



CARN BREA & HELSTON 31ST OPEN MEET

(Affiliated to CCASA and ASASW)

Level 2 Licensed Meet

Under ASA Laws and Regulations and ASA Technical Rules of Racing

Saturday 1st to Sunday 2nd October 2016

The 31st Carn Brea & Helston Open Meet will take place on:

- Saturday 1st October - Penzance Leisure Centre,
St Clare, Penzance, Cornwall, TR18 3QW
- Sunday 2nd October - Bodmin Dragon Leisure Centre
Lostwithiel Road, Bodmin PL31 1DE

Friendly gala with high standards

- Features:
- 25m – 6 lane pool, warm up / cool down facility
 - 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 age 12 and over

Level 2 Licensed Meet Number: 2SW161426/7

Come and get your qualifying times for the 2016 / 2017 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 £6.50 per 50m/100m/200m event and £8 per 400m event
- Poolside passes for Coaches and Team Managers £20 each for the weekend

A friendly meet, ideal for "bench marking" or achieving qualifying times for the coming competitive season, as well as qualifying times for the 2016 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 ON 2nd October 2016, £6.50/£8 PER EVENT

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

Girl	Boy			
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

Girl	Boy			
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

Girl	Boy			
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

Girl	Boy			
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**

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 ASA Laws and Regulations and ASA Technical Rules of Racing, and is licensed to Level 2 by the ASA, 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. 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.)
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.
5. The closing date is **Monday 5th September 2016** for entries made electronically by Hy-Tek file, and **Monday 29th August 2016** for paper entries. **All entry fees should be with CBHSC by Monday 12th September.**
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, any deletions required will be based on entry time and balanced across each age group and event.
8. 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.
9. All events will be swum as heat declared winners. Heats will be seeded in accordance with the submitted entry times, slowest to fastest.
10. 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.
11. Data Protection – Carn Brea & Helston SC uses a computer to record entries and results. By submitting entries and accepting entry to the Open Meet, consent is thereby given to the holding of personal information on a computer. 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 the ASA for the purpose of calculating and publishing swimmers' national rankings. Carn Brea & Helston SC plans to publish results live from their website for this meet.
12. 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. 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 £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.
13. Photography will be allowed and an official photographer may be present. Any person wishing to use video or photography equipment is required to sign the authorisation book available at the entry desk. In order to safeguard all athletes, no photography device is allowed to be used in the changing areas or toilets.
14. 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 29th August.
15. Heat start lists rather than cards will be issued at the gala, but will not be available until after the start of warm up.
16. 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.
17. Coaches and team managers should notify the recorders as soon as possible if any swimmer is unable to compete.
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.
20. No diving at any time is permitted in the shallow end of the pool.
21. There will be no entry fee for spectators, and a full programme will be available at £7.50 for the weekend or £3 for Sunday only.
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 3 (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 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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Bodmin Dragon Leisure Centre, Lostwithiel Road, Bodmin PL31 1DE (Sunday)

ENTRY FORM

(One form per swimmer please)

Name: _____
(as on ASA Card) (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 9, 10, 11, 12, 13, 14, 15, 16 and over years	Entry Time	Boys and Girls 9, 10, 11, 12, 13, 14, 15, 16 and over years	Entry Time
50m Freestyle		100m Freestyle	
50m Backstroke		100m Backstroke	
50m Breaststroke		100m Breaststroke	
50m Butterfly		100m Butterfly	
200m Freestyle		100m Individual Medley	
200m Backstroke		200m Individual Medley	
200m Breaststroke			
200m Butterfly		400m Freestyle	
Boys and Girls 12, 13, 14, 15, 16 and over years			
400m Individual Medley			

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)



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Summary Entries Sheet

Please find enclosed entries from:

Club: _____

There are a total of _____ entries.

