



# ARNOLD SWIMMING CLUB

## The Ernehale Open Meet



### Event Schedule

Licensed Meet Level 3 (3EM170115)  
(Under ASA Laws and Technical Rules of Swimming)

**Saturday 11<sup>th</sup> & Sunday 12<sup>th</sup> March 2017**

Hucknall Leisure Centre, Linby Road, Hucknall, Nottingham, NG15 7TX  
25m x 6 Lane Pool with Anti-wave lane ropes and ARES Electronic Timing and live scoreboard

The aim of this event is to give swimmers of County and Region standard the opportunity to compete and achieve Regional Qualifying Times, in line with the principles of Long Term Athlete Development.

**NOTE: All start times are provisional - to be confirmed when the entries have closed**

#### Session One - Warm Up 4:30pm - Sat 11<sup>th</sup> March

101	Boys	400	Individual Medley
102	Girls	400	Individual Medley
103	Boys	200	Freestyle
104	Girls	200	Freestyle

#### Session Two - Warm Up 8:00am - Sun 12<sup>th</sup> March

201	Girls	400	Freestyle
202	Boys	200	Individual Medley
203	Girls	100	Backstroke
204	Boys	200	Breaststroke
205	Girls	200	Butterfly
206	Boys	100	Butterfly
207	Girls	100	Breaststroke
208	Boys	200	Backstroke
209	Girls	100	Freestyle

#### Session Three - Warm Up 1:00pm - Sun 12<sup>th</sup> March

301	Boys	400	Freestyle
302	Girls	200	Individual Medley
303	Boys	100	Backstroke
304	Girls	200	Breaststroke
305	Boys	200	Butterfly
306	Girls	100	Butterfly
307	Boys	100	Breaststroke
308	Girls	200	Backstroke
309	Boys	100	Freestyle

**ALL COMMUNICATION WILL BE VIA THE WEBSITE AND EMAIL**

**Age as at 12<sup>th</sup> March 2017**

**Closing date for entries is Thursday 27<sup>th</sup> January 2017**

**Entry fee per event £5.00.**

**Cheques and entry forms to your Club Co-Ordinator**



**Information and Results available on our website:**

**[ernehale.arnoldswimmingclub.org.uk](http://ernehale.arnoldswimmingclub.org.uk)**