



CARN BREA & HELSTON 9TH OPEN SPRINT MEET WITH SKINS EVENT

(Affiliated to CCASA and Swim England South West)

Level 3 Licensed Meet

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

Sunday 22nd March 2026

The 9th Carn Brea & Helston Open Sprint Meet

will take place on Sunday 22nd March 2026

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

- Features:
- 25m – 6 lane pool
 - electronic timing
 - friendly meet with a great poolside atmosphere
 - tiered spectator accommodation
 - excellent access for disabled swimmers and spectators
 - good restaurant
 - good parking

Level 3 Licensed Meet Number: 3SW260342

Programme includes:

- 50m Free, Back, Breast & Fly and 100m Individual Medley
- All events are "Heat Declared Winners"
- Awards, **including cash prizes**, to top three swimmers, open and girls in each age group: 9, 10, 11, 12, 13, 14, 15, 16 & over will be based on total FINA points awarded across all five events
- Open to any swimmer who has **not** achieved a time faster than the Cut Off times for **any** of the events in their age group.
- Entry fee £40 to cover entry to all five events
- Poolside passes for Coaches and Team Managers £10 each
- Separate skins events offered to the top 6 IM swimmers at the end of Session 1 with **prize money for the top three** in each of: top six Junior (aged 9 – 14) girls and boys and top six Senior (15 and over) girls and boys
- **Closing Date for entries – Monday 23rd February 2026**

For further information or queries please contact:

Sue Reynolds

cbhscmeets@cbhsc.co.uk

Or visit www.cbhsc.co.uk



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PROGRAMME OF EVENTS

AGE ON THE DAY, £40 TO COVER ALL EVENTS

Session 1 **9.30 am warm-up for 10.30 am start**

Female Open/Male

1	2	100M	Individual Medley
3	4	50m	Butterfly

Sk 1	Sk 2	Junior Skins	} To be swum in rotation – random stroke selection by draw
Sk 3	Sk 4	Senior Skins	

Session 2 **warm up times to be advised after closing date**

Female Open/Male

5	6	50m	Backstroke
7	8	50m	Breaststroke
9	10	50m	Freestyle

Cut Off times

Swimmers will enter all five events, and therefore must have **NO** times faster than **any** of the cut off times for their age group.

Open

	9	10	11	12	13	14	15	16 & O
50 Free	31.00	31.00	31.00	30.00	29.50	27.00	25.00	23.50
50 Back	35.00	35.00	35.00	34.50	32.00	30.00	28.50	27.50
50 Breast	42.00	42.00	42.00	40.50	38.50	35.50	32.50	30.50
50 Fly	35.00	35.00	35.00	34.50	33.00	30.00	28.00	26.00
100 IM	1:30.00	1:30.00	1:20.00	1:18.00	1:13.00	1:09.00	1:06.00	1:03.00

Female

	9	10	11	12	13	14	15	16 & O
50 Free	32.00	32.00	32.00	31.00	30.00	28.00	27.00	26.00
50 Back	39.00	39.00	39.00	37.00	34.00	32.00	31.50	30.50
50 Breast	44.50	44.50	44.50	41.50	39.00	36.00	35.00	34.00
50 Fly	37.00	37.00	37.00	35.00	33.00	31.00	30.00	29.00
100 IM	1:30.00	1:30.00	1:23.00	1:19.00	1:15.00	1:12.00	1:09.00	1:07.00



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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 Level 3 by Swim England.
2. Events will be as stated in the programme. Ages are as at midnight on the 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 will enter all five events and must not have achieved a time faster than ANY of the Cut Off times.
5. Entry times on the entry form must be given using 25m pool times (converted 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.
6. Any swimmer who, at the closing date of entries for the Meet including those entered early, that has achieved a time faster than the published upper limit may not enter that event or will be entered as a time trial swim if time permits, along with all their other entries, and the swimmer will not be eligible to take part in the Skins event. Should it transpire at any stage that a swimmer has submitted an ineligible entry or not declared a faster time, then their entries will be rejected, and the fee forfeited.
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 **must be made within 7 days following the closing date.**
8. The closing date is **Monday 23rd February 2026** for entries made electronically by Hy-Tek file, and **Monday 16th February 2026** for paper entries. **All entry fees should be with CBHSC by Monday 2nd March.** Individual entries from clubs of less than 5 swimmers may be made by hard copy only, but must arrive by Monday 16th February.
9. 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.
10. The promoter reserves the right to refuse or restrict entries, and in the event of over-subscription, entries will be accepted on a **strictly first come, first served** basis, and any rejected swimmers will be refunded. There will be no refunds for withdrawals after the closing date, except for a swimmer being selected to compete for their country or on production of a doctor's certificate.
11. In the event that a club's entries take the total number of entries over the time limit and numbers of swimmers permitted for the competition, such that it is not possible to accept all their entries, any deletions required from that club will be based on entry time for 50m Free, and balanced across each age group, with those swimmers losing entry to all five events. In such an event, those swimmers will receive a full refund.
12. Warm-up times and start times will be as stated in the programme for Session 1 and 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 will be issued at the gala.
14. A secondary strobe will be available at Bodmin if requested at the time of entry.