Please consolidate all entries for your club, and ensure that this form and all payment reach CBHSC by 12th September. (Please delete as necessary)*

* I enclose a payment of (cheques payable to "CBHSC") / * I have made BACS payment of £ _____

Calculated as follows:

No. male entries _____ @ £6.50 = _____

No. female entries _____ @ £6.50 = _____

No. male entries _____ @ £8 = _____

No. female entries _____ @ £8 = _____

No. Coaches passes _____ @ £20.00 = _____

Total £ _____

Signed _____ Club Official / Coach

Name and address for future correspondence:

Email address: _____ Tel No: _____

Please return this form with *:

- Consolidated club cheque for the above amount
- BACS payment already made 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 5th September 2016

The closing date for paper entries is Monday 29th August 2016



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Qualifying Times

GIRLS

	9	10	11	12	13	14	15	16 & O
50 Free	43.90	41.10	38.80	36.80	34.60	34.30	33.30	32.50
100 Free	1:50.00	1:33.00	1:33.00	1:18.90	1:14.20	1:13.40	1:12.00	1:10.60
200 Free	3:32.00	3:12.40	3:12.40	2:49.80	2:42.00	2:38.10	2:34.70	2:31.50
400 Free	7:38.80	7:00.00	6:16.00	5:54.00	5:39.70	5:30.40	5:25.40	5:24.50
50 Back	50.40	46.70	46.50	43.30	39.60	38.00	36.80	36.40
100 Back	1:53.00	1:43.00	1:34.50	1:28.00	1:23.30	1:21.40	1:19.40	1:17.80
200m Back	3:53.50	3:35.00	3:35.00	3:07.20	2:59.50	2:54.30	2:49.70	2:46.10
50m Breast	58.60	53.30	53.30	46.80	45.00	43.00	41.50	41.50
100m Breast	2:10.00	1:56.50	1:55.20	1:41.00	1:35.10	1:32.00	1:29.70	1:28.90
200m Breast	4:31.50	4:06.70	4:06.70	3:35.10	3:25.00	3:17.20	3:13.50	3:12.60
50m Fly	55.00	45.20	45.20	40.60	38.00	37.00	36.00	35.70
100m Fly	2:05.50	1:55.50	1:53.40	1:44.90	1:25.60	1:21.00	1:19.20	1:18.90
200m Fly	4:18.50	3:46.60	3:35.80	3:26.50	3:10.00	2:57.90	2:51.90	2:50.80
100m IM	1:52.10	1:41.50	1:41.50	1:31.80	1:27.40	1:25.10	1:23.30	1:21.60
200m IM	3:59.10	3:55.00	3:39.10	3:11.90	3:03.00	2:58.30	2:54.60	2:52.00
400 IM				6:43.80	6:20.20	6:06.20	5:59.40	5:59.40

BOYS

	9	10	11	12	13	14	15	16&O
50 Free	49.40	40.50	40.50	37.00	33.50	32.20	31.10	31.10
100 Free	1:55.00	1:32.50	1:33.10	1:23.20	1:15.80	1:10.90	1:08.20	1:06.20
200 Free	3:34.90	3:11.60	3:11.60	2:49.80	2:40.20	2:31.00	2:25.00	2:20.70
400 Free	7:33.80	6:43.60	6:17.00	5:56.40	5:36.60	5:19.70	5:06.40	4:47.50
50 Back	56.00	46.50	46.50	43.80	40.30	37.50	35.00	34.50
100 Back	2:02.00	1:50.60	1:45.10	1:40.50	1:23.70	1:17.30	1:13.60	1:12.00
200m Back	3:50.50	3:33.50	3:32.90	3:08.10	2:56.20	2:46.20	2:38.90	2:38.90
50m Breast	58.60	53.30	52.80	49.40	44.10	43.10	38.50	37.50
100m Breast	2:10.00	1:58.00	1:52.30	1:49.10	1:38.30	1:29.30	1:24.70	1:24.70
200m Breast	4:25.50	4:06.20	4:06.20	3:43.60	3:30.20	3:16.30	3:05.80	3:05.80
50m Fly	55.00	45.10	45.10	43.50	40.70	37.80	35.10	35.10
100m Fly	2:05.00	1:55.50	1:49.50	1:44.30	1:32.60	1:22.50	1:14.00	1:14.00
200m Fly	4:15.70	3:43.80	3:38.40	3:28.00	3:12.50	2:55.00	2:44.00	2:42.30
100m IM	1:56.00	1:42.60	1:42.60	1:36.00	1:25.60	1:20.40	1:16.90	1:15.60
200m IM	3:59.00	3:55.50	3:38.60	3:12.40	3:04.50	2:52.20	2:42.90	2:41.60
400 IM				6:48.90	6:23.20	5:58.20	5:45.10	5:45.10