



CARN BREA & HELSTON 13TH WINTER INVITATIONAL MEET

(Affiliated to CCASA and Swim England South West)

Low Level 4 Licensed Meet

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

Sunday 30th November 2025

The 13th Carn Brea & Helston Winter Invitational Meet

will take place on Sunday 30th November, 2025

at Bodmin Dragon Leisure Centre, Lostwithiel Road, Bodmin PL31 1DE

Low Level 4 Licensed Meet Number: 4SW252482

***One of the last opportunities
to gain Qualifying Times for the 2026 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: 8-9, 10, 11, 12, 13, 14, 15 & Over
- Entry fee just £8.50 per 50m/100m/200m event, £9.50 per 400m event
- Poolside passes for Coaches and Team Managers £10 each
- **Closing Date for entries – Monday 3rd November 2025**

For further information or queries please contact:

Rosie Gordon

8 Carriage Parc, Goonhavern, Truro, TR4 9QW

Tel: 01872 573615; rosie@philipgordon.org

Or visit www.cbhsc.co.uk



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PROGRAMME OF EVENTS

AGE AS AT 31ST DECEMBER 2025, £8.50/£9.50 PER EVENT

(NB – swimmers age 8 must be 8 by 30th November, 2025)

Session 1 9.30 am warm-up for 10.30 am start

Female Open/Male

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

Female Open/Male

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**

10, 11, 12, 13, 14, 15 & Over years

Awards in each age group

50m, 100m, & 200m Events – Free, Back, Breast, Fly, IM & 400m Freestyle

8-9, 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 Low Level 4 by Swim England.
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 31st December 2025, except 8 year old swimmers must be 8 by 30th November 2025.
4. 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.



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5. Each swimmer must not have a faster time than the Cut Off Times shown in the table (based between 2026 County Qualifying and Consideration Times and reflecting the age of the swimmer at 31st December 2026). Swimmers with a faster time that cannot be used as an entry time for the 2026 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).
6. Entry times on the entry form must be given using 25m pool times (converted to short course if appropriate). No Time entries will be allowed, however these should be supplied with estimated times provided by the Club Coach and entered as custom times onto the Hy-Tek file.
7. 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 the closing date**.
8. The closing date is **Monday 3rd November 2025** for entries made electronically by Hy-Tek file, and **Monday 27th October 2025** for paper entries. **All entry fees should be with CBHSC by Monday 10th November.**
9. Club 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.org 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 27th October.
10. 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.
11. 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 times and balanced across each age group and event, with preference given to swimmers who have not yet achieved County Consideration Times. There will be no refunds for withdrawals made after the closing date, except on production of a doctor's certificate.
12. Warm-up times and start times will be as stated in the programme for Session 1 and as advised after close of entries for Session 2.
13. 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 rather than cards 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.
14. A secondary strobe will be available at Bodmin if requested at the time of entry.
15. Medals will be awarded for each event in each age group (8-9, 10, 11, 12, 13, 14, and 15 & Over) for 1st, 2nd, and 3rd.
16. 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.
17. 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. **Poolside passes will only be issued to persons registered with Swim England and holding a valid DBS check.** Clubs will be advised on the admission of spectators nearer to the event.
18. All Teams must be accompanied by at least one Level 2 Swim England Swimming Coach who must have current Safeguarding and DBS passes. Team Managers on poolside must be TM1 Qualified and be DBS Checked. Clubs are reminded that Swim England requires one Team Manager to be on poolside for every 10 swimmers. A maximum of 3 poolside passes per club with 30 swimmers or fewer will be allowed at a cost of £10.00 each, to include programme and heat start sheets. One additional coach pass per 10 swimmers over 30 swimmers may be added.



