



CARN BREA 24th OPEN MEET

(Affiliated to CCASA and ASASW)

Level 3 Licensed Meet

Under ASA Laws and ASA Technical Rules of Racing

Saturday 3rd October 2009



The 24th Carn Brea Open meet will take place
on Saturday 3rd October 2009

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

Penzance Leisure Centre has the recently opened, premier pool in Cornwall with tiered spectator accommodation for over 200 including excellent access for disabled swimmers and spectators. There is plenty of parking for cars and coaches / buses and a good restaurant.

Level 3 Licensed Meet Number: 3SW****

Come and get your qualifying times for the 2009 / 2010 season

We offer a full 1-day programme including:

- 50m/100m/200m – Free, Back, Breast, Fly & Medley
- All events are "Heat Declared Winners"
- Awards in each age group: 9, 10, 11, 12, 13, 14, 15, 16 & over
- Entry fee just £4 per event
- Coaches pass £10 each

A friendly meet, ideal for "bench marking" or achieving qualifying times for the coming competitive season

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.carnbreasc.co.uk



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PROGRAMME OF EVENTS AGE ON THE DAY, £4 PER EVENT

Session 1 9:15 am warm-up, 10:15 am start

Girl	Boy			
1	2	200m	Butterfly	All age groups
3	4	50m	Back	Age groups *
5	6	100m	Breast	Age groups **
7	8	100m	Individual Medley	Age groups *
9	10	200m	Freestyle	All age groups

Session 2 1:00 pm warm-up, 3:00 pm start or a minimum break of 45 minutes between end of session one and warm-up

Girl	Boy			
11	12	200m	Individual Medley	Age groups **
13	14	50m	Breast	Age groups *
15	16	100m	Back	Age groups **
17	18	50m	Butterfly	Age groups *
19	20	50m	Freestyle	All age groups

Session 3 5:00 pm warm-up, 6:00 pm or a minimum break of 45 minutes between end of session two and warm-up

Girl	Boy			
21	22	200m	Breaststroke	All age groups
23	24	100m	Butterfly	Age groups **
25	26	200m	Backstroke	All Age groups
27	28	100m	Freestyle	Age groups **

All Events are Heat Declared Winners

*** 50m Events– Back, Breast & Fly & 100m Individual Medley**

Boys 9,10 and 11 years

Girls 9 and 10 years

Awards in each age group

**** 100m Events – Back, Breast, Fly & Free & 200m Individual Medley**

Girls 11, 12, 13, 14, 15, 16 & over years

Boys 12, 13, 14, 15, 16 & over years

Awards in each age group

200m Events – Back, Breast, Fly, Free, & 50m 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 competition will be held under ASA laws and ASA technical rules and is licensed to level 3 by the ASA.
2. Events will be as stated in the programme. Ages are as at midnight on the day of the event.
3. Each swimmer must have achieved the Entry Qualifying Time and not be faster than the Cut Off Times shown in the table.
4. The correct entry fee must accompany each entry form or the entry will be treated as incorrect. Entry fees should be paid on one consolidated cheque, made payable to Carn Brea Swimming Club.
5. Entry times on the entry form must be given using 25m pool times (converted if appropriate).
6. The closing date for entries is the **Monday 14th September 2009**.
7. 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.
8. The promoter reserves the right to refuse or restrict entries.
9. Warm-up times and start times will be as stated in the programme.
10. All events will be swum as heat declared winners.
11. 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.
13. Data Protection – Carn Brea Swimming Club 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.
15. 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.
16. If your club uses Hy-Tek Team Manager, please e-mail rosie@philipgordon.co.uk for the Meet Manager file and export your entries electronically to the same e-mail address. Signed hard copies of entries must also be sent.
17. Heat start lists rather than cards will be issued at the gala.
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.
19. Coaches and team managers should notify the recorders as soon as possible if any swimmer is unable to compete.
20. Disabled swimmers: Please advise of any special requirements and we will do our best to meet them in consultation with their coaches.
21. Only competitors, officials and holders of a valid coaches pass will be permitted poolside. A maximum of 5 poolside passes per club at a cost of £10.00 each; to include programme and results sheets will be allowed. Results will be sent to clubs by e-mail on request and available on the Carn Brea Swimming Club website.
22. All valuables and clothing left in the changing rooms will be entirely at the owner's risk.
23. No diving at any time is permitted in the shallow end of the pool.
24. There will be no entry fee, and a full days programme will be available at £5.

