



# CARN BREA & HELSTON 7<sup>TH</sup> WINTER INVITATIONAL MEET

(Affiliated to CCASA and ASASW)

## Level 4 Licensed Meet

Under ASA Laws and Regulations and ASA Technical Rules of Racing

**Saturday 2<sup>nd</sup> December 2017**

### The 7<sup>th</sup> Carn Brea & Helston Winter Invitational Meet

will take place on Saturday 2<sup>nd</sup> December 2017

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 4 Licensed Meet Number: 4SW171984***

***One of the last opportunities  
to gain Qualifying Times for the 2018 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

*An Invitational 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 2107, £6.50/£8 PER EVENT**

#### **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 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



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### Promoter's conditions

1. The competition will be held under ASA Laws and Regulations and ASA Technical Rules of Racing and is licensed to Level 4 by the ASA.
2. The meet will be restricted by invitation to a maximum of eight clubs competing in total.
3. Events will be as stated in the programme. Ages are as at midnight on 31<sup>st</sup> December 2017.
4. Each swimmer must not have a faster ranked time than the Cut Off Times shown in the table (2018 County Qualifying Times reflecting the age of the swimmer at 31<sup>st</sup> December 2017). Swimmers with a faster time that cannot be used as an entry time for the 2018 County Champs may enter as a time trial, but will only be accepted in the event that the meet is under subscribed. (This applies to times achieved outside the qualifying period, or times achieved at a non-licensed meet).
5. Entry times on the entry form must be given using 25m pool times (converted to short course if appropriate).
6. 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.
7. The closing date is **Monday 6<sup>th</sup> November 2017** for entries made electronically by Hy-Tek file, and **Monday 30<sup>th</sup> October 2017** for paper entries. **All entry fees should be with CBHSC by Monday 13<sup>th</sup> November.**
8. 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.
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, with preference given to retaining swims that are closer to County Qualifying Times.
10. Warm-up times and start times will be as stated in the programme and as advised after close of entries.
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 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.
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 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 £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 ASA 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 30<sup>th</sup> October.
17. Heat start lists rather than cards will be issued at the gala, but will not be available until after the start of warm up.
18. 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.
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. 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.
24. 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.

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 2017 Carn Brea & Helston Winter Invitational Meet Level Four licence number: 4SW171984**



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

### ENTRY FORM

(One form per swimmer please)

Name: \_\_\_\_\_  
(as registered with the ASA) (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):  
\_\_\_\_\_

<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>
50m Freestyle		100m Freestyle	
50m Backstroke		100m Backstroke	
50m Breaststroke		100m Breaststroke	
50m Butterfly		100m Butterfly	
		100m Individual Medley	
200m Freestyle			
200m Backstroke		400m Freestyle	
200m Breaststroke			
200m Butterfly		<b>Boys and Girls</b> 11, 12, 13, 14, 15 & Over	
200m Individual Medley		400m IM	

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 9-10 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 find enclosed entries from:

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

There are a total of \_\_\_\_\_ entry forms.

*Please consolidate all entries for your club, and ensure that this form and all payment reach CBHSC by 13<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 6<sup>th</sup> November 2017**