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19. Poolside packs will be given to coaches in a named wallet with instructions, deletions sheets, warm up procedure, coach pass permits, and programmes. Heat start lists will be distributed once they have been printed during warm up. Permits, Programmes and Heat start lists will be according to the number of passes booked.
20. 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.
21. For advice and guidance on the use of recording or streaming devices during the duration of the competition, parents should consult the SE Wavepower Policy: www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/. In order to safeguard all athletes, no photography device is allowed to be used in the changing areas or toilets.
22. 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.
23. Coaches and team managers should notify the recorders and marshals as soon as possible of any swimmer unable to compete. Heat start lists will not be available until after the start of warm up for the session.
24. 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.
25. 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.
26. 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.
27. No diving at any time is permitted in the shallow end of the pool or in the warm down pool (if it is available).
28. 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.
29. **Officials Requirement:** To ensure that we comply with Licensing requirements, and that the Open Meet runs effectively and efficiently, all clubs submitting entries are requested to supply details of one licensed official who will officiate, for up to 10 swimmers, with one additional official for every further 10 swimmers or part thereof. (Eg 23 swimmers will need three officials). Their details must be entered on the Officials' Submission Form and be forwarded with their club's entries. Food and refreshments will be provided to officials who are on duty all day, and travel expenses will be offered to qualified officials attending this meet. In the event of an insufficient number of Officials being available for any session, the promoter reserves the right to curtail or otherwise cancel that session.
30. Due to constraints set by the Leisure Centre, it may become necessary to limit the number of spectators allowed in the public seating areas, depending on the number of swimmers competing.
31. Bodmin Pool is hired under agreements with the pool operators. 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 operators. 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.
32. 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.
33. For any queries, please contact our Promoter, Sue Reynolds in the first instance, promoter@cbhsc.co.uk.

Anything not covered by these conditions will be at the discretion of the Promoter, 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.



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Bodmin Dragon Leisure Centre, Lostwithiel Road, Bodmin PL31 1DE

ENTRY FORM

(One form per swimmer please)

Name: _____
(as registered with SE) (BLOCK CAPITALS)

*Open//Female
(*Delete as appropriate)

Date of Birth: _____

Club: _____

SE 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):

Session 1	Entry Time	Session 3	Entry Time
400m Freestyle		400m IM (10 years & 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 8-9 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

(One form per Club please)

Club: _____

There are a total of _____ entries.

**Please return this form or a photocopy of this form
by Monday 10th November with *:**

* Please tick appropriate box and delete as necessary

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

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

Calculated as follows:

No. open/male entries _____ @ £8.50 = _____
No. female entries _____ @ £8.50 = _____
No. open/male entries _____ @ £9.50 = _____
No. female entries _____ @ £9.50 = _____
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 **10th November**.
- Ensure payment reaches CBHSC by **10th November**

Name and address for future correspondence:

Email address: _____

Tel No: _____

Application for Poolside passes for Coaches, Team Managers and Chaperones

Name	SE 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.org and from our website, www.cbhsc.co.uk

The closing date for Hy-Tek entries is Monday 3rd November, 2025

The closing date for paper entries is Monday 27th October, 2025

The 2025 Carn Brea & Helston Winter Invitational Meet Low Level Four licence number: 4SW252482



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Officials' Details

Club: _____

Please return details as soon as possible after your entries to our officials officer: officialsofficer@cbhsc.co.uk

Name	Qualification Please tick those appropriate	Licence Number	Expiry Date	Sessions Please tick
	Referee Starter Judge 1 Judge 2			S 1 S 2 S 3 S 4
	Referee Starter Judge 1 Judge 2			S 1 S 2 S 3 S 4
	Referee Starter Judge 1 Judge 2			S 1 S 2 S 3 S 4
	Referee Starter Judge 1 Judge 2			S 1 S 2 S 3 S 4
	Referee Starter Judge 1 Judge 2			S 1 S 2 S 3 S 4

Food and refreshments will be provided to officials who are on duty all day, and travel expenses will be offered to qualified officials attending this meet.



