



5th Long Course Open Meet

**At Ponds Forge International Pool, Sheffield
On 2nd & 3rd April 2011**

Level 1 Licensed Meet: 1EM1083
Affiliated to EMASA and Derbyshire ASA
(Held under ASA Laws and Technical Rules)

50 Metre, 10 Lane Pool
Age Groups: 10, 11, 12, 13, 14 & 15+
(as at 3rd April 2011)
Distances 50, 100 & 200 All strokes
400 Free, 200 IM & 400 IM

- *Medals for Top Three in each Event***
- *Medals & Cash for Top Three in Age Groups***
- *Trophy for Top Team***
- *Trophy Best Supported Club***

Closing date for entries: 1st march 2011

For further details and entry forms please visit our Website

www.derventioexcel.org.uk

or

Email: promoter.openmeet@derventioexcel.org.uk

Promoter:-ashley coleman 07773 808376