**The closing date for paper entries is Monday 30<sup>th</sup> October 2017**

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### Girl's Cut Off Times

EVENT		9	10	11	12	13	14	15 & O
<b>50m Free</b>	Cut Off	41.00	41.00	41.00	37.00	33.00	32.00	32.00
<b>100m Free</b>	Cut Off	1:33.00	1:33.00	1:30.00	1:20.00	1:14.00	1:11.00	1:10.00
<b>200m Free</b>	Cut Off	3:32.00	3:32.00	3:00.00	2:55.00	2:42.00	2:39.00	2:32.00
<b>400m Free</b>	Cut Off	6:20.00	6:20.00	6:19.00	6:04.00	5:24.00	5:15.00	5:15.00
<b>50m Back</b>	Cut Off	47.00	47.00	46.00	42.00	39.00	39.00	38.00
<b>100m Back</b>	Cut Off	1:35.00	1:35.00	1:33.00	1:26.00	1:23.00	1:19.00	1:19.00
<b>200m Back</b>	Cut Off	3:35.00	3:35.00	3:20.00	3:02.00	3:05.00	2:51.00	2:50.00
<b>50m Breast</b>	Cut Off	54.00	54.00	53.00	46.00	44.00	43.00	43.00
<b>100m Breast</b>	Cut Off	1:59.00	1:59.00	1:58.00	1:43.00	1:43.00	1:34.00	1:33.00
<b>200m Breast</b>	Cut Off	4:06.00	4:06.00	3:57.00	3:39.00	3:33.00	3:33.00	3:28.00
<b>50m Fly</b>	Cut Off	46.00	46.00	45.00	39.00	36.00	36.00	35.00
<b>100m Fly</b>	Cut Off	1:53.00	1:53.00	1:44.00	1:42.00	1:33.00	1:26.00	1:20.00
<b>200m Fly</b>	Cut Off	3:46.60	3:35.00	3:26.00	3:10.00	3:09.00	3:08.00	2:52.00
<b>100m IM</b>	Cut Off	1:44.00	1:44.00	1:43.00	1:33.00	1:27.00	1:25.00	1:24.00
<b>200m IM</b>	Cut Off	3:55.00	3:39.00	3:24.00	3:10.00	2:58.00	2:58.00	2:54.00
<b>400m IM</b>	Cut Off			7:24.00	7:04.00	6:25.00	6:10.00	6:09.00

### Boy's Cut Off Times

EVENT		9	10	11	12	13	14	15 & O
<b>50m Free</b>	Cut Off	40.00	40.00	38.00	35.00	35.00	32.00	30.00
<b>100m Free</b>	Cut Off	1:33.00	1:33.00	1:30.00	1:21.00	1:21.00	1:14.00	1:07.00
<b>200m Free</b>	Cut Off	3:12.00	3:12.00	3:05.00	2:45.00	2:38.00	2:29.00	2:18.00
<b>400m Free</b>	Cut Off	6:54.00	6:54.00	6:18.00	6:05.00	5:22.00	5:03.00	5:04.00
<b>50m Back</b>	Cut Off	47.00	47.00	46.00	43.00	41.00	36.00	35.00
<b>100m Back</b>	Cut Off	1:45.00	1:45.00	1:42.00	1:36.00	1:31.00	1:24.00	1:14.00
<b>200m Back</b>	Cut Off	3:45.00	3:45.00	3:19.00	2:59.00	3:01.00	2:44.00	2:32.00
<b>50m Breast</b>	Cut Off	56.00	56.00	55.00	49.00	45.00	44.00	39.00
<b>100m Breast</b>	Cut Off	2:00.00	2:00.00	1:55.00	1:49.00	1:41.00	1:34.00	1:28.00
<b>200m Breast</b>	Cut Off	4:06.00	4:06.00	3:49.00	3:32.00	3:29.00	3:28.00	3:09.00
<b>50m Fly</b>	Cut Off	47.00	47.00	46.00	43.00	40.00	35.00	35.00
<b>100m Fly</b>	Cut Off	1:50.00	1:50.00	1:49.00	1:32.00	1:25.00	1:26.00	1:18.00
<b>200m Fly</b>	Cut Off	3:38.00	3:38.00	3:30.00	3:13.00	3:05.00	2:40.00	2:39.00
<b>100m IM</b>	Cut Off	1:43.00	1:43.00	1:40.00	1:33.00	1:29.00	1:24.00	1:18.00
<b>200m IM</b>	Cut Off	3:46.00	3:46.00	3:45.00	3:18.00	3:13.00	2:51.00	2:33.00
<b>400m IM</b>	Cut Off			7:30.00	7:08.00	6:06.00	5:27.00	5:25.00





**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]