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Female Cut Off Times

EVENT		8-9	10	11	12	13	14	15 & O
50m Free	Cut Off	38.50	38.50	35.40	33.60	32.10	31.10	29.80
100m Free	Cut Off	1:27.50	1:27.50	1:20.10	1:15.70	1:12.10	1:09.80	1:07.40
200m Free	Cut Off	3:10.80	3:10.80	2:53.80	2:42.60	2:31.80	2:28.10	2:27.20
400m Free	Cut Off	6:33.50	6:33.50	6:16.60	5:43.30	5:27.50	5:21.50	5:15.60
50m Back	Cut Off	45.50	45.50	41.90	39.50	37.30	37.00	34.40
100m Back	Cut Off	1:39.90	1:39.90	1:32.80	1:25.90	1:22.70	1:19.60	1:16.60
200m Back	Cut Off	3:26.10	3:26.10	3:12.80	3:04.80	2:56.20	2:53.00	2:44.10
50m Breast	Cut Off	50.40	50.40	49.60	44.40	43.70	41.80	39.00
100m Breast	Cut Off	1:56.00	1:56.00	1:49.80	1:40.20	1:38.50	1:31.50	1:27.50
200m Breast	Cut Off	4:03.00	4:03.00	3:52.90	3:31.30	3:23.00	3:14.10	3:10.60
50m Fly	Cut Off	46.10	46.10	41.80	38.70	36.20	35.00	33.20
100m Fly	Cut Off	1:53.30	1:53.30	1:48.20	1:42.30	1:25.20	1:20.00	1:19.80
200m Fly	Cut Off	4:03.70	4:03.70	3:43.00	3:23.90	3:12.40	3:12.40	3:06.60
100m IM	Cut Off	1:38.20	1:38.20	1:31.00	1:26.70	1:21.50	1:18.70	1:17.30
200m IM	Cut Off	3:43.00	3:43.00	3:18.30	3:05.40	2:55.20	2:49.90	2:43.30
400m IM	Cut Off		7:00.40	7:00.40	6:27.70	6:19.60	6:05.60	5:51.10

Open/Male Cut Off Times

EVENT		8-9	10	11	12	13	14	15 & O
50m Free	Cut Off	39.30	39.30	37.60	33.60	31.60	31.50	29.20
100m Free	Cut Off	1:32.30	1:32.30	1:25.80	1:18.00	1:14.50	1:11.10	1:00.70
200m Free	Cut Off	3:17.40	3:17.40	3:00.80	2:46.30	2:41.20	2:29.20	2:13.50
400m Free	Cut Off	6:45.00	6:45.00	6:19.70	5:57.90	5:16.70	5:09.30	4:59.80
50m Back	Cut Off	47.10	47.10	45.40	40.40	39.10	41.20	35.60
100m Back	Cut Off	1:45.40	1:45.40	1:39.30	1:33.30	1:27.60	1:27.60	1:14.40
200m Back	Cut Off	3:37.00	3:37.00	3:18.00	3:12.30	2:51.50	2:45.70	2:28.50
50m Breast	Cut Off	55.50	55.50	50.60	45.80	43.40	43.90	35.70
100m Breast	Cut Off	2:02.90	2:02.90	1:53.60	1:48.00	1:45.30	1:38.30	1:25.50
200m Breast	Cut Off	4:08.90	4:08.90	3:50.40	3:48.20	3:32.00	3:12.30	3:06.40
50m Fly	Cut Off	53.50	53.50	48.20	40.70	37.90	38.10	35.00
100m Fly	Cut Off	1:46.70	1:46.70	1:45.00	1:28.10	1:28.10	1:14.10	1:11.00
200m Fly	Cut Off	4:12.50	4:12.50	3:50.50	3:25.50	3:16.80	3:01.60	2:53.70
100m IM	Cut Off	1:45.60	1:45.60	1:38.30	1:25.60	1:25.60	1:22.50	1:18.20
200m IM	Cut Off	3:34.60	3:34.60	3:26.10	2:57.60	2:41.40	2:38.40	2:29.80
400m IM	Cut Off		6:28.00	6:28.00	6:28.00	6:07.00	5:42.80	5:29.40



**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]