



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



Under Swim England Regulations and Technical Rules of Swimming  
Licensed level 3 - (3EM260422)

**HARVEY HADDEN SPORTS VILLAGE, NOTTINGHAM**  
Wigman Road, Nottingham, NG8 4PB

**SATURDAY 14<sup>TH</sup> & SUNDAY 15<sup>TH</sup> MARCH 2026**

Age On Last Day of Competition (15<sup>th</sup> March 2026)

**Age Groups:** 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16/Over  
100m Events - All 4 Strokes  
200m Events - All 4 Strokes Plus I.M.  
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 Open/Male and Top Overall Female CASH PRIZE**

Short Course Pool with Anti-Wave Lane Ropes and Full Colorado Gen7 Electronic Timing

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 to enter this Meet  
(download entry files from our website below)

**Closing Date - Thursday 26<sup>th</sup> February 2026**

All Enquiries to:

The Ernehale Open Meet

Email: [ernehale@swimmingmeetresults.co.uk](mailto:ernehale@swimmingmeetresults.co.uk)



Information and Results available on our website:  
<https://www.swimmingmeetresults.co.uk/Ernehale>