



# CARN BREA 1<sup>st</sup> WINTER INVITATIONAL MEET

(Affiliated to CCASA and ASASW)

## Level 3 Licensed Meet

Under ASA Laws and ASA Technical Rules of Racing

**Saturday 21st January 2012**



The 1<sup>st</sup> Carn Brea Winter Invitational Meet will take place  
on Saturday 21<sup>st</sup> January 2012  
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 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\*\*\*\****

***Last Chance to gain qualifying times for the 2012 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, 16 & over
- Entry fee just £5 per 50m/100m/200m event, £7.50 per 400m event
- Coaches pass £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.carnbreasc.co.uk](http://www.carnbreasc.co.uk)



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### PROGRAMME OF EVENTS AGE ON THE DAY, £5/£7.50 PER EVENT

#### **Session 1**      9 am warm-up for 10 am start

<b>Girl</b>	<b>Boy</b>			
1	2	50m	Breast	All age groups
3	4	400m	Freestyle	Age groups *
5	6	200m	Individual Medley	All age groups
7	8	100m	Back	Age groups **
9	10	200m	Butterfly	All age groups
11	12	100m	Breast	Age groups **

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

<b>Girl</b>	<b>Boy</b>			
13	14	50m	Freestyle	All age groups
15	16	400m	Individual Medley	Age groups *
17	18	200m	Freestyle	All age groups
19	20	100m	Butterfly	Age groups **
21	22	200m	Breaststroke	All age groups

#### **Session 3**      4:00 pm warm-up, 5:00 pm start or a minimum break of 45 minutes between end of session two and warm-up

<b>Girl</b>	<b>Boy</b>			
23	24	50m	Butterfly	All Age groups
25	26	100m	Freestyle	Age groups **
27	28	200m	Backstroke	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 – Free & Individual Medley**

Boys and Girls 10, 11, 12, 13, 14, 15, 16 & over years  
Awards in each age group

##### **\*\* 100m Events – Back, Breast, Fly & Free**

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, & Individual Medley**

##### **50m Events – Back, Breast, Fly & Free**

##### **100m Individual Medley**

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. 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 the day of the competition.
4. Each swimmer must not be faster than the Cut Off Times shown in the table (National Qualifying Times).
5. 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 Carn Brea Swimming Club.
6. Entry times on the entry form must be given using 25m pool times (converted if appropriate).
7. The closing date is **Monday 12<sup>th</sup> December 2011** for entries made electronically by Hy-Tek file, and **Monday 5<sup>th</sup> December** for paper entries.
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.
10. Warm-up times and start times will be as stated in the programme.
11. All events will be swum as heat declared winners.
12. Heats will be seeded in accordance with the submitted entry times, slowest to fastest.
13. Medals will be awarded for each event in each age group for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>.
14. 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. Carn Brea Swimming Club plans to publish results live from their website for this meet.
15. No spectators will be allowed on poolside.
16. 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.
17. 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 also be sent. Individual entries from clubs of less than 5 swimmers may be made by hard copy only, but must arrive by 5<sup>th</sup> December.
18. Heat start lists rather than cards will be issued at the gala.
19. 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.
20. Coaches and team managers should notify the recorders as soon as possible if any swimmer is unable to compete.
21. Disabled swimmers: Please advise of any special requirements and we will do our best to meet them in consultation with their coaches.
22. Only competitors, officials and holders of a valid coach's pass will be permitted poolside. A maximum of 3 poolside passes per club will be allowed at a cost of £10.00 each, to include programme and results sheets. Results will be sent to clubs by e-mail and will be available on the Carn Brea Swimming Club website.
23. All valuables and clothing left in the changing rooms will be entirely at the owner's risk.
24. No diving at any time is permitted in the shallow end of the pool or in the warm down pool.
25. There will be no entry fee for spectators, and a full day's 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)

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):  
\_\_\_\_\_

<b>Boys and Girls</b> 9, 10, 11, 12, 13, 14, 15, 16 & O	<b>Entry Time</b>	<b>Boys: 12, 13, 14, 15, 16 &amp; O</b> <b>Girls: 11, 12, 13, 14, 15, 16 &amp; O</b>	<b>Entry Time</b>
50m Freestyle		100m Breaststroke	
50m Backstroke		100m Backstroke	
50m Breaststroke		100m Butterfly	
50m Butterfly		100m Freestyle	
100m Individual Medley			
		<b>Boys and Girls</b> 10, 11, 12, 13, 14, 15, 16 & O	
200m Freestyle		400m Freestyle	
200m Breaststroke		400m IM	
200m Butterfly			
200m Backstroke			
200m 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 sections of the form according to age. Please note that 400m events are NOT available for 9 year olds, and 100m events are NOT available for girls aged 9-10 nor for boys aged 9-11.

