday 4th September 2023** for entries made electronically by Hy-Tek file, and **Monday 28th August 2023** for paper entries. **All entry fees should be with CBHSC by Monday 11th September, 2022.**
7. Swimmers must be Club Compete Category 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. A swimmer who is subsequently selected to swim for their county at the Inter County Teams Gala the same weekend may be refunded for their entries.
9. 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 and any rejected swimmers will be refunded. There will be no refunds for withdrawals made after the closing date, except for a swimmer being selected to compete for their country or on production of a doctor's certificate.
10. 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.
11. 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 will be issued at the gala, but will not be available until after the start of warm up. In the event of under three entries for an event, the event will be swum in mixed heats. For example two females and three open/males entered for 200 Fly will be swum as one heat. Two females and five open/males will be swum as two heats, with the females side by side.
12. At the time of licensing a secondary strobe is not available at Penzance, but will be available at Bodmin if requested at the time of entry. If the situation at Penzance 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.
13. 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.
14. 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.



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15. 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. **Poolside passes will only be issued to persons registered with the ASA and holding a valid DBS check.**
16. **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 £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.
17. COVID restrictions – details will be sent to competing clubs nearer the time of the gala regarding any restrictions or conditions that are necessary to be implemented, and a decision over whether spectators will be allowed will be made nearer the time.
18. 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.
19. 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 28th August.
20. 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.
21. Coaches and team managers should notify the recorders as soon as possible if any swimmer is unable to compete.
22. Para Swimmer Entries - all swimmers must have an authorised SE/IPC swimming classification or Certificate of Exception or Certificate of Disability. In addition, details of disability, classification and exemptions must be provided with entry. Please ensure the Certificate of Exception or Certificate of Disability are presented to the Referee prior to each competition session, failure to do so may result in disqualification.
23. Para 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.
24. 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.
25. No diving at any time is permitted in the shallow end of the pool or in the warm down pool.
26. 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.
27. 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.
28. Swimmers must not change on poolside, in the spectator area or spectators toilets. Swimmers must use the changing areas.
29. Force majeure: In situations of force majeure or other unforeseen circumstances leading to the cancellation of galas or parts of galas 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, 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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Penzance Leisure Centre, St Clare, Penzance, Cornwall, TR18 3QW (Saturday)

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

ENTRY FORM

(One form per swimmer please)

Name: _____
(as on Swim England rankings) (BLOCK CAPITALS)

*Open/Male OR 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):

Saturday 1 st October PENZANCE	Entry Time	Sunday 2 nd 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)

Please note that the correct entry form must be used for entry and requires the signature of the swimmer accepting the promoter's conditions. If a club is submitting a Hy-Tek entry file, it is not necessary to forward the entry forms but they must be held by the Competition Secretary and available for 3 months for inspection if required, after which they should be destroyed.



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Summary Entries Sheet

(One form per Club please)

Club: _____

There are a total of _____ entries.

Please return this form or a photocopy of this form by Monday 11th September with *:

* Please tick appropriate box and delete as necessary

- Consolidated club cheque for the above amount
- BACS payment already made of the above amount

<input type="checkbox"/>
<input type="checkbox"/>

To Rosie Gordon
 8 Carriage Parc
 Goonhavern
 TRURO
 Cornwall
 TR4 9QW
Or rosie@philipgordon.co.uk

Calculated as follows:

No. open/male entries _____ @ £7.50 = _____

No. female entries _____ @ £7.50 = _____

No. open/male entries _____ @ £9.00 = _____

No. female entries _____ @ £9.00 = _____

No. Poolside passes _____ @ £20.00 = _____

No. Poolside passes _____ @ £10.00 = _____

Please give details below

Total £ _____ Signed _____

Club Official / Coach

Please

- consolidate all entries for your club
- ensure that this form is posted **or** scanned and emailed to reach CBHSC by **11th September**.
- Ensure payment reaches CBHSC by **11th September**

Name and address for future correspondence:

Email address: _____

Tel No: _____

Application for Poolside passes for Coaches, Team Managers and Chaperones

Name	ASA Number	DBS Number

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@philipgordon.co.uk and from our website, www.cbhsc.co.uk

