



**ARNOLD SWIMMING CLUB  
PRESENT  
The Ernehale Open Meet**



Under ASA Laws and Technical Rules of Swimming  
Licensed level 3 - 3EM190120

**HUCKNALL LEISURE CENTRE, NOTTINGHAM**  
Linby Road, Hucknall, Nottingham, NG15 7TX

**SATURDAY 9<sup>TH</sup> & SUNDAY 10<sup>TH</sup> MARCH 2019**

Age On Last Day of Competition (10<sup>th</sup> March 2019)

10yrs, 11yrs 12yrs, 13yrs, 14yrs, 15yrs, 16/Over 100m Events - All 4 Strokes  
9yrs, 10yrs, 11yrs 12yrs, 13yrs, 14yrs, 15yrs, 16/Over 200m Events - All 4 Strokes Plus I.M.  
9yrs, 10yrs, 11yrs 12yrs, 13yrs, 14yrs, 15yrs, 16/Over 400m Events - Freestyle and I.M.

**Heat Declared Winners**

**Awards for top 6 in each age group (9-15's and 16/Over)**

**Top Overall Boy and Top Overall Girl CASH PRIZE**

Short Course Pool with Anti-Wave Lane Ropes and Full OMEGA ARES Electronic Timing and Piccolo Scoreboard

Live Poolside action with Live Scoreboard and Video Stream in the Sports Hall (Sunday Only).

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.

Clubs are encouraged to use Sportsystems  
Electronic Entry System for this Meet  
(download entry files from our website below)

**Closing Date - Thursday 24<sup>th</sup> January 2019**



All Enquiries to:

The Ernehale Open Meet  
11 Brookfield Road  
Arnold  
Nottingham  
NG5 7ER

Email: [ernehale@arnoldswimmingclub.org.uk](mailto:ernehale@arnoldswimmingclub.org.uk)

Information and Results available on our website:

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