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

### Summary Entries Sheet

Please find enclosed entries from:

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

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

*Please consolidate all entries for your club.*

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

Calculated as follows:

No. of female entries	_____	@ £5	=	£ _____
No. of female entries	_____	@ £7.50	=	£ _____
No. of male entries	_____	@ £5	=	£ _____
No. of male entries	_____	@ £7.50	=	£ _____
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 completed, signed entry forms

Your consolidated club cheque for the above amount

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.carnbreasc.co.uk](http://www.carnbreasc.co.uk)

**The closing date for Hy-Tek entries is Monday 12<sup>th</sup> December 2011**

**The closing date for paper entries is Monday 5<sup>th</sup> December 2011**



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### Girl's Qualifying and Cut Off Times

EVENT		9	10	11	12	13	14	15	16 & O
<b>50m Free</b>	Cut Off	35.3	32.8	31.3	29.9	29.0	27.9	27.6	27.3
	QT	56.0	50.3	46.2	43.2	41.0	38.4	36.0	34.2
<b>100m Free</b>	Cut Off			1:05.2	1:02.3	1:00.5	59.4	58.8	58.4
	QT			1:39.7	1:32.5	1:28.1	1:25.7	1:22.8	1:19.2
<b>200m Free</b>	Cut Off	2:49.7	2:33.1	2:20.4	2:13.8	2:10.2	2:07.5	2:06.4	2:05.3
	QT	4:30.4	3:55.7	3:35.2	3:19.9	3:08.9	3:04.8	3:01.2	2:57.6
<b>400m Free</b>	Cut Off		5:10.0	4:53.0	4:40.1	4:32.9	4:27.7	4:25.3	4:22.1
	QT		8:17.6	7:28.7	6:55.9	6:34.8	6:25.3	6:15.6	6:06.0
<b>50m Back</b>	Cut Off	42.0	39.0	35.5	33.7	34.0	32.0	31.0	29.0
	QT	64.6	57.0	52.4	49.0	46.4	45.1	44.2	43.2
<b>100m Back</b>	Cut Off			1:13.3	1:09.6	1:07.6	1:06.0	1:05.4	1:04.8
	QT			1:52.1	1:43.2	1:37.6	1:35.2	1:32.4	1:31.8
<b>200m Back</b>	Cut Off	3:08.4	2:52.2	2:36.1	2:28.5	2:24.5	2:21.4	2:19.9	2:18.7
	QT	4:58.4	4:22.6	3:56.5	3:40.4	3:29.2	3:23.2	3:16.8	3:09.6
<b>50m Breast</b>	Cut Off	46.8	42.7	39.0	37.5	36.0	35.0	34.0	33.0
	QT	1:13.1	64.9	59.3	54.7	51.7	50.2	48.6	47.0
<b>100m Breast</b>	Cut Off			1:23.4	1:19.3	1:16.8	1:15.1	1:14.4	1:13.6
	QT			2:07.1	1:57.2	1:50.3	1:46.3	1:42.0	1:38.4
<b>200m Breast</b>	Cut Off	3:37.5	3:18.3	2:58.7	2:49.4	2:44.8	2:41.4	2:40.7	2:39.6
	QT	5:42.8	5:01.9	4:32.2	4:11.5	3:56.5	3:49.4	3:42.0	3:36.0
<b>50m Fly</b>	Cut Off	42.2	37.0	33.0	33.5	32.4	31.4	31.0	30.5
	QT	63.1	55.2	50.9	47.4	44.9	43.4	42.7	42.0
<b>100m Fly</b>	Cut Off			1:14.0	1:09.7	1:07.6	1:05.8	1:05.2	1:04.5
	QT			1:52.4	1:47.4	1:43.6	1:36.2	1:30.0	1:25.2
<b>200m Fly</b>	Cut Off	3:33.1	3:03.1	2:43.4	2:33.9	2:27.8	2:23.9	2:22.4	2:21.5
	QT	5:09.6	4:47.8	4:10.8	3:50.5	3:47.8	3:31.8	3:16.8	3:09.6
<b>100m IM</b>	Cut Off	1:30.7	1:24.4	1:18.2	1:16.0	1:12.0	1:09.0	1:07.0	1:06.0
	QT	2:23.3	2:07.0	1:55.4	1:47.8	1:42.0	1:39.5	1:36.0	1:32.4
<b>200m IM</b>	Cut Off	2:45.0	2:40.0	2:38.8	2:31.4	2:27.5	2:24.5	2:23.6	2:22.1
	QT	5:04.6	4:27.8	4:02.2	3:45.0	3:34.2	3:28.0	3:21.6	3:15.0
<b>400m IM</b>	Cut Off		6:00.0	5:37.3	5:19.4	5:10.2	5:03.6	5:02.4	4:59.5
	QT		9:32.9	8:33.4	7:54.1	7:29.3	7:17.9	7:06.0	6:57.6



