



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



Under Swim England Regulations and Technical Rules of Swimming
Licensed level 3 - 3EM200073

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

SATURDAY 7TH & SUNDAY 8TH MARCH 2020

Age On Last Day of Competition (8th March 2020)

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 23rd January 2020



All Enquiries to:

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

Email: ernehale@arnoldswimmingclub.org.uk

Information and Results available on our website:
ernehale.arnoldswimmingclub.org.uk