

Nottingham Leander SC presents

# Swim Hard

The 6<sup>th</sup>

Tony

Holmes

Open Meet

License level 3

Age Groups:

9, 10, 11, 12, 13/14 & Open

50m Sprints & 100m IM

25m Fly 9 years

Top six finalists

Top Boy, Top Girl and Top Visiting Club trophies

7<sup>th</sup> July 2019 @ Hucknall

Leisure Centre

Session 1 Warm up 8.15. Session 2 Warm up 1.30

[www.leandersc.com](http://www.leandersc.com)