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### Boy's Qualifying and Cut Off Times

EVENT		9	10	11	12	13	14	15	16&O
50m Free	Cut Off	34.9	32.4	30.8	29.1	27.7	26.6	25.1	24.6
	QT	56.8	51.7	47.5	43.3	40.1	37.7	34.6	32.4
100m Free	Cut Off				1:00.2	57.2	55.5	53.8	53.0
	QT				1:33.7	1:26.0	1:21.2	1:18.1	1:15.6
200m Free	Cut Off	2:47.9	2:32.3	2:19.0	2:10.8	2:04.5	2:00.2	1:57.2	1:55.6
	QT	4:35.4	4:05.8	3:44.6	3:24.2	3:08.0	2:56.4	2:49.9	2:44.4
400m Free	Cut Off		5:10.0	4:51.2	4:35.1	4:22.3	4:14.1	4:07.4	4:04.7
	QT		8:37.2	7:49.4	7:07.4	6:36.0	6:13.8	5:59.0	5:46.8
50m Back	Cut Off	40.6	37.4	35.5	32.0	31.0	30.0	29.0	28.0
	QT	1:05.3	59.4	54.5	49.8	45.7	43.3	40.9	38.4
100m Back	Cut Off				1:08.6	1:04.7	1:02.3	1:00.3	59.4
	QT				1:45.4	1:36.6	1:30.5	1:26.4	1:22.8
200m Back	Cut Off	3:06.5	2:50.8	2:35.9	2:26.4	2:19.0	2:14.0	2:10.1	2:08.6
	QT	5:04.6	4:36.1	4:08.6	3:45.6	3:27.6	3:15.1	3:06.5	2:57.6
50m Breast	Cut Off	47.0	43.0	40.0	36.0	35.0	34.0	33.0	32.0
	QT	1:13.8	1:07.2	1:01.1	55.6	50.6	47.8	45.5	42.0
100m Breast	Cut Off				1:17.7	1:13.0	1:10.7	1:08.2	1:07.0
	QT				1:59.3	1:48.8	1:42.5	1:37.9	1:32.4
200m Breast	Cut Off	3:35.4	3:18.1	3:00.6	2:48.5	2:39.2	2:33.4	2:28.7	2:26.6
	QT	5:48.6	5:14.4	4:45.2	4:18.4	3:55.9	3:41.5	3:32.2	3:24.0
50m Fly	Cut Off	39.7	36.4	34.1	33.0	31.0	30.0	29.0	28.0
	QT	1:03.8	57.6	52.6	48.1	44.2	41.4	39.4	36.0
100m Fly	Cut Off				1:08.5	1:04.1	1:01.6	59.4	58.4
	QT				1:45.6	1:39.6	1:34.8	1:28.8	1:24.0
200m Fly	Cut Off	3:30.1	3:00.8	2:43.2	2:31.8	2:22.8	2:16.2	2:11.6	2:09.7
	QT	5:18.0	4:47.8	4:10.8	3:52.8	3:39.8	3:30.0	3:16.3	3:06.0
100m IM	Cut Off	1:29.5	1:22.4	1:18.2	1:12.0	1:10.0	1:06.0	1:05.0	1:04.0
	QT	2:24.6	2:11.2	2:00.8	1:50.3	1:40.8	1:34.3	1:30.2	1:26.4
200m IM	Cut Off	2:45.0	2:40.0	2:38.6	2:29.4	2:21.5	2:16.9	2:13.0	2:10.8
	QT	5:11.3	4:40.2	4:13.3	3:51.1	3:32.8	3:19.4	3:10.9	3:00.0
400m IM	Cut Off		6:00.0	5:39.6	5:16.3	4:59.8	4:50.3	4:41.7	4:38.0
	QT		10:08.3	9:01.0	8:08.0	7:29.5	7:03.0	6:45.4	6:26.4