

GLOUCESTER COUNTY ASA

OPEN WATER SWIMMING CHAMPIONSHIPS AT HENLEAZE LAKE, NORTH BRISTOL Sunday 10 July 2011 - registration from 9.45am (first event to start 11am)

600 metre freestyle - Junior Age Group	11 - 12 yrs
1,500 metre freestyle – Junior Championship / Age Groups	13 - 16 yrs
2,000 metre freestyle – Senior Championship / Age Groups	17 yrs & over

**PRE CHAMPIONSHIP TRAINING & FAMILIARISATION SESSIONS
AT HENLEAZE LAKE
ON SATURDAY 25 JUNE & SATURDAY 9 JULY BETWEEN 10AM AND 11AM**

**>Information and Entry forms
(on County website) <**

**If your Club requires further information please contact
Alan Giles (Honorary manager, Open Water)
Tel 01454 851503**

**ASA South West (Open Water at Weymouth)
Open Water Development Course on 3 / 4 / 5 June 2011
Open Water Championships on 2nd & 3rd July 2011**

**National 2011 Open Water Age Group Championships
(1500m, 1750m, 2000m – 12 > 13/14, 14/15 > 15/16yrs, 16/17 >24 yrs)
(Swimmer eligibility – subject to indoor pool times achieved)
At Rother Valley Park, Sheffield
For further information see British Swimming website**