



ARNOLD SWIMMING CLUB

The Ernehale Open Meet



Event Schedule

Licensed Meet Level 3 - 3EM260422
(Swim England Regulations and Technical Rules of Swimming)

Saturday 14th & Sunday 15th March 2026

Harvey Hadden Sports Village, Wigman Road, Nottingham, NG8 4PB
25m x 8 Lane Pool with Anti-wave lane ropes and Colorado 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.

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

Session One - Warm Up 13:00pm - Sat 14th March

101	Mixed	400	Freestyle
102	Open/Male	100	Breaststroke
103	Female	100	Butterfly
104	Open/Male	200	Butterfly
105	Female	200	Backstroke
Comfort Break			
106	Open/Male	200	IM
107	Female	200	Freestyle
108	Open/Male	100	Backstroke
109	Female	200	Breaststroke
110	Open/Male	100	Freestyle

Session Two - Warm Up 13:00pm - Sun 15th March

201	Mixed	400	IM
202	Female	100	Breaststroke
203	Open/Male	100	Butterfly
204	Female	200	Butterfly
205	Open/Male	200	Backstroke
Comfort Break			
206	Female	200	IM
207	Open/Male	200	Freestyle
208	Female	100	Backstroke
209	Open/Male	200	Breaststroke
210	Female	100	Freestyle

The South pool (25m) will be available throughout the competition for continuous warm up/swim down. This facility is not to be abused and must be monitored by those with poolside passes. Abuse of this facility will mean the facility is withdrawn for the remainder of the session.

ALL COMMUNICATION WILL BE VIA THE WEBSITE AND EMAIL

Age as at 15th March 2026

Closing date for entries is Thursday 26th February 2026

Entry fee per event £7.00.



EHO/2026/MS/1.1

Information and Results available on our meet website:

<https://www.swimmingmeetresults.co.uk/Ernehale>