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

ENTRY FORM

(One form per swimmer please)

Surname: _____
(BLOCK CAPITALS)

First Name: _____ *Male/Female
(*Delete as appropriate)

Date of Birth: _____

Club: _____

ASA Registration Number: _____

Address: _____

E-mail address and / or telephone number of parent of swimmer(in case of queries):

Boys 9, 10, and 11 years Girls 9 and 10 years	Entry Time	Boys 12, 13, 14, 15, 16 and over years	Entry Time
50m Backstroke		100m Breaststroke	
50m Breaststroke		100m Backstroke	
50m Butterfly		100m Butterfly	
100m Individual Medley		100m Freestyle	
		200m Individual Medley	
Boys and Girls 9, 10, 11, 12, 13, 14, 15, 16 and over years		Girls 11, 12, 13, 14, 15, 16 and over years	
50m Freestyle		100m Breaststroke	
200m Butterfly		100m Backstroke	
200m Freestyle		100m Butterfly	
200m Breaststroke		100m Freestyle	
200m Backstroke		200m Individual Medley	

Please complete fully otherwise your entry will not be accepted and your entry fee not returned.

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.

I enclose a payment (cheques payable to "Carn Brea Swimming Club") of £ _____

Calculated as follows:

No. male entries _____ @ £4.00 = _____

No. female entries _____ @ £4.00 = _____

No. Coaches passes _____ @ £10.00 = _____

Total £ _____

Signed _____ Club Official / Coach

Name and address for future correspondence:

Email address: _____

Tel No: _____

Please consolidate entries for your club to assist in our administrative work.

Please return this slip with:

- *Your completed, signed entry forms*
- *Your consolidated club cheque for the above amount*

If you use Hy-Tek's Team Manager, you may request the file from Meet Manager to return your entries, but you must also return:

- *Your completed, signed entry forms,*
- *Your cheque for the above amount*

To:

Rosie Gordon
8 Carriage Parc
Goonhavern
TRURO
Cornwall TR4 9QW

rosie@philipgordon.co.uk

The closing date for entries is Monday 14th September 2009



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Qualifying and Cut Off Times