The closing date for Hy-Tek entries is Monday 4th September, 2023

The closing date for paper entries is Monday 28th August, 2023



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Qualifying Times

FEMALE

	9	10	11	12	13	14	15	16 & O
50 Free	42.70	40.60	38.70	38.40	35.70	33.00	32.00	31.30
100 Free	1:35.10	1:30.60	1:26.30	1:23.80	1:16.20	1:13.20	1:10.00	1:09.80
200 Free	3:30.50	3:20.40	3:10.90	2:56.40	2:48.00	2:39.00	2:38.60	2:32.00
400 Free	6:46.50	6:27.20	6:08.70	5:58.80	5:43.40	5:12.90	5:14.30	4:49.00
50 Back	50.10	47.70	45.40	43.30	40.60	38.30	36.40	36.30
100 Back	1:40.80	1:36.00	1:31.50	1:29.10	1:23.80	1:20.40	1:19.00	1:17.20
200m Back	3:35.90	3:25.70	3:15.90	3:06.70	2:58.30	2:55.50	2:46.30	2:39.70
50m Breast	56.70	54.00	51.40	50.30	45.40	44.00	43.00	42.70
100m Breast	2:08.90	2:02.80	1:57.00	1:49.40	1:41.50	1:41.00	1:33.40	1:31.30
200m Breast	4:21.00	4:08.50	3:56.70	3:46.00	3:36.70	3:33.00	3:20.20	3:16.80
50m Fly	48.50	46.20	44.00	43.80	37.10	35.70	35.40	34.70
100m Fly	1:56.80	1:51.20	1:45.90	1:40.10	1:39.60	1:32.40	1:26.00	1:20.00
200m Fly	4:31.20	4:00.00	4:00.00	3:10.20	3:10.00	3:09.00	3:08.00	2:52.00
100m IM	1:49.90	1:44.70	1:39.70	1:37.30	1:31.40	1:27.00	1:25.00	1:21.30
200m IM	4:01.40	3:49.90	3:39.00	3:19.60	2:57.00	2:55.40	2:53.60	2:48.90
400 IM			6:55.60	6:55.60	6:44.20	6:25.00	6:10.00	6:05.60

OPEN/MALE

	9	10	11	12	13	14	15	16&O
50 Free	42.70	40.60	36.90	36.90	35.00	34.20	30.70	29.70
100 Free	1:35.10	1:30.60	1:33.00	1:29.30	1:17.50	1:14.60	1:08.30	1:05.10
200 Free	3:30.50	3:20.40	2:53.20	2:47.00	2:42.10	2:27.60	2:17.10	2:15.90
400 Free	6:46.50	6:21.00	6:21.00	6:10.00	5:51.90	5:21.20	4:48.40	4:39.50
50 Back	50.10	47.70	43.70	43.00	41.00	38.10	35.60	33.80
100 Back	1:40.80	1:36.20	1:36.00	1:34.10	1:29.80	1:24.00	1:17.70	1:13.10
200m Back	3:35.90	3:25.70	3:14.30	3:08.90	2:49.70	2:44.10	2:32.00	2:29.50
50m Breast	56.70	54.00	51.60	49.00	48.70	45.00	40.90	37.70
100m Breast	2:08.90	2:02.80	1:50.60	1:47.50	1:39.00	1:36.20	1:27.20	1:21.30
200m Breast	4:21.00	4:08.50	3:48.30	3:30.30	3:17.70	3:16.70	3:08.10	2:50.10
50m Fly	48.50	46.20	43.20	40.70	38.80	35.80	33.90	33.40
100m Fly	1:56.80	1:51.20	1:50.00	1:35.40	1:32.00	1:25.00	1:17.90	1:16.70
200m Fly	4:31.20	4:06.00	3:38.00	3:30.00	3:13.00	2:55.40	2:35.40	2:25.20
100m IM	1:49.90	1:44.70	1:36.10	1:33.80	1:32.90	1:26.60	1:20.40	1:18.00
200m IM	4:01.40	3:49.90	3:23.70	3:10.20	3:09.00	2:58.80	2:38.30	2:33.00
400 IM			6:55.60	6:55.60	6:44.00	6:35.00	6:00.00	5:30.00



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Consideration Times

FEMALE

	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	1:02.40	56.80	56.80	53.00	47.90	45.80	44.70	44.20
100m Breast	2:18.40	2:08.00	2:02.70	1:54.00	1:45.00	1:44.00	1:35.90	1:34.70
200m Breast	4:49.10	4:22.70	4:22.70	3:59.00	3:42.00	3:35.00	3:27.70	3:25.10
50m Fly	58.60	48.10	47.00	45.00	40.50	39.40	38.30	38.00
100m Fly	2:13.70	2:03.00	2:00.80	1:51.70	1:50.00	1:39.00	1:30.00	1:24.00
200m Fly	4:35.30	4:25.00	4:12.00	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	7:25.20	6:44.90	6:30.00	6:22.80	6:22.80

OPEN/MALE

	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	1:39.20	1:39.20	1:32.00	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	1:33.00	1:28.00	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	1:02.40	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	1:39.00	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	4:22.00	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	1:37.00	1:30.00	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	7:27.30	7:18.00	7:00.00	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]