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15. Medals will be awarded at the end of the day based on total FINA points gained across all five events in each age group (9, 10, 11, 12, 13, 14, 15, 16 & Over) boys and girls for 1st, 2nd, and 3rd.
16. 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.**
17. **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, to include programme and heat start sheets. One additional coach pass per 10 swimmers over 30 swimmers may be added.
18. All Teams must be accompanied by at least one Level 2 or Swim England Swimming Coach who must have current Safeguarding and DBS passes. Team Managers on poolside must be TM1 Qualified and be DBS Checked.
19. 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.
20. 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.
21. For advice and guidance on the use of recording or streaming devices during the duration of the completion parents should consult Swim England's Wavepower Policy: www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs. Anyone wishing to take images (photo or video) are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms.
22. **In order to safeguard all athletes, no photography device is allowed to be used in the changing areas or toilets.**
23. 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 cbhscmeets@cbhsc.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 17th February.
24. 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.
25. Coaches and team managers should notify the recorders and marshals as soon as possible if any swimmer is unable to compete.
26. 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.
27. 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.



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28. 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.
29. No diving at any time is permitted in the shallow end of the pool or in the warm down pool.
30. **Officials Requirement:** To ensure that we comply with Licensing requirements, and that the Meet runs effectively and efficiently, all clubs submitting entries are requested to assist by supplying details of any licensed officials who are willing to help us. 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.
31. 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.
32. The 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.
33. Force majeure: In situations of force majeure or other unforeseen circumstances leading to the cancellation of the gala or part of the gala or other incomplete performance, CBHSC's liability will be restricted to a refund of a proportion of the entry fees to those affected for the affected events only after the Promoter has covered all incurred costs. The Club will communicate the circumstances to visiting clubs as soon as possible and seek to make alternative arrangements when this is reasonably feasible.
34. The Meet Promoter will make every effort to run the event at the advertised licence level. In any situation that the meet must be run at either unlicensed or at a lower licence level, competitors are not eligible for refunds of their entry fees.

Anything not covered by these conditions will be at the discretion of the Promoter, Sue Reynolds (promoter@cbhsc.co.uk) in agreement with the Meet Referee, (Julie Matraives) 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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ENTRY FORM

(One form per swimmer please)

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

*Open/Female
(*Delete as appropriate)

Date of Birth: _____

Club: _____

Swim England Registration Number: _____

First Name for programme: _____
(if different from above)

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 & O	Entry Time	Coach estimate for NT entry
100m Individual Medley		
50m Butterfly		
50m Backstroke		
50m Breaststroke		
50m Freestyle		

Please complete fully otherwise your entry will not be accepted and your entry fee not returned. Swimmers should enter a time or NT for each event. For any NT event, the club coach should provide an estimated time.

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 return this form or a photocopy of this form
by Monday 2nd March 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 Sue Reynolds

cbhscmeets@cbhsc.co.uk

Calculated as follows:

No. Female entries _____ @ £40 = _____

No. Open entries _____ @ £40 = _____

No. Poolside passes _____ @ £10 = _____

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 **2nd March**.
- Ensure payment reaches CBHSC by **2nd March**.

Name and address for future correspondence:

Email address: _____

Tel No: _____

Application for Poolside passes for Coaches, Team Managers and Chaperones

Name	Swim England 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 cbhscmeets@cbhsc.co.uk and from our website, www.cbhsc.co.uk

The closing date for Hy-Tek entries is Monday 23rd February 2026

The closing date for paper entries is Monday 16th February 2026



**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]