BOYS

GIRLS

BOYS									EVENT	GIRLS								
9	10	11	12	13	14	15	16&O	Cut Off		9	10	11	12	13	14	15	16 & O	
34.9	32.4	30.8	29.1	27.7	26.6	25.8	25.3	Cut Off	50m Free	Cut Off	35.3	32.8	31.3	29.9	29.0	28.5	28.1	27.9
45.9	42.9	40.3	37.8	35.5	33.2	31.5	30.4	QT		QT	46.1	43.3	40.7	38.3	36.4	35.1	34.2	33.6
			1:02.5	59.2	57.0	55.6	54.4	Cut Off	100m Free	Cut Off			1:07.2	1:03.7	1:02.0	1:00.9	1:00.2	59.5
			1:21.7	1:16.4	1:11.6	1:08.1	1:05.7	QT		QT			1:27.7	1:22.2	1:18.2	1:15.4	1:13.7	1:12.2
2:47.9	2:32.3	2:24.0	2:15.6	2:08.7	2:03.8	2:00.8	1:58.3	Cut Off	200m Free	Cut Off	2:49.7	2:33.1	2:24.5	2:16.9	2:12.9	2:10.9	2:09.0	2:08.0
3:40.8	3:23.2	3:10.0	2:58.3	2:46.5	2:36.1	2:28.4	2:23.1	QT		QT	3:41.2	3:23.3	3:09.3	2:57.3	2:48.2	2:42.5	2:38.6	2:35.5
46.0	42.5	40.0						Cut Off	50m Breast	Cut Off	46.8	42.7						
59.8	55.7	51.9						QT		QT	1:00.4	56.0						
			1:20.5	1:15.3	1:12.2	1:09.8	1:08.2	Cut Off	100m Breast	Cut Off			1:25.9	1:21.3	1:18.1	1:15.8	1:15.1	1:14.8
			1:44.5	1:36.7	1:30.4	1:25.4	1:22.3	QT		QT			1:51.5	1:44.3	1:38.1	1:33.7	1:31.8	1:30.5
3:35.4	3:18.1	3:04.7	2:53.6	2:43.2	2:36.1	2:31.5	2:28.7	Cut Off	200m Breast	Cut Off	3:37.5	3:18.3	3:04.4	2:54.3	2:47.5	2:43.7	2:42.1	2:41.4
4:39.9	4:20.4	4:00.8	3:45.8	3:29.4	3:15.5	3:05.2	2:59.0	QT		QT	4:40.9	4:19.5	3:59.2	3:43.8	3:30.7	3:22.4	3:18.2	3:15.0
39.7	36.4	34.1						Cut Off	50m Fly	Cut Off	40.2	36.3						
51.5	47.7	44.3						QT		QT	51.7	47.5						
			1:10.4	1:06.2	1:03.2	1:00.9	1:00.0	Cut Off	100m Fly	Cut Off			1:15.7	1:11.0	1:08.8	1:07.0	1:06.4	1:06.0
			1:31.3	1:24.8	1:19.0	1:14.5	1:12.1	QT		QT			1:37.8	1:31.0	1:26.3	1:22.6	1:21.0	1:19.5
3:30.1	3:00.8	2:44.7	2:35.1	2:26.3	2:19.9	2:13.8	2:12.1	Cut Off	200m Fly	Cut Off	3:33.1	3:03.1	2:46.5	2:35.8	2:30.2	2:26.4	2:23.9	2:23.1
4:27.1	3:56.0	3:34.8	3:21.3	3:07.3	2:54.9	2:43.8	2:39.1	QT		QT	4:29.1	3:58.0	3:35.4	3:19.7	3:08.5	3:00.7	2:56.0	2:53.0
40.6	37.4	35.5						Cut Off	50m Back	Cut Off	40.7	37.4						
52.6	49.1	46.0						QT		QT	52.9	49.2						
			1:10.9	1:06.7	1:03.8	1:01.7	1:00.5	Cut Off	100m Back	Cut Off			1:15.4	1:11.2	1:08.8	1:07.6	1:06.4	1:06.1
			1:31.9	1:25.4	1:19.7	1:15.4	1:12.7	QT		QT			1:37.9	1:31.5	1:26.6	1:23.5	1:21.3	1:20.0
3:06.5	2:50.8	2:40.1	2:31.2	2:22.9	2:16.9	2:12.8	2:10.4	Cut Off	200m Back	Cut Off	3:08.4	2:52.2	2:39.1	2:31.3	2:27.3	2:24.6	2:22.0	2:20.8
4:03.2	3:45.4	3:29.7	3:17.0	3:03.7	2:51.6	2:42.5	2:37.1	QT		QT	4:04.6	3:46.6	3:27.7	3:15.1	3:05.5	2:58.8	2:53.9	2:50.6
1:29.5	1:22.4	1:18.2						Cut Off	100m IM	Cut Off	1:30.7	1:20.8						
1:56.4	1:48.4	1:41.7						QT		QT	1:57.7	1:47.1						
			2:34.2	2:26.6	2:19.9	2:16.1	2:13.7	Cut Off	200m IM	Cut Off			2:43.2	2:34.7	2:30.7	2:27.7	2:25.8	2:24.9
			3:21.8	3:08.7	2:55.8	2:46.9	2:41.3	QT		QT			3:33.5	3:20.1	3:10.3	3:03.2	2:58.9	2:55.7

Based on 10% (QT) and 100% (Cut Off) of National